

Challenge 3: Forage for food and collect water
Information sheet
Wild foods throughout the year

Month	Wild foods
<i>January</i>	Bittercress Dandelion leaves
<i>February</i>	Dandelion leaves Chickweed Primroses Wood sorrel
<i>March</i>	Wild garlic Garlic mustard or Jack by the Hedge Watercress
<i>April</i>	Nettle Hawthorn leaves Beech leaves
<i>May</i>	Elder flowers Sweet cicely
<i>June</i>	Alpine strawberry Pignut Hogweed Great burnet
<i>July</i>	Thyme Water mint
<i>August</i>	Bullrush root Gorse flower
<i>September</i>	Nettles Mushrooms Blackberry Wild raspberry
<i>October</i>	Sloes Elderberry Apples
<i>November</i>	Chestnuts Hazelnuts
<i>December</i>	Pine needles