



Resource Cards:

Edible Deadible (*Plant*)

✂ Print out and fold info on back, then laminate and cut into single cards.



Tree: Pine

Not all pine is edible, but some species can be used to make tea and oil.

The cones have seeds in them which birds and squirrels love, and so do we – pine nuts are delicious toasted and tossed in salads!

Pine can be used as an antiseptic.

Pine relieves congestion and aids kidney health.

The needles and shoots are rich in Vitamin A and C.

Edible



Plant: Dogrose Berries: Rosehips

Rosehips are edible. Rosehips make great jellies, sauces, tea, syrups, soups and seasoning, and even fruit leather.

Very tart in flavour, rosehips contain 50% more vitamin C than oranges. This means that they are an excellent immune system booster.

The syrup is used as a cough medicine. It can be used to help kidney disorders and digestive problems.

Rosehips also have a high vitamin A content. Rosehip oil can help regenerate new skin cells and is used to treat scars, acne and burns.

Edible



Plant: Wild Strawberry Fruit: Strawberry

This is where our cultivated varieties of strawberries came from originally – wild ones are much smaller, and it would take a while to collect a mouthful, but they are very tasty!

Used as a treatment for diarrhoea, chilblains and sunburn. The fruits contain salicylic acid and are used in the treatment of liver and kidney complaints, rheumatism, gout and as a throat gargle.

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Plant: Wood sage

Wood sage both smells and tastes similar to 'hops' which are used to make beer. The plant can be used to give beer flavour, and to make it clear.

The plant is also known as "Gypsy's baccy" and was used to roll homemade cigarettes which can cause lung damage.

This herb has been used in the treatment of skin afflictions, diseases of the blood, fevers and colds.

Edible



Tree: Beech Seed: Mast or nut

Containing a toxin known as saponin glycoside, beech masts should not be eaten raw.

Roasting improves their flavor and destroys the toxin at the same time.

Containing a high fat content, oil extracted from the masts can be used for cooking.

Once roasted the masts can be ground into flour or a coffee substitute.

Beech masts are a good source of nutrients, vitamins and minerals.

Edible



Tree: Elder Seed: Elderberries

Quite bitter tasting, the berries need to be cooked before being eaten. The bark, twigs, roots and leaves of the plant are poisonous and cause stomach problems if eaten raw due to the build-up of cyanide in the body.

Packed with antioxidants and full of Vitamin C, elderberries and their flowers have lots of culinary uses such as crumbles, pies, jams, cordials and liqueurs. Elder has antiseptic, antibacterial, antiviral and anti-inflammatory properties. The most common uses are for colds, flu and sinus infections. Elderflower can help with some forms of arthritis and is used to stop bleeding. Elderflower also reduces blood sugar levels very similar to the way insulin works.

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Tree: **Oak** Seed: **Acorns**

Acorns can be eaten raw, but they are bitter in taste and tough to digest because of the tannins contained within them, which can cause irritation to the stomach lining and affect the digestive system.

Acorns need to be leached (boiled) before eating but can then be roasted and salted, ground into a naturally caffeine free coffee, added to stews or ground into flour. Containing numerous medical qualities acorns can boost energy levels, improve digestion and regulate blood sugar levels.

Edible



Plant: **Bramble** Fruit: **Blackberries**

Plants with thorns are often edible - the thorns are to protect them from being eaten! Young leaves can be brewed to make a refreshing tea, and everybody knows the berries in autumn make a lovely crumble!

Bramble has been widely used as a medicine in the past. Its leaves and root bark have been used to remove excess water from the body and to detoxify.

There was even a remedy made from blackberry leaves 'for fastening the teeth back in'!

Edible



Plant: **Stinging nettles**

Stinging nettles are an excellent blood purifier, a mild laxative and are extremely high in vitamin C.

Delicious added to a soup or salad their leaves can be stewed to make a healthy, relaxing herb tea.

Of high wildlife value, stinging nettles support more than 40 kinds of insects and their seeds are eaten by birds such as house sparrows, chaffinches, and bullfinches.

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Plant: **Gorse**

This prickly bush is common in Wales with its yellow flowers filling the air with the scent of coconut on hot summer days.

The flowers can be made into an alcoholic drink called mead and have been used in the treatment of jaundice, scarlet fever, diarrhoea and kidney stones.

Edible



Tree: **Horse Chestnut** Seed: **Conker**

Conkers contain chemicals called glycosides and saponins which are mildly poisonous, causing sickness if eaten.

Rich in starch, their extracts are used in shampoos and body washes. A soapy solution can be made from the leaves.

Deadible



Plant: **Ivy**

One of the best plants for wildlife, it is very good for birds but not for humans.

Its evergreen foliage provides shelter for birds to nest and insects to hibernate. Flowering in the autumn when very little else is in bloom, mature ivy is often a buzz with feeding wasps, flies, hoverflies and bumblebees. The bitter tasting berries are poisonous and contain needle-like crystals that cause pain and swelling in the lips, face, tongue, and skin.

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Plant: Foxglove

Foxglove grows in woodlands and hedgerows and is also a common garden plant.

Eating any part of the plant causes vomiting and diarrhoea and can even result in heart attacks.

Parts of the plant are used to make drugs to treat heart conditions, i.e. Digoxin.

Deadible



Tree: Yew

Almost every part of the tree is poisonous, especially the leaves and seeds contained within the berries.

It's not worth the risk but the red, sticky berry is edible. Eating these can result in dizziness, irregular heart rhythm and death. Some positive news, yew extract is used to formulate a drug, which slows the growth of cancer. The leaves have been used in the treatment of asthma, bronchitis, rheumatism and epilepsy.

A remedy is made from the young shoots and berries and is used in the treatment of many diseases, including headaches, heart and kidney problem.

Deadible



Plant: Bluebell

All parts of the bluebell plant contain toxic glycosides that are poisonous to humans and animals, including dogs, horses and cattle.

Eating any part of the plant can cause a lowering of the pulse rate, nausea, diarrhoea and vomiting. In some people, direct contact with the plant can cause skin irritation, known as contact dermatitis.

The Romans used the seed heads as an antiseptic soap by squeezing them between their hands.

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Plant: **Giant Hogweed**

A nasty plant found in rank weedy grassland.

If you get the sap on your skin, it reacts with sunlight to cause painful blisters which refuse to heal for months and months and often leave scars.

Something you wouldn't want to put in your mouth!

Deadible



Plant: **Wolfsbane**

One of the most toxic plants that can be found in Wales.

The plant can cause a fatal slowing of the heart and even eating a very small amount can lead to an upset stomach. The poison can also act through contact with the skin, particularly if there are open wounds.

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Plant: **Hemlock**

If it is eaten hemlock causes sickness and in severe cases it can kill by paralysing the lungs.

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Plant: Cuckoo Pint

The cuckoo pint's red and orange berries are poisonous.

If eaten, the berries cause irritation in the mouth and throat which leads to swelling and pain and can result in difficulty breathing. It also causes an upset stomach.

Deadible



Plant: Rhododendron

This plant is not natural to Wales, and its leaves contain a powerful poison that kills other plants - which is why nothing grows under rhododendron bushes.

All parts of the plant contain toxins so don't be taken in by the pretty flowers. This is a nasty plant!

Deadible

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