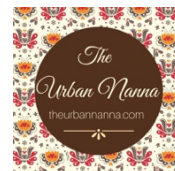


The Urban Nanna's Urban Foraging Checklist

Tick these wild foods of as you spot them on your travels around SE Australia.



☐ Apples	<i>Malus domestica</i>	☐ Peaches	<i>Prunus persica</i>
☐ Apricots	<i>Prunus armeniaca</i>	☐ Pears	<i>Pyrus sp.</i>
☐ Blackberries	<i>Rubus fruticosus</i>	☐ Persimmon	<i>Diospyros sp.</i>
☐ Blewit mushrooms	<i>Lepista nuda</i>	☐ Pigface	<i>Carpobrotus sp.</i>
☐ Bolete mushrooms	<i>Suillus, Leccinum or Boletus sp.</i>	☐ Plantain (Buckshorn)	<i>Plantago coronopus</i>
☐ Cape gooseberries	<i>Physalis peruviana</i>	☐ Plantain (Common)	<i>Plantago lanceolata</i>
☐ Cat's Ear	<i>Hypochaeris radicata</i>	☐ Plantain (Greater)	<i>Plantago major</i>
☐ Chestnuts	<i>Castanea sativa</i>	☐ Plums	<i>Prunus domestica sp.</i>
☐ Chickweed	<i>Stellaria media</i>	☐ Pomegranate	<i>Punica granatum</i>
☐ Cleavers	<i>Galium aparine</i>	☐ Prickly pear	<i>Opuntia sp.</i>
☐ Clover	<i>Trifolium sp.</i>	☐ Purslane	<i>Portulaca oleracea</i>
☐ Curly Dock	<i>Rumex crispus</i>	☐ Quince	<i>Cydonia oblonga</i>
☐ Damson plums	<i>Prunus domestica subsp. insititia</i>	☐ Rock samphire	<i>Tecticornia sp.</i>
☐ Dandelion	<i>Taraxacum officinale</i>	☐ Rosehips	<i>Rosa sp.</i>
☐ Elderberries	<i>Sambucus nigra</i>	☐ Roses	<i>Rosa sp.</i>
☐ Elderflower	<i>Sambucus nigra</i>	☐ Rowan	<i>Sorbus aucuparia</i>
☐ Figs	<i>Ficus carica</i>	☐ Ruby saltbush	<i>Enchylaena tomentosa</i>
☐ Flax lily	<i>Dianella sp.</i>	☐ Salsify	<i>Tragopogon porrifolius</i>
☐ Hawthorn	<i>Crataegus sp.</i>	☐ Sea Celery	<i>Apium prostratum</i>
☐ Hedgehog mushrooms	<i>Hydnum repandum</i>	☐ Sea lettuce	<i>Ulva sp.</i>
☐ Kousa Dogwood	<i>Cornus kousa</i>	☐ Sheep sorrel	<i>Rumex acetosella</i>
☐ Lilly pilli	<i>Syzygium smithii</i>	☐ Sloe Plum	<i>Prunus spinosa</i>
☐ Loquats	<i>Eriobotrya japonica</i>	☐ Sow Thistle	<i>Sonchus sp.</i>
☐ Mallow	<i>Malva sp.</i>	☐ Three-cornered leek	<i>Allium triquetrum</i>
☐ Medlar	<i>Mespilus germanica</i>	☐ Turkey tail mushrooms	<i>Trametes versicolour</i>
☐ Milkcap mushrooms	<i>Lactarius sp.</i>	☐ Walnuts	<i>Juglans regia</i>
☐ Morel mushrooms	<i>Morchella sp.</i>	☐ Wild brassica (Broccoli)	<i>Brassica oleracea</i>
☐ Mulberry	<i>Morus sp.</i>	☐ Wild Brassica (Radish)	<i>Raphanus raphanistrum</i>
☐ Native raspberries	<i>Rubus parvifolius</i>	☐ Wild fennel	<i>Foeniculum vulgare</i>
☐ Nectarines	<i>Prunus persica var. nucipersic</i>	☐ Wild violets	<i>Viola odorata</i>
☐ Oxalis (Sourgrass)	<i>Oxalis pes-caprae</i>		

