

<u>Local Wild Foraged</u>	<u>Season</u>	<u>Unit</u>
Alexanders	Dec-Apr	1Kg
Bucks Horn Plantain	Sept-Apr	1Kg
Cherry Plums	Aug-Sept	1Kg
Chickweed	Sept-May	1Kg
Crab Apples	Aug-Nov	1Kg
Dandelion	Apr-July	1Kg
Elderflower	May-June	1Kg
Elderberries	Sept-Nov	1Kg
Fat Hen	Mar-June	1Kg
Giant Puffballs	August	1Kg
Green Walnuts (pickling)	July	1Kg
Ground Elder	Apr-June	1Kg
Hawthorn Berries	Sept-Nov	1Kg
Hawthorn Leaves	April	1Kg
Hedge Garlic	Mar-May	1Kg
Hogweed Shoots	April	1Kg
Hop Shoots	April	1Kg
Horseradish Wild	Sept-Dec	1Kg
Mallow Leaves	April-June	1Kg
Nettles	Sept-Dec	1Kg
Rosehips	Sept-Dec	1Kg
Rowanberries	Aug-Oct	1Kg
Samphire	June-Aug	1Kg
Sea beet	Apr-Nov	1Kg
Sea blite	June-Aug	1Kg
Sea Buckthorn Berries	Sept-Nov	1Kg
Sea Plantain	May-June	1Kg
Sea Purslane	All Year	1Kg
Sheep Sorrel	November	1Kg
Sloes	Sept-Nov	1Kg
St Georges Mushrooms	April	1Kg
Wet Walnuts	October	1Kg
Wild Damsons	Aug-Sept	1Kg
Wild Fennel	Apr-June	1Kg
Wild Fennel Sticks	Oct-Nov	1Kg
Wild Garlic	Mar-May	1Kg
Wild Pea Flowers	June-Aug	1Kg