



## Southland Foraging Workshop Notes

Foraging – “To search widely for food or provisions”.

Meet at 183 Grant Road Car Park at 7pm

The key to foraging is being able to Identify your plants!

### Why forage?

- Higher nutrient value of food
- Diverse diet
- Being self-reliant
- Connect with nature
- Being thrifty

### Basic Rules

- Be able to identify your edible or poisonous plants
- Take only what you need and sustainably harvest
- Have Fun!

### Fruit and Nuts as we walk through

- **Fruit Trees** - Apples – **scrumping** (“Stealing fruit, especially apples, from someone else's trees. British. It's considered less bad than, say, shoplifting, but adults still disapprove”), **grafting** (Riverton Harvest Festival (28-29 March 2015) and Open orchard project [www.sces.org.nz](http://www.sces.org.nz) , **crab apples** - Apple Pressing workshop at the Community Nursery 8th May 2015 [www.southlandcommunitynursery.org.nz](http://www.southlandcommunitynursery.org.nz)).  
**Quince, fig, plum, pear, berry fruit (blueberries, raspberries, black and red currants, gooseberrys – BIRDS!)**
- **Nuts** – Chestnuts – **horse chestnut (poisonous)**, sweet chestnut (edible)  
**Pine Nuts** – *Pinus pinea* (stonepine or pesto pine), **Walnuts, Hazelnuts**
- **Herbs** – feverfew, parsley, fennel, coriander, lavender, rosemary, sage, bay, thyme, marjoram, wormwood, chamomile, tarragon, borage, nasturtium, comfrey, yarrow,

marigold, rue, sorrel, chives, lemon verbena, (**hemlock looks like some of these herbs - poisonous!**).

- **Weeds** – nettle, dandelion, puha, miners lettuce, chickweed, plantain, elder, sorrel, blackberry, **hemlock (poisonous), bittersweet (poisonous)**
- **Natives** – harakeke/flax, horopito/pepperwood, karamu/Coprosma berries, manuka, makomako/wineberry, kotukutuku/tree fuchsia. Fiddleheads of some ferns, **poroporo (poisonous), tutu (black berries – poisonous).**

Coastal natives – NZ glasswort (*Sarcocornia quinqueflora*), NZ spinach (*Tetragonia tetragonioides*), NZ celery (*Apium prostratum*), Cook's Scurvy Grass (*Lepidium oleraceum*)

### **Taste test! - A selection from the following:**

Nettle pesto	Elderberry truffles
Horopito crackers	Elderflower cordial
Wild greens blini	Dandelion coffee
Tissanes (lemon verbena, manuka, chamomile)	Apple juice

### **References**

A Foragers Treasury – Johanna Knox

Field Guide to Edible Plants of New Zealand – Andrew Crowe

Find It Eat It – Michael Daly

<http://www.thegreenkitchen.co.nz/>

<http://www.radionz.co.nz/national/programmes/thiswayup/collections/foraging>

<http://wildpicnic.blogspot.co.nz/>

For more information about Community Nursery workshops see [www.southlandcommunitynursery.org.nz](http://www.southlandcommunitynursery.org.nz)

## Maggie's notes from foraging workshop.

Reasons for foraging;

- ✚ Free, fresher, flavourful and diverse
- ✚ Healthy – plants have to defend themselves against pests and diseases and commercial crops have been developed for their looks, sweetness and ability to be transported at the expense of their goodness.
- ✚ Its sustainable
- ✚ Empowering – an enjoyable challenge. Some cultures, over the years, have had to survive on 'wild greens' eg Greeks during WW2
- ✚ Reconnecting with nature – out in the fresh air, become more observant. Good foragers are always scanning for possible food.
- ✚ It can be fun. It takes longer to collect and prepare your own food. We are all in such a rush these days. Many of us spend less than half an hour a day on food preparation whereas once upon a time much of the day was dedicated to such tasks.

Our taste buds:

We have six different taste buds

Sweet

Sour

Salty

Bitter

Pungent

Astringent

We should include foods from each of these groups every day. Much of food comes into the sweet category and many of the foraged weeds can provide food from the other groups, especially the bitter tastes.

Bitter stimulates the appetite and increases digestion.

The following link gives lots of information and detail about each of the tastes and common sources.

[www.eattasteheal.com/ETH\\_6tastes.htm](http://www.eattasteheal.com/ETH_6tastes.htm)

### Weeds used to be called Food and Medicine

Reason for being diverse with your food choice

- ✚ People used to graze on three to five thousand plants. Now we rely on 150 with only 20 providing 90% of our intake.
- ✚ American stats show that just FOUR crops account for 2/3 of their calories. They are Soy, Corn, Wheat and Rice.
- ✚ We need to eat more leafy plants and foraged or wild are best. Leaves provide a host of critical nutrients you can't get from seeds.
  - ◆ Antioxidants and other phytochemicals (compounds produced by plants).
  - ◆ Fibre
  - ◆ Omega 3
- ✚ Plants and especially the leaves provide Omega 3. Seeds (which are turned into vegetable oils) provide Omega 6. The ratios that we now eat Omega 3 to Omega 6 have reversed. At the turn of the 20<sup>th</sup> Century the ratio was 3 to 1 Omega 6 to Omega 3s. It is now 10 to 1. We need a much higher intake of Omega 3s and we get them from leaves.
- ✚ Omega 6s are involved in fat storage and the rigidity of cell walls.

**Omega 3s – fleet and flexible**

## Omega 6s – sturdy and slow

**\*\* Eat more plants, especially leaves.**

Wild greens can supply a wide range of nutrients that are missing from most of our western diets. If you can start by add a few wild plants to your meals you health must benefit.

Start small – adding some leaves to your salads and stews. Don't overwhelm the family with new tastes too quickly. It is important to also start 'small' to make sure that you don't have a reaction.

### My five top foraged foods:

1. Miners Lettuce
2. Sour thistle (puha)
3. Stinging nettle
4. Elderflower
5. Chestnuts

\*\* (Reference: *In Defence of Food. By Michael Pollan, Allen Lane*)

Southland Foraging Workshop Plants - <a href="http://www.southlandcommunitynursery.org.nz">www.southlandcommunitynursery.org.nz</a>			
Common Name	Scientific Name	Plant Type	Use
apple	<i>Malus sp</i>	Fruit	Culinary
bay	<i>Laurus nobilis</i>	Herb	Culinary
bittersweet	<i>Solanum dulcamara</i>	Weed	Poisonous
black currant	<i>Ribes nigrum</i>	Fruit	Culinary
blackberry	<i>Rubus fruticosus</i>	Weed	Culinary
blueberry/American blueberry	<i>Vaccinium sp</i>	Fruit	Culinary
borage	<i>Borago officinalis</i>	Herb	Medicinal
chickweed	<i>Stellaria media</i>	Weed	Culinary
chives	<i>Allium schoenoprasum</i>	Herb	Culinary
comfrey	<i>Symphytum × uplandicum</i>	Herb	Medicinal
common marigold	<i>Calendula officinalis</i>	Herb	Culinary
common nettle	<i>Urtica dioica</i>	Weed	Culinary
Cook's scurvy grass	<i>Lepidium oleraceum</i>	NZ Native	Culinary
coriander	<i>Coriandrum sativum</i>	Herb	Culinary
crab apple/wild apple	<i>Malus sp</i>	Fruit	Culinary
cranberry	<i>Vaccinium sp</i>	Fruit	Culinary
dandelion	<i>Taraxacum officinale</i>	Weed	Culinary
elder	<i>Sambucus nigra</i>	Weed	Culinary
fennel	<i>Foeniculum vulgare</i>	Herb	Culinary
feverfew	<i>Tanacetum parthenium</i>	Herb	Medicinal
fig	<i>Ficus carica</i>	Fruit	Culinary
French marigold	<i>Tagetes patula</i>	Herb	Culinary
German chamomile	<i>Matricaria chamomilla</i>	Herb	Medicinal
glasswort	<i>Sarcocornia quinqueflora</i>	NZ Native	Culinary
gooseberry	<i>Ribes uva-crispa</i>	Fruit	Culinary
harakeke/flax	<i>Phormium tenax</i>	NZ Native	Culinary

hazelnut	<i>Corylus avellana</i>	Nut	Culinary
hemlock	<i>Conium maculatum</i>	Weed	Poisonous
horopito/pepperwood	<i>Pseudowintera colorata</i>	NZ Native	Culinary
horse chestnut	<i>Aesculus hippocastanum</i>	Nut	Poisonous
karamu/Coprosma	<i>Coprosma lucida</i>	NZ Native	Culinary
lavendar	<i>Lavandula angustifolia</i>	Herb	Culinary
lemon verbena	<i>Aloysia citrodora</i>	Herb	Medicinal
Makomako/wineberry	<i>Aristotelia serrata</i>	NZ Native	Culinary
Manuka/tea tree	<i>Leptospermum scoparium</i>	NZ Native	Culinary
marjoram	<i>Origanum majorana</i>	Herb	Culinary
miners lettuce	<i>Claytonia perfoliata</i>	Weed	Culinary
mint	<i>Mentha sp</i>	Herb	Culinary
nasturtium	<i>Tropeolum majus</i>	Herb	Culinary
NZ celery	<i>Apium prostratum</i>	NZ Native	Culinary
NZ spinach	<i>Tetragonia tetragonioides</i>	NZ Native	Culinary
parsley	<i>Petroselinum crispum</i>	Herb	Culinary
pear	<i>Pyrus sp</i>	Fruit	Culinary
plantain	<i>Plantago sp</i>	Weed	Culinary
plum	<i>Prunus sp</i>	Fruit	Culinary
poroporo	<i>Solanum aviculare</i>	NZ Native	Poisonous
puha	<i>Sonchus sp</i>	Weed	Culinary
quince	<i>Cydonia oblonga</i>	Fruit	Culinary
raspberry	<i>Rubus sp</i>	Fruit	Culinary
red currant	<i>Ribes rubrum</i>	Fruit	Culinary
rosemary	<i>Rosmarinus officinalis</i>	Herb	Culinary
rue	<i>Ruta graveolens</i>	Herb	Medicinal
sage	<i>Salvia officinalis</i>	Herb	Culinary
sorrel	<i>Rumex acetosa</i>	Herb	Culinary
Stone pine/pine nut	<i>Pinus pinea</i>	Nut	Culinary
sweet chestnut	<i>Castanea sativa</i>	Nut	Culinary
tarragon	<i>Artemisia</i>	Herb	Culinary
thyme	<i>Thymus vulgaris.</i>	Herb	Culinary
Ti kouka/cabbage tree	<i>Cordyline australis</i>	NZ Native	Culinary
walnut	<i>Juglans regia</i>	Nut	Culinary
wormwood	<i>Artemisia vulgaris</i>	Herb	Medicinal
yarrow	<i>Achillea millefolium</i>	Herb	Medicinal

## Recipes

### **Elderberry cream pots with chocolate truffles**

*(A pannacotta type dessert from Find it Eat it by Michael Daly)*

150g Elderberries	100ml full fat milk
1/3 cup caster sugar	3 Tbsp caster sugar
1 Tbsp powdered gelatine	1 Tbsp vanilla extract
2 Tbsp cold water	30gm dark chocolate
300ml cream	

#### **Preparing the elderberries**

Wash the elderberries under cold running water while still on the stalks. Gently remove the berries with a fork and place in a thick-bottomed pot. Add the sugar and place over a low heat to allow the berry juice to be drawn out. Simmer for 10mins until the berries become thick. Pass this jam through a fine metal sieve to remove the skins and seeds. Keep the seed and skin mix to one side.

#### **Making the cream pots**

Soak the gelatine in the cold water for about 5 minutes, until the granules soften. Put the cream, milk and caster sugar in a pan and bring to the boil. Whisk in the gelatine and elderberry jam then pass the mixture through a fine sieve. Finally whisk in the vanilla. Cool slightly before pouring into four individual serving dishes. Place in the fridge until set. (Over night.)

#### **Making the truffles**

Finely grate the chocolate into the cold elderberry seed mixture and mix well.

Roll into little balls and keep in a cool are of the kitchen but do not put them in the fridge. You can roll the truffles in cocoa powder if you wish. Serve with some vanilla whipped cream

### **Horopito Crackers** (based on a Lavosh recipe)

1 ½ cups plain flour (use some wholemeal if desired.)	½ tsp salt
2 tsp dried horopito leaves	¼ cup olive oil
	½ cup water

**Make the dough** by mixing all the ingredients by using your hand to bring it all together into a firm dough. Tip out onto a lightly floured surface and knead the dough for around 5-10 minutes until it becomes softer and more pliable. Cover and place in the fridge to rest for 30 minutes.

**Rolling and cutting the dough** Divide the dough into 4 pieces and roll each out on a lightly floured board as thinly as possible. Each piece of dough should yield a rectangle about 34 x16cm.

Cut each rectangle into strips or 5cm circle. Roll again. They should be almost see-through.

**Cooking** Carefully transfer strips to a baking tray, brush lightly with oil and sprinkle with flaky salt. Bake until crisp and pale golden – about 15-18 minutes. Allow to cool, then store in an airtight container.

*Variations of this recipe are numerous. They can be flavoured by fennel seeds, sesame seeds etc.*

## Yoghurt Dip

2-3 heaped teaspoons of fresh foraged herbs, finely chopped

1 cup thick yoghurt (could be strained through muslin for a short period of time)

1 garlic clove, pounded in a mortar and pestle, or crushed or finely grated

Place all ingredients in a bowl and stir to combine.

juice of 1-2 lemons

salt and pepper to taste

pinch of turmeric or paprika (optional).

## Lemon Verbena Pannacotta *(recipe by Jamie Oliver)*

Serves 4

### Ingredients

350ml cream

40 g sugar

a small handful of lemon verbena leaves

50 ml milk

1 gelatine leaf or

1 Tbsp gelatine powder and 2 Tbsp cold water

Heat cream, sugar and lemon verbena leaves gently to just on boiling. Turn off and leave to infuse for 30 minutes.

Soak gelatine leaf in bowl of cold water or dissolve powder in cold water.

Mix gelatine into the 50 mls of milk and heat till well mixed.

Strain cream mixture into gelatine and milk and stir to well mixed.

Pour into 4 individual moulds and leave at least 4 hours to set.

## Wild Greens Blini *(From BBC Good Food website)*

100 g plain flour

25g butter, melted

1 egg separated

¼ cup chopped wild greens

150ml milk

Put the flour into a bowl then season. Make a well in the middle then add the egg yolk and half the milk. Whisk until smooth, then gradually add the rest of the milk, the butter and the chopped wild greens.

Whisk the egg whites until starting to stiffen, then fold into the batter. To cook lightly grease a frying pan then sizzle spoonfuls for 2-3 minutes on each side.

Serve with your favourite topping such as labneh (strained yoghurt) and an edible flower.

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## Nettle Pesto

Pesto can be made from really anything — you don't even need a green thing. I've seen pestos with basil of course, but also mint, parsley, cilantro and other herbs. No reason not to make it with stinging nettles. The Italians actually do make a nettle pesto in springtime; they call it *pesto d'urtica*.

You must first blanch the nettles before making this pesto. This is how:

1. You will need two or three big tong-fulls of fresh nettles for this recipe. I say tong-fulls because you do not want to pick up fresh nettles, as they will sting you. Thus the name. Get a huge pot of water boiling and add a handful of salt.
2. Grab the nettles with tongs and put them into the boiling water. Stir around and boil for 1-2 minutes.
3. Fish them out with a skimmer or the tongs and immediately dump them into a big bowl with ice water in it. Once they are cool, put them in a colander to strain.
4. Get a cloth towel, like a tea towel, and put the nettles in it. Wrap one end of the towel one way, then the other end of the towel the other and squeeze out as much moisture as you can.

This makes a little more than 1/2 cup of very green, very pretty pesto. Store any unused pesto in the fridge, topped with some olive oil to keep the air out.

- 3 garlic cloves
- 2 tablespoons toasted pine nuts
- 2 tablespoons grated cheese (any hard cheese will do)
- 6-8 tablespoons blanched, chopped nettles
- Salt
- Olive oil (use the good stuff)

1. Pesto is best made with a mortar and pestle, thus the name, which means "pound." You can make this in a food processor, but it will not be the same. First add the pine nuts and crush lightly — as they are roundish, they will jump out of your mortar if you get too vigorous.
2. Roughly chop the garlic and add it to the mortar, then pound a little.
3. Add the salt, cheese and the nettles and commence pounding. Mash everything together, stirring with the pestle and mashing well so it is all fairly uniform.
4. Start adding olive oil. How much? Depends on how you are using your pesto. If you are making a spread, maybe 2 tablespoons. If a pasta sauce, double that or more. Either way, you add 1 tablespoon at a time, pounding and stirring to incorporate it.



Linda's wild tart and Stuffed nasturtium leaves

Ingredients

Gather - Raw

Wild nettle tops - 1 cup

Puha - 1 cup

Chickweed - 1/2 cup

2 cups of mixed  
beetroot leaves, Kale,  
& silverbeet. Also;  
Olive oil, feta cheese, tomatoes

Ingredients

Nasturtium Leaves

Cream cheese

Red onion

Red capsicum

Wild Walnuts

& Sometimes -  
dried apricots

