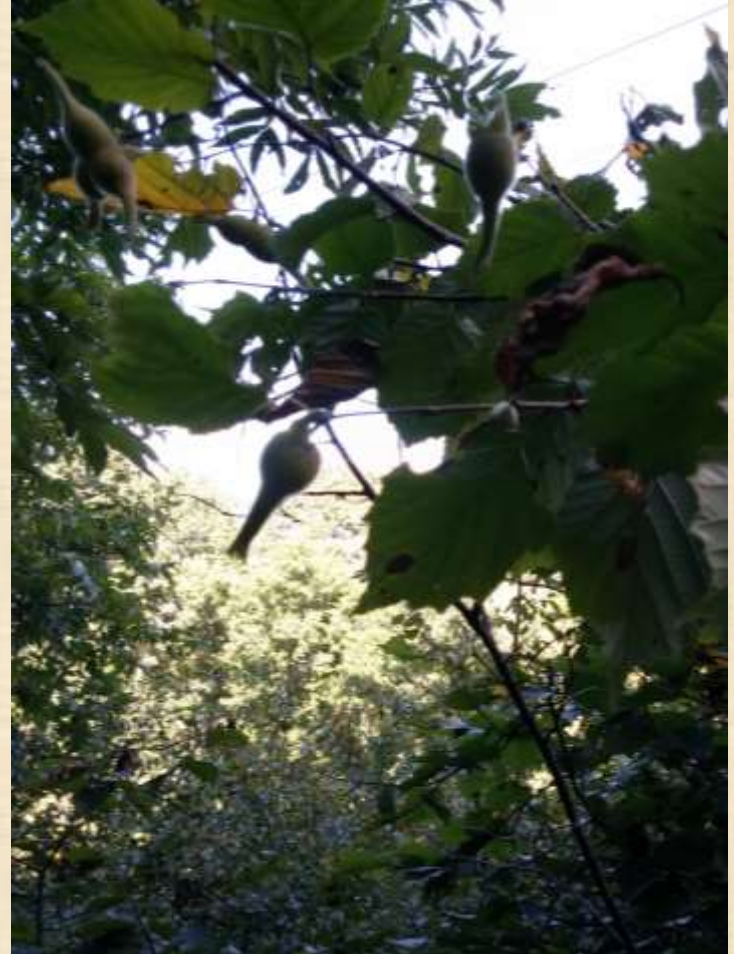


Foraging for Wild Edibles:

Hazelnuts



American Hazelnut (*Corylus americana*) and Beaked Hazelnut (*Corylus cornuta*)

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.

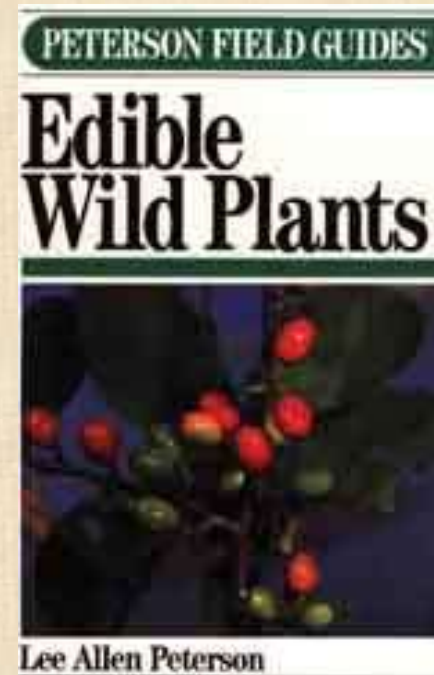
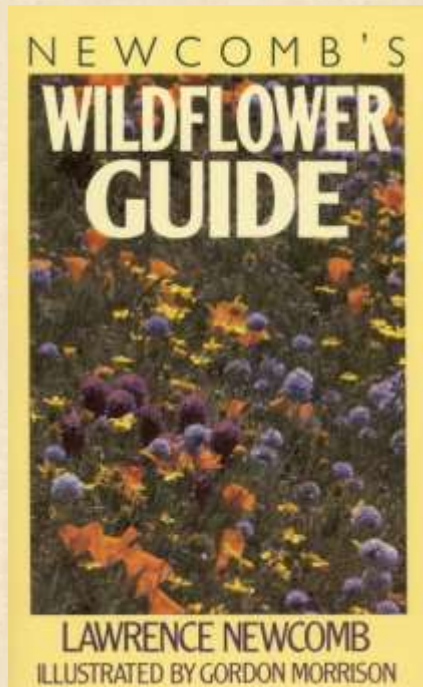
Foraging for Wild Edibles:

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

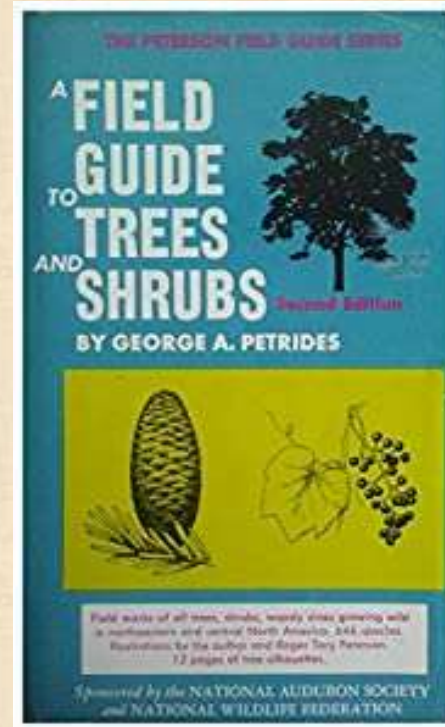
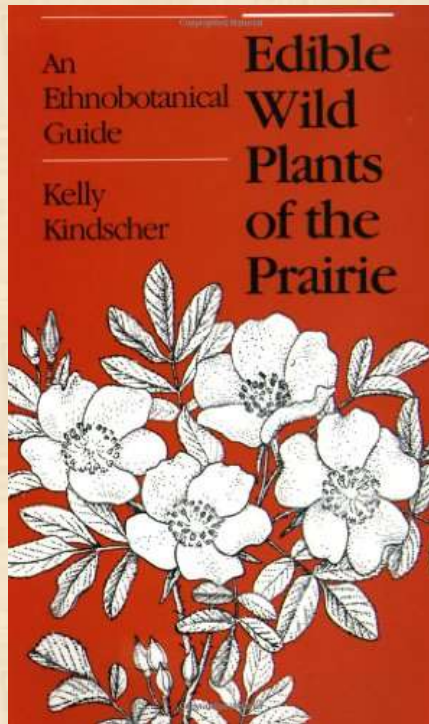


Foraging for Wild Edibles: Tips for Responsible Foraging – Know your plants



*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.”

Vischer Ferry Nature and Historic Preserve:

From parking lot along Riverview Road next to Clute's Dry Dock, proceed south then east along red route and then look for the targeted species within the purple area, which follows the historic towpath. You will find American Hazelnut shrubs scattered along both sides of the towpath throughout this portion of the preserve.



Hazelnuts



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

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 Hazelnuts



- Excellent source of dietary fiber, protein, manganese, copper, magnesium, Thiamin, vitamin B6 and vitamin E.
- Each hazelnut kernel is 50-75% oil.
- Rich source of mono- and polyunsaturated fats and contain a good amount of omega-6 and omega-9 fatty acids, such as oleic acid.

How to Identify Hazelnuts

(Where found: Woods borders and thickets)



Deciduous, rounded, multi-stemmed, thicket-forming shrub that typically grows 6-16' tall.

Thickets with good sun exposure will produce the most nuts.



2015 © Peter M. Dziuk

Photo credit: Peter M. Dziuk

How to Identify American Hazelnut

(Where found: Woods borders and thickets)



Tips of twigs are hairy

Leaves with double-toothed margin

How to Identify Beaked Hazelnut

(Where found: Woods borders and thickets)



Tips of twigs are hairless or few hairs

Leaves with double-toothed margin

How to Identify Hazelnuts

(Where found: Woods borders and thickets)



Bright yellow is most often Beaked Hazelnut



Alternate branching

Photo credit: <https://landscapeplants.oregonstate.edu/plants/corylus-cornuta-var-californica>

Fall color varies from bright yellow to deep wine-red

How to Identify American Hazelnut

(Where found: Woods borders and thickets)



Nut enclosed in a pair of hairy leaf-like bracts (involucres) with ragged edges

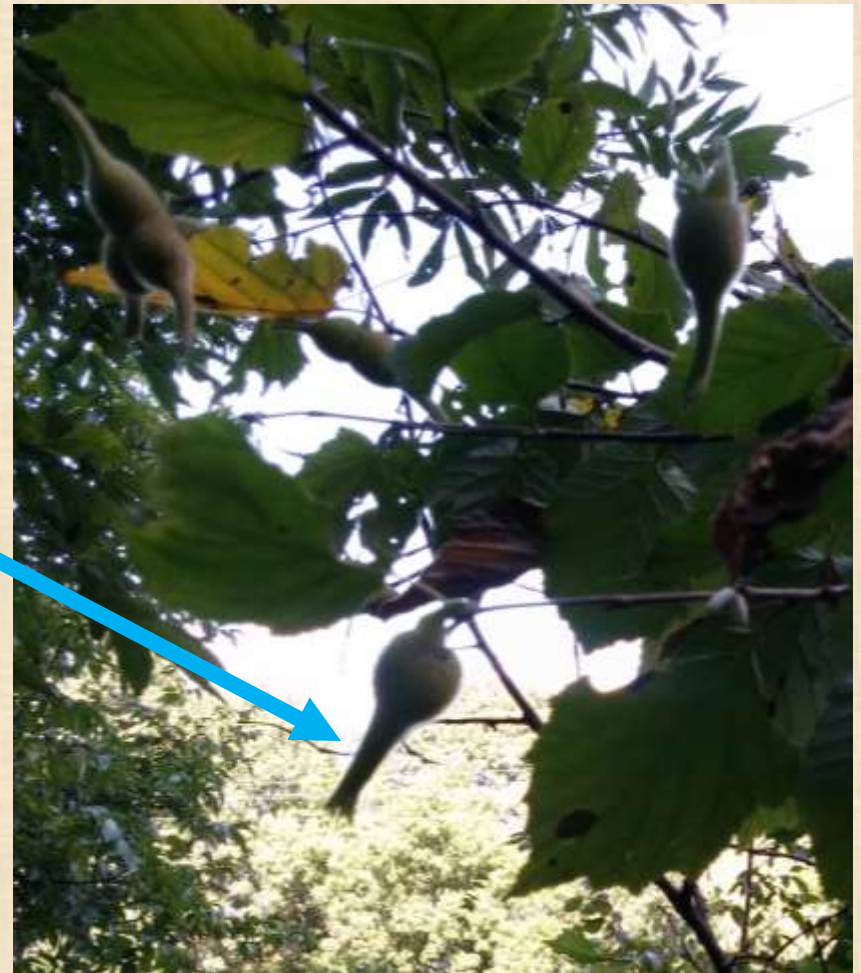


How to Identify Beaked Hazelnut

(Where found: Woods borders and thickets)



Nut enclosed in a pair of hairy bracts (involucres) that join together to form a long narrow beak



When to Harvest Hazelnuts



Nut is ***ripe when shell is brown***, which occurs before the outer husk turns brown – typically last week of August



Photo credit:

<https://riverbendhazelnuts.blogspot.com/2019/>

Tips for Picking American Hazelnut



Sometimes the shell is easily removed from the husk by rolling it with your thumb.



Photo credit:

<https://riverbendhazelnuts.blogspot.com/2019/>

Tips for Picking Hazelnuts



Photo credit:

<https://michiganflora.net/image.aspx?img=13170&id=557>



Because of the sticky hairs on each husk, wear leather gloves (or rubber dishwashing gloves) to protect your fingertips – if you don't, those hairs pierce your skin and can become quite painful to the touch – it may feel like you've been handling fiberglass insulation.

Tips for Picking Hazelnuts

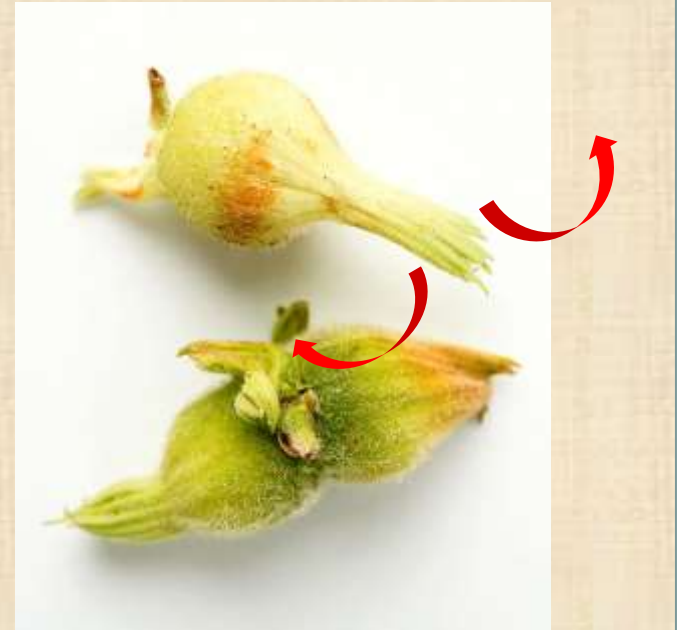


Take along a flexible bag or pouch to carry your harvest to enable you to step into and walk through hazelnut thickets as you search for ripe nuts to harvest.



Photo credit: <https://foodiran.net/en/agriculture-and-harvesting-of-hazelnuts/>

Tips for Picking Hazelnuts



Remove husk from each nut as you pick.

To do so, grab tip of each bract and peel back toward top of shell and either roll shell out of husk or tear husk from shell.

Photo credit:

<https://riverbendhazelnuts.blogspot.com/2019/>

Photo credit: Holly A. Heyser,

<https://honest-food.net/harvesting-wild-hazelnuts/>

Tips for Processing Hazelnuts



Alternatively, let your harvest air dry for several days; doing so enables you to remove the husks more easily.

But, be sure to put those gloves back on before you begin!



Tips for Processing Hazelnuts



L: American Hazelnut (*Corylus americana*)
R: Beaked Hazelnut (*Corylus americana*)

After husks are removed, put all nuts (still in shell) into a sink filled with 2-3" of water and immediately remove any floaters.

Floaters will contain either:

- (1) air because of an undeveloped seed (i.e., empty shell), or
- (2) larva of Nut Weevil (*Curculio occidentis*) feasting on the seed.

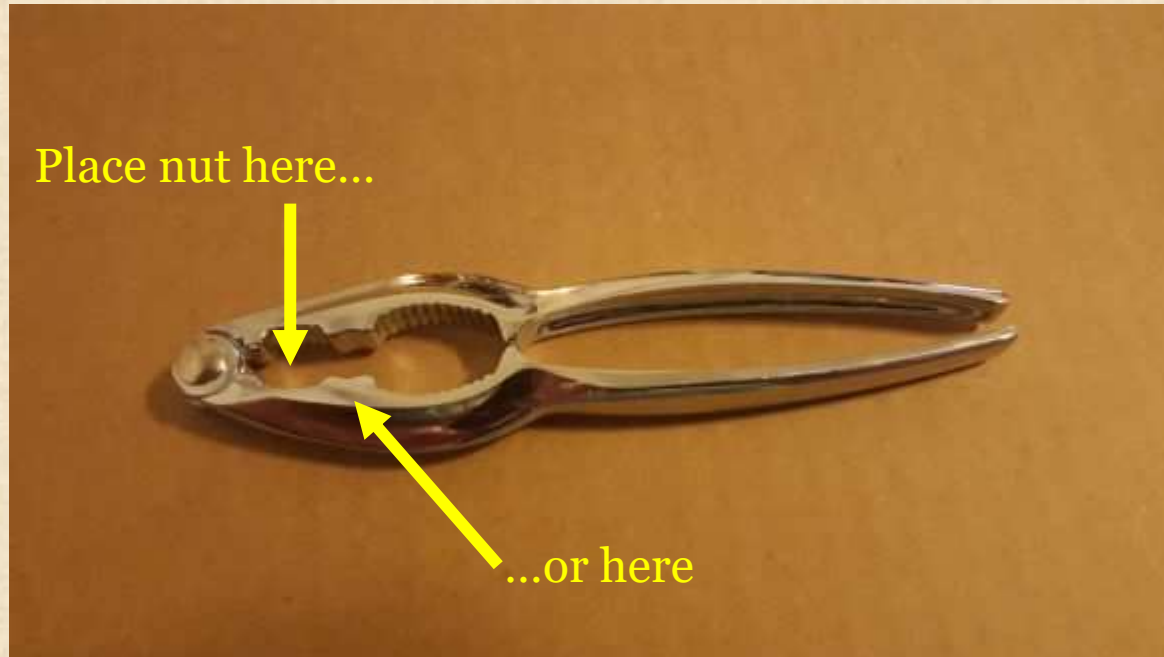


Tips for Processing Hazelnuts



Let your husked harvest air dry for at least a couple of weeks before cracking the shells open – doing so will help ensure the nut separates easily from the shell when you crack them open.

Tips for Processing Hazelnuts



Tips for Storing and Using Fresh Hazelnuts



Store shelled hazelnuts in an airtight container in the refrigerator for up to six to eight weeks.

Tips for Storing and Using Frozen Hazelnuts



Store shelled hazelnuts in an airtight container, where they will stay fresh and flavorful for up to one year in the freezer.

Culinary Uses for Hazelnuts



One pound of shelled whole hazelnuts will yield 3-1/2 cups.

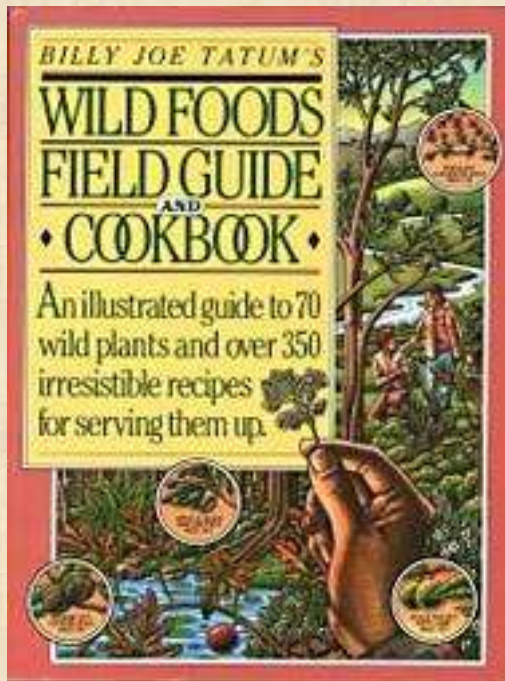
Hazelnuts can be used in these culinary applications:

- ❖ fresh raw nuts or roasted nuts or candied nuts as a snack,
- ❖ nut butter,
- ❖ in ice cream,
- ❖ in baked deserts, including cakes, cookies, and pies,
- ❖ in candy, and
- ❖ as a liqueur.

Foraging for Wild Edibles: Recipe Resources

Wild Foods Field Guide and Cookbook,
by Billy Joe Tatum

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](#)

Hazelnuts



Last call!

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

dave@curiousbynature.mysite.com

Thank you!

Be well.



SAVE the dates!



Join me for the remaining sessions of *Foraging for Wild Edibles* –

- September 9 @ 5:30pm: *Nannyberry*
- October 3 @ 1pm: *Hickory Nuts*
- October 4 @ 1pm: *Autumnberries*

Please check the [Events page of my blog](#) for details and any updates on each upcoming event:

www.curiousbynature.wordpress.com.

THE END

