

Common Edible Weeds

Common name	Botanical name	Edible part
Burdock	<i>Arctium lappa</i>	root
Chickweed	<i>Stellaria media</i>	leaf
Chicory	<i>Cichorium intybus</i>	leaf, root, flower
Cleavers	<i>Galium trifidum</i>	leaf
Dandelions	<i>Taraxacum officinale</i>	leaf, root (roasted), flower
Dock, curly V	<i>Rumex persicarioides</i>	leaf, root
Dock, yellow	<i>Rumex crispus</i>	leaf, root
Epazote	<i>Chenopodium ambrosioides</i>	leaf
Garlic mustard	<i>Allicaria officinalis</i>	leaf, root, seed
Goldenrod	<i>Solidago</i> spp.	flower (for tea or spice)
Knotweed	<i>Polygonum cuspidatum</i>	shoot
Lamb's quarters	<i>Chenopodium album</i>	leaf
Lettuce, wild	<i>Lactuca scariola</i>	leaf
Mint	<i>Mentha</i> spp.	leaf
Mustard, wild	<i>Brassica</i> spp.	leaf, flower, seed
Pigweed	<i>Amaranthus retroflexus</i>	leaf, seed
Pineapple weed	<i>Matricaria matricarioides</i>	leaf (for tea)
Plantain	<i>Plantago</i> spp.	leaf, seed
Purslane	<i>Portulaca oleracea</i>	leaf
Queen Anne's lace	<i>Daucus carom</i>	leaf, flower, root
Shepherd's purse	<i>Capsella bursa-pastoris</i>	leaf, seed, seedpod
Sorrel, sheep	<i>Rumex acetosella</i>	leaf
Sow thistle	<i>Sonchus oleraceus</i>	leaf
Stinging nettle	<i>Urtica dioica</i>	leaf (cooked)
Wintercress	<i>Barbarea vulgaris</i>	leaf