

Foraging for Wild Edibles:

Nannyberry



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.

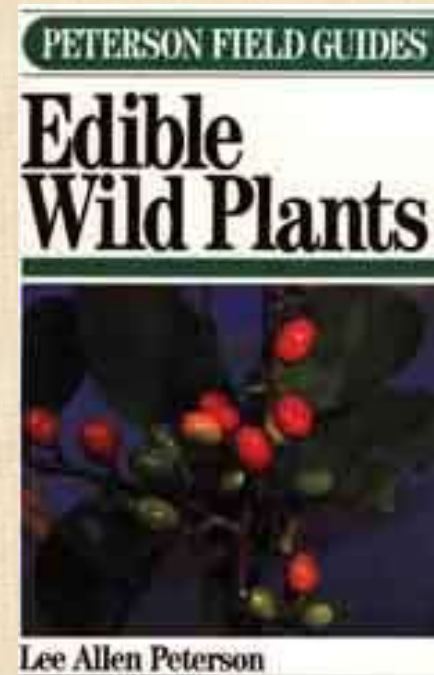
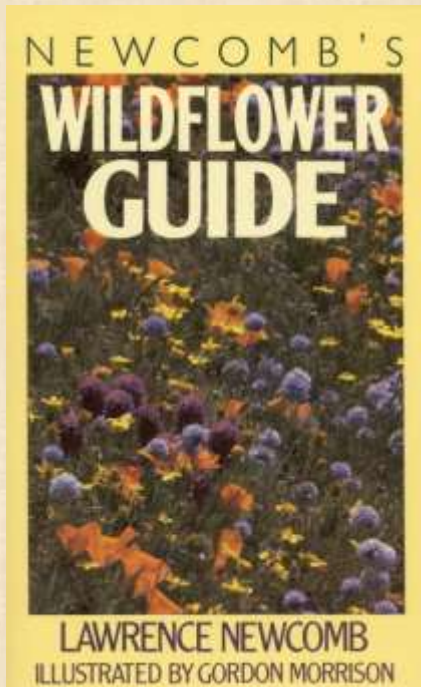
Foraging for Wild Edibles:

Tips for Responsible Foraging - Know your plants



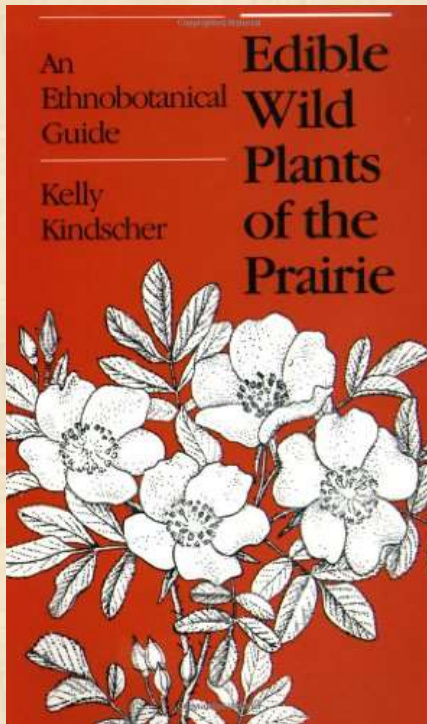
Newcomb's Wildflower Guide,
by Lawrence Newcomb

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

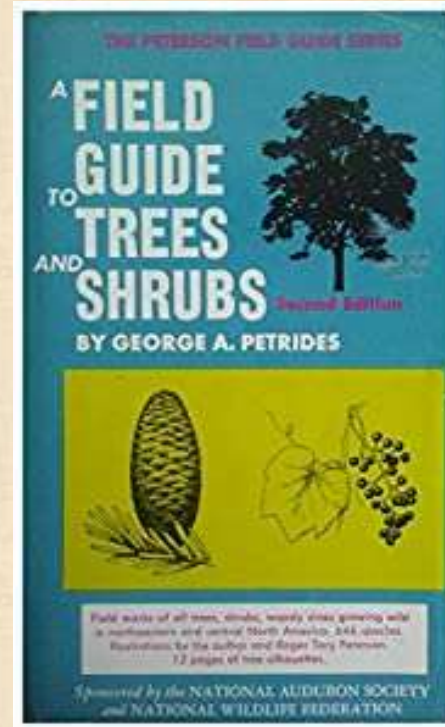


Foraging for Wild Edibles: Tips for Responsible Foraging - Know your plants

*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.”

From parking lot along Route 146, proceed north along red route, then look for the targeted species within the purple area, which follows a loop trail. You will find numerous shrubs scattered along both sides of the trail and throughout this portion of the park.



Nannyberry

(Viburnum lentago)



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 Nannyberry



- Nannyberry fruit are high in fiber and contain various substances and micro-nutrients, such as: alkaloids, alkaline salts, proteins and flavonoids.
 - Alkaloids have a wide range of pharmacological activities including antimalarial, antiasthma, anticancer, antiarrhythmic, analgesic, and antibacterial.
 - Flavonoids are powerful antioxidants with anti-inflammatory and immune system benefits.
- A research article published in *Current Developments in Nutrition* (June 28, 2018) concluded that “results suggest that nannyberry fruits may prove to be effective chemoprotective and/or chemopreventative agents against human prostate cancer.”

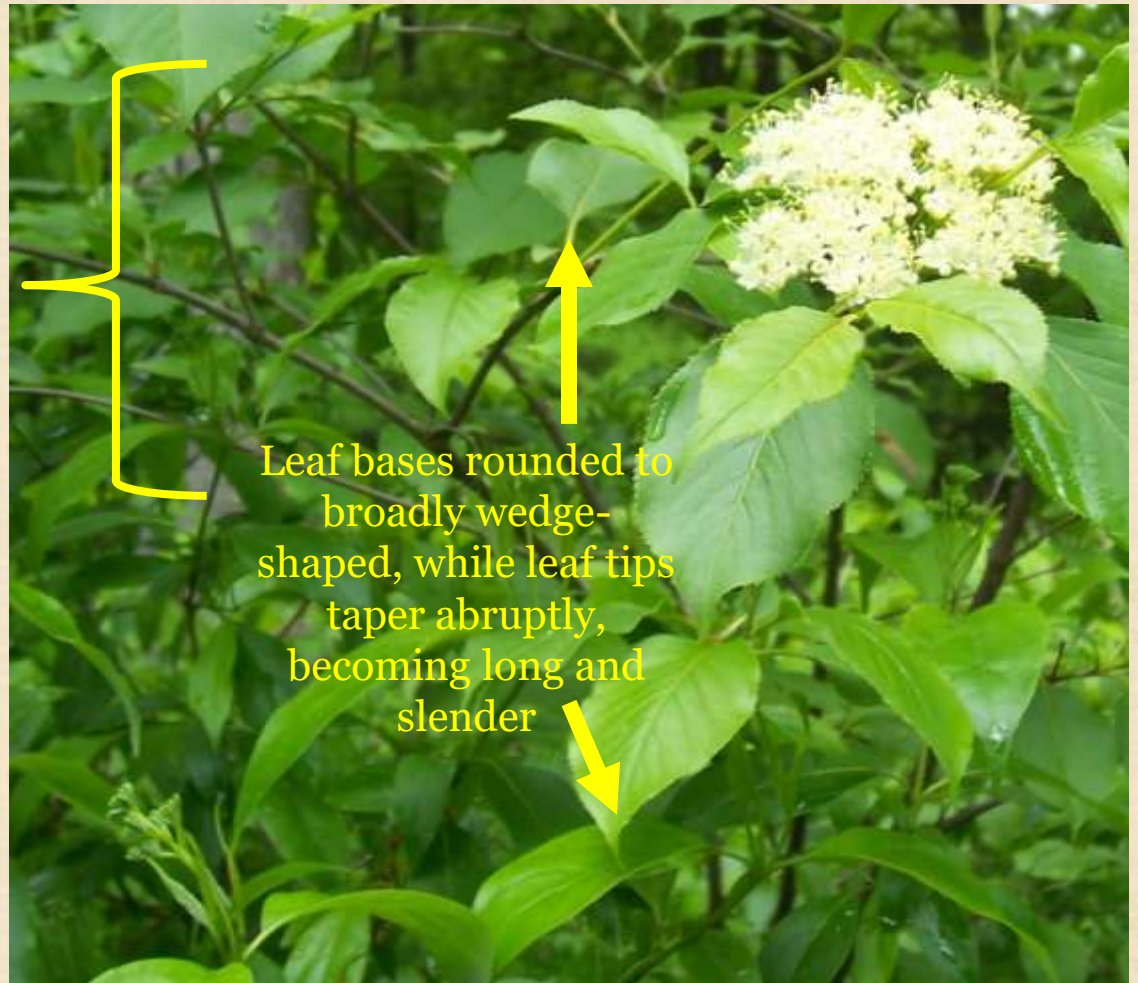
How to identify Nannyberry

(Where found: Rich moist soil)



Most often a multi-stemmed shrub with ascending branches that have a tendency to arch

Generally 9' to 18' tall



How to identify Nannyberry

(Where found: Rich moist soil)



Smaller branches and twigs are gray, light brown, or light purple; they are smooth with scattered lenticels



Pairs of opposite leaves serrated along their margins

How to identify Nannyberry

(Where found: Rich moist soil)



Leaves become orange, maroon, or dark red during the autumn



Branches and pedicels bearing fruit turn red as fruit ripens

Mature drupes ovoid in shape, and dark blue-violet; fleshy interior somewhat juicy and sweet, tasting like a date.

Each contains single flattened ovoid seed.

When to harvest Nannyberry fruit



Drupes mature in late summer
shortly before autumn begins

Tips for clean picking



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

Photo credit:

http://www.whiteoaknursery.biz/seed_prop/Viburnum_lentago_seed.shtml

Photo credit: <https://fedcoseeds.com/trees/nannyberry-607>

Tips for clean picking



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

Tips for processing your Nannyberry harvest



Remove debris from your harvest

Tips for processing your Nannyberry harvest



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. Probably best if you first use a potato masher to ensure each berry has burst open to release its seed.

This works best when the pulp is hot.

Tips for storing and using Nannyberries



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

Nannyberry fruit will only keep about three days in the refrigerator.

Culinary Uses for Nannyberry



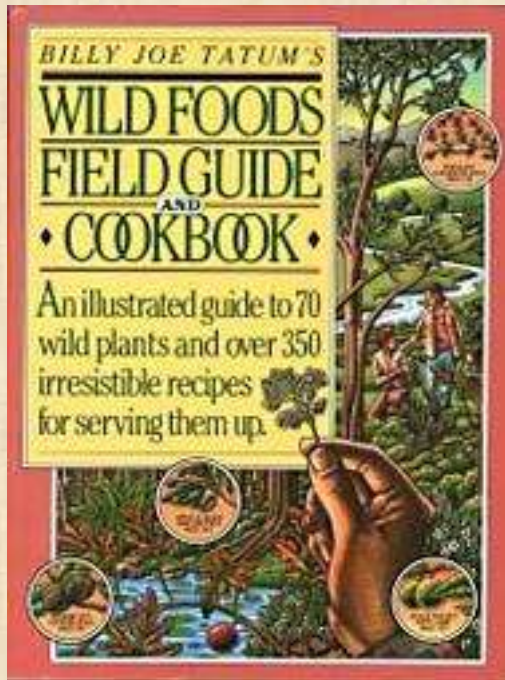
Nannyberry can be used in these culinary applications:

- ❖ jam and jelly,
- ❖ fruit butter,
- ❖ pudding,
- ❖ fruit leather,
- ❖ in baked goods,
- ❖ in sauces, and
- ❖ wine.

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 Conserve](#)

[Beach Plum Jam](#)

[Baked Wild Flour Pie](#)

[Blackberry Dimples](#)

[Blackberry Pancakes](#)

[Black Strawberry Ice Cream](#)

Nannyberry



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* –

- 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



Garnsey Houses

These houses were owned by Nathan and Levi Garnsey in the late 1700's and early 1800's. Nathan Garnsey owned the house on the right. His son, Nathan Garnsey Jr, would go on to become the town's second supervisor. Nathan Jr.'s son, Levi, owned the house on the left. They are located off of Route 146 east of the park



<http://www.cliftenpark.org/townhall/historicpreservation/register1.html>