

# Foraging for Wild Edibles:

## *Autumnberries*



# Foraging for Wild Edibles



## Why forage?

Foraging feeds us – literally and figuratively. Foraging helps to fill our freezer and pantry without us planting seeds or spending dollars.

Foraging helps us to better understand the earth and more about our sense of place on it.

Foraging anchors us in the season – it helps us to be mindful of the now.

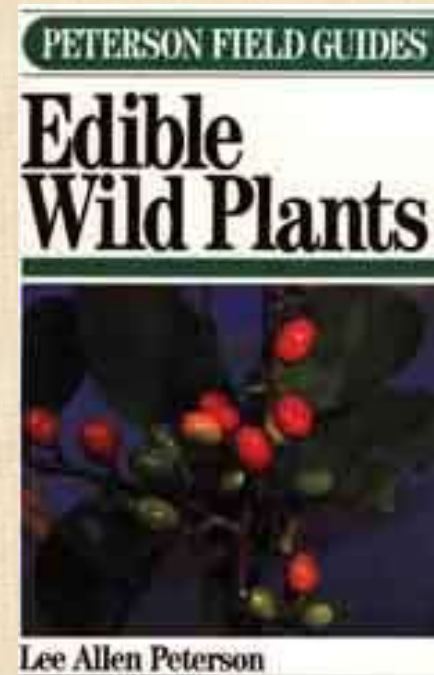
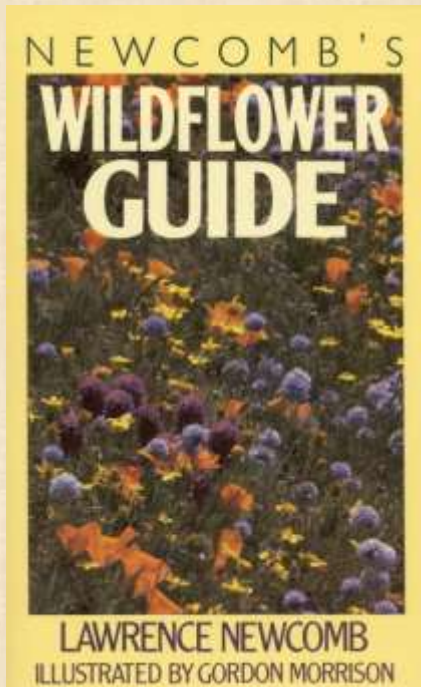
# Foraging for Wild Edibles:

## Tips for Responsible Foraging - Know your plants



*Newcomb's Wildflower Guide,*  
by Lawrence Newcomb

*A Field Guide to Edible Wild Plants of  
Eastern and Central North America,*  
by Lee Peterson

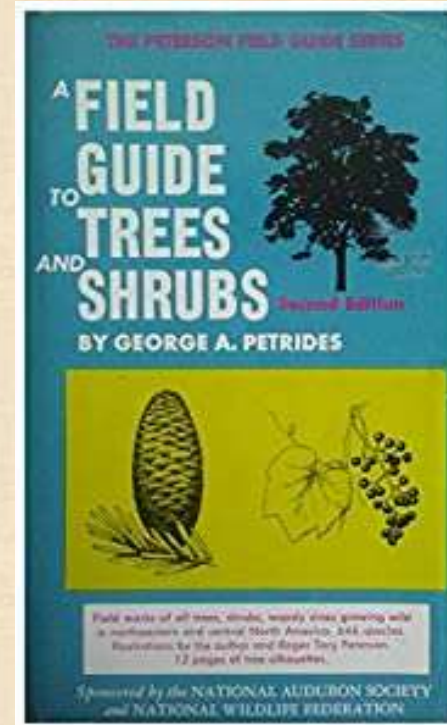
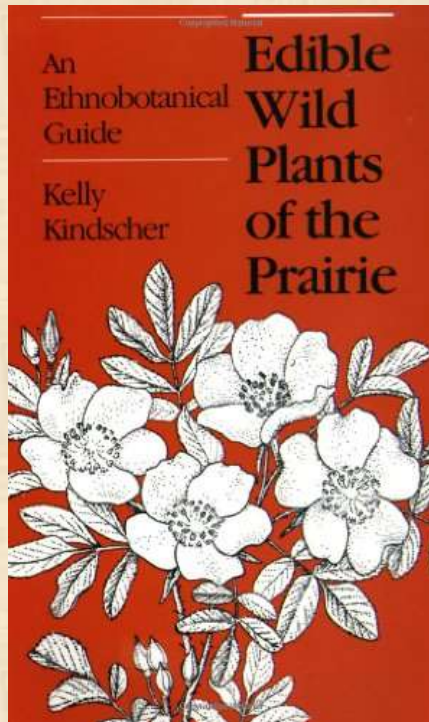


# Foraging for Wild Edibles: Tips for Responsible Foraging - Know your plants



*Edible Wild Plants of the Prairie:  
An Ethnobotanical Guide,*  
by Kelly Kindscher

*A Field Guide to Trees and Shrubs,*  
by George A. Petrides



## Foraging for Wild Edibles: Tips for Responsible Foraging



- Verify that foraging is allowed at the site. For example, most nature preserves prohibit the removal of plants and plant parts.
- Consider your site's management – evidence of use of chemicals, mowing frequency, etc.
- Don't overharvest native species – please follow the “one-in-twenty” rule: harvest 5% of what you find.



For invasive species, *eat them all!*



# Foraging for Wild Edibles: Forager's Oath *by Matt Suwak*



“I’ll only eat what I sure know,  
Have respect for things that grow.  
I’ll watch my step and never litter,  
Enjoy the sun and ignore Twitter.

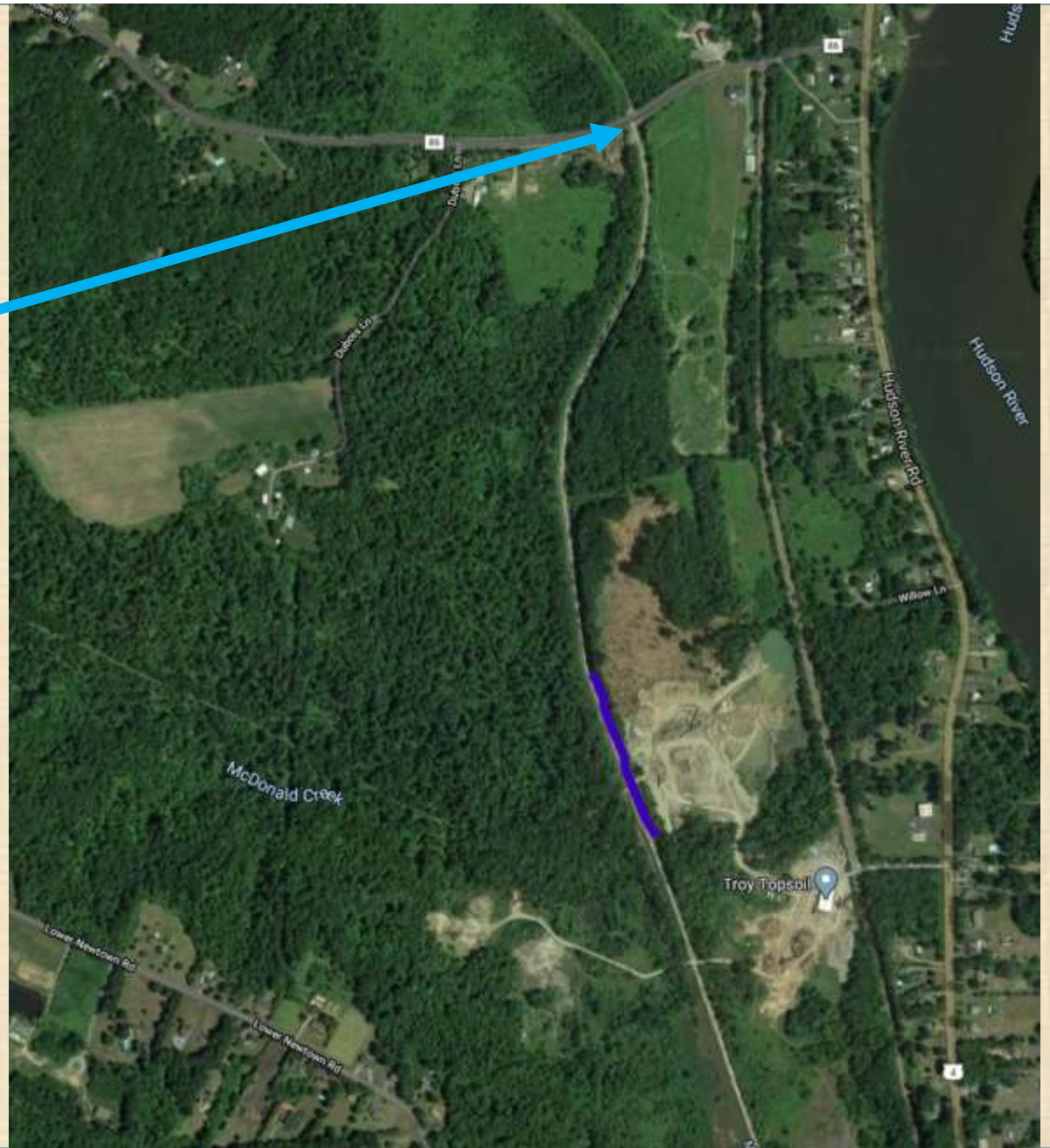
I’ll only eat my fair share,  
Leaving most for bird and bear.  
I’ll open up while I am picking,  
And feel full when I’m quitting.

I’ll teach and be encouraging,  
When I go a-foraging.”

## Historic Champlain Canalway Trail:

From parking lot along Upper Newtown Road, proceed south and look for the targeted species along the east side of the trail within the purple-colored segment shown here.

There are numerous shrubs and each produces a prolific amount of berries!



# *Autumn-olive (AKA Autumnberry)*

## *(Elaeagnus umbellata)*



As a “thank you” to each of you for joining me today, I will be happy to provide you with information from this presentation, including:

- ❖ plant ID tips,
- ❖ curious anecdotes,
- ❖ recipes, and
- ❖ a map showing where to find the targeted species discussed today.

If interested, please send your email request to:

[dave@curiousbynature.mysite.com](mailto:dave@curiousbynature.mysite.com)

However, you must send your email request before the end of this presentation. *Now* would be a good time to do so.





# *Nutrition Information about Autumn-olive*



- Autumn-olive fruit are a good source of vitamins A, C, and E, contain high levels of flavonoids and essential fatty acids, a rich source of lycopene, and it has strong antioxidant activity.
- Flavonoids are powerful antioxidants with anti-inflammatory and immune system benefits.

# How to identify Autumn-olive

(Where found = Open areas: successional fields, pastures, hedge rows, utility rights-of-way, thickets)



Tall shrub that branches frequently; it is usually a little taller than wide

Generally 10' to 20' tall



# How to identify Autumn-olive

(Where found = Open areas: successional fields, pastures, hedge rows, utility rights-of-way, thickets)



Bark of branches is gray-brown and relatively smooth.

Young branches are silvery green to brown and covered with small scales



# How to identify Autumn-olive

(Where found = Open areas: successional fields, pastures, hedge rows, utility rights-of-way, thickets)



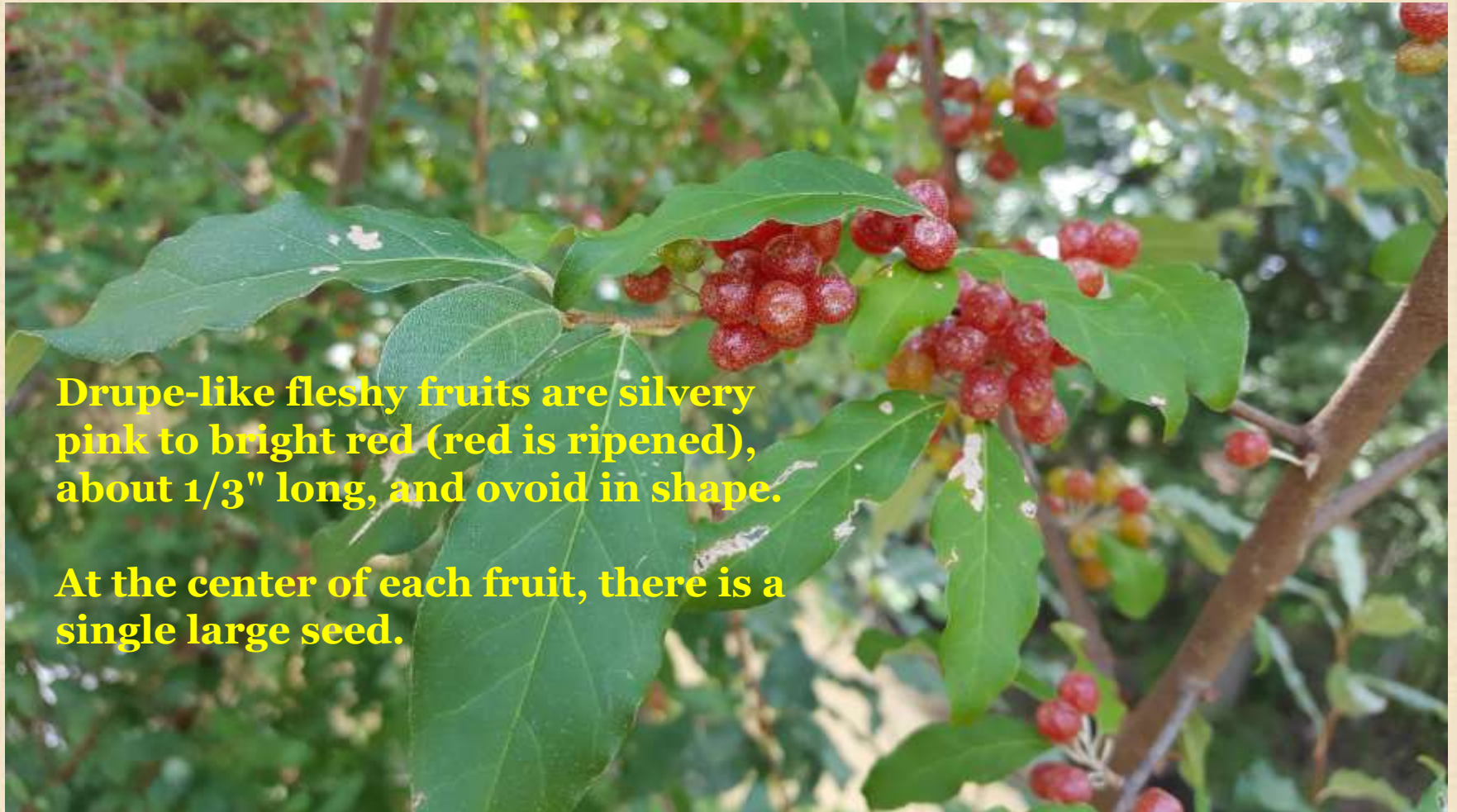
Lower surface of leaf is whitish green to white and densely covered with small silvery scales



Alternate leaves are up to 3" long and 1¼" across; they are elliptic-oblong to ovate with smooth margins, blunt tips, and wedge-shaped to rounded bottoms.

# How to identify Autumn-olive

(Where found = Open areas: successional fields, pastures, hedge rows, utility rights-of-way, thickets)



**Drupe-like fleshy fruits are silvery pink to bright red (red is ripened), about 1/3" long, and ovoid in shape.**

**At the center of each fruit, there is a single large seed.**

# When to harvest Autumn-olive fruit



Drupes mature in early autumn,  
usually by early October.



# Tips for clean picking



Pluck off individual berries.  
Grabbing a handful will also collect unripened berries, leaves, and pedicel debris.

Photo credit:

<https://beansbulletsbandagesandyou.com/bullets/2018/10/22/easiest-foraging-autumn-olive/>

Photo credit:

<https://fastgrowtheweeds.com/2008/10/02/on-autumn-olive-berries/>

# Tips for clean picking



Pick berries into a convenient and easy-to-navigate “berry bucket.”



# Tips for processing your Autumnberry harvest



Photo credit: <https://druidgarden.files.wordpress.com/2014/09/foodmill.jpg>



Photo credit: [https://druidgarden.files.wordpress.com/2014/09/img\\_1105.jpg](https://druidgarden.files.wordpress.com/2014/09/img_1105.jpg)



Separate the large seeds and the tough skins by passing the cooked fruit pulp through a food mill or pressing it through a fine-mesh strainer.

This works best when the pulp is hot.

# Tips for storing and using Autumnberries



It's best to process and use fresh berries right away or to freeze your cleaned berry harvest for later processing.

Autumn-olive fruit will keep up to two weeks in the refrigerator.

# *Culinary Uses for Autumnberry*



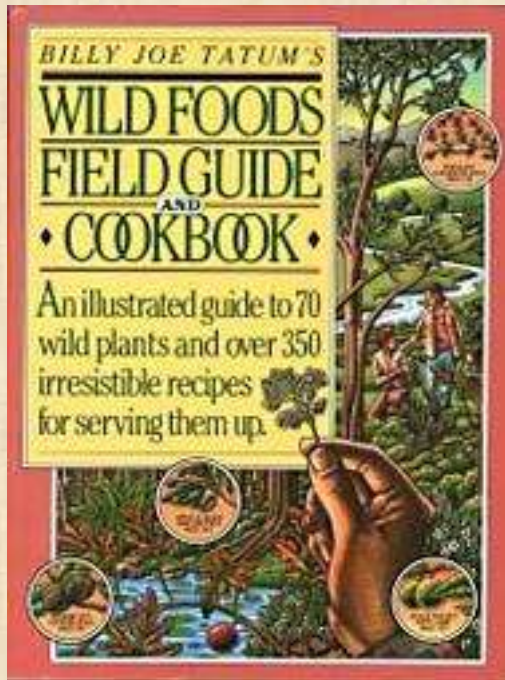
Autumnberry can be used in these culinary applications:

- ❖ Eaten fresh (whole berry, if you wish to eat the edible seed) as an addition to your breakfast yogurt or granola,
- ❖ jam and jelly,
- ❖ fruit butter,
- ❖ fruit leather,
- ❖ in baked goods,
- ❖ in sauces, and
- ❖ in cocktails, as a cordial, or as a wine.

# Foraging for Wild Edibles: Recipe Resources

*Wild Foods Field Guide and Cookbook,*  
by Billy Joe Tatum

[www.wildmanstevebrill.com/cooking](http://www.wildmanstevebrill.com/cooking)



STEVE BRILL

## Wild (and not-so-wild) Recipes



More of my recipes: [Cooking for](#)

[Acorns - Bean Preparation](#)

[Acorns - Bean Tortillas](#)

[Almond Bites, Crunchy](#)

[Apple and Wildflower Pie](#)

[Autumn Olive Berry Jam](#)

[Bannocks \(Sweet & Yeast\)](#)

[Beach Plum Confit](#)

[Beach Plum Jam](#)

[Baked Wild Flour Pie](#)

[Blackberry Dimples](#)

[Blackberry Pancakes](#)

[Black Strawberry Ice Cream](#)

# Autumnberry



*Last call!*

If you'd like the information from this presentation (including recipes), please send your email request *now* to:

[dave@curiousbynature.mysite.com](mailto:dave@curiousbynature.mysite.com)

Thank you!

Be well.



# THE END



View of McDonald Creek  
from atop waste water  
weir at Old Lock 7

