

FIREWEED

Epilobium angustifolium

ONARACEAE Willow Herb or Evening Primrose, characterized by flowers with four sepals and petals



STEM

Reddish, erect, smooth
growing up to 8ft in height

LEAF

Alternate, prominent midrib
with secondary veins that do
not touch outer leaf

FLOWER

Inflorescence raceme that blooms
from bottom to top, four magenta
to pink petals and four narrower
pink sepals behind

FRUIT

Long pod like capsule splits,
80,000 seed per plant, with silky
hairs to aid wind dispersal



STAY WILD
West Country



FORAGING WORKSHOP SCHEDULE

CONTINUE YOUR PLANT IDENTIFICATION KNOWLEDGE WITH ADDITIONAL RESEARCH, USING LATIN NAMES AND MULTIPLE SOURCES. YOU WILL BE PROVIDED WITH A LIST OF FORGEABLE EDIBLE AND MEDICINAL PLANTS VIA EMAIL AFTER THE WORKSHOP, ALONG WITH SUGGESTED RESOURCES. STAY WILD IS ONLY ONE STOP IN YOUR FORAGING JOURNEY AND IS NOT LIABLE FOR ANY FORAGING MISHAPS.

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CANADA MINT

Mentha avense var. *canadensis*

LAMIACEAE Mint are aromatic, almost exclusively perennial herbs **SQUARE STEM** when rolled between fingers



STEM

Hairy, with underground creeping rhizome and upright shoots, grows to 18 inches tall

LEAF

Oval-shaped, opposite pairs, short stalk and wedged off stem, hairy surface

FLOWER

Bluish/violet with 10-30 per bract upper leaf axils, bloom in July and August

FRUIT

Has 2 seeds



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WILD RASPBERRY

Rubus idaeus

ROSACEAE Rose, woody trees, shrubs
climbers or herbaceous plants, very large
family with 6+ subfamilies, generally
deciduous and bear fruit



STEM

1st year unbranched to full height
1.5-2.5 meters, 2nd year does not
get taller but produces several
side shoots

LEAF

1st year growth large pinnately
compound 5-7 leaflets, 2nd year
smaller 3-5 leaflets

FLOWER

2nd year, late spring, white with
5 petals

FRUIT

Red, edible and sweet but tart
flavours in late summer autumn



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