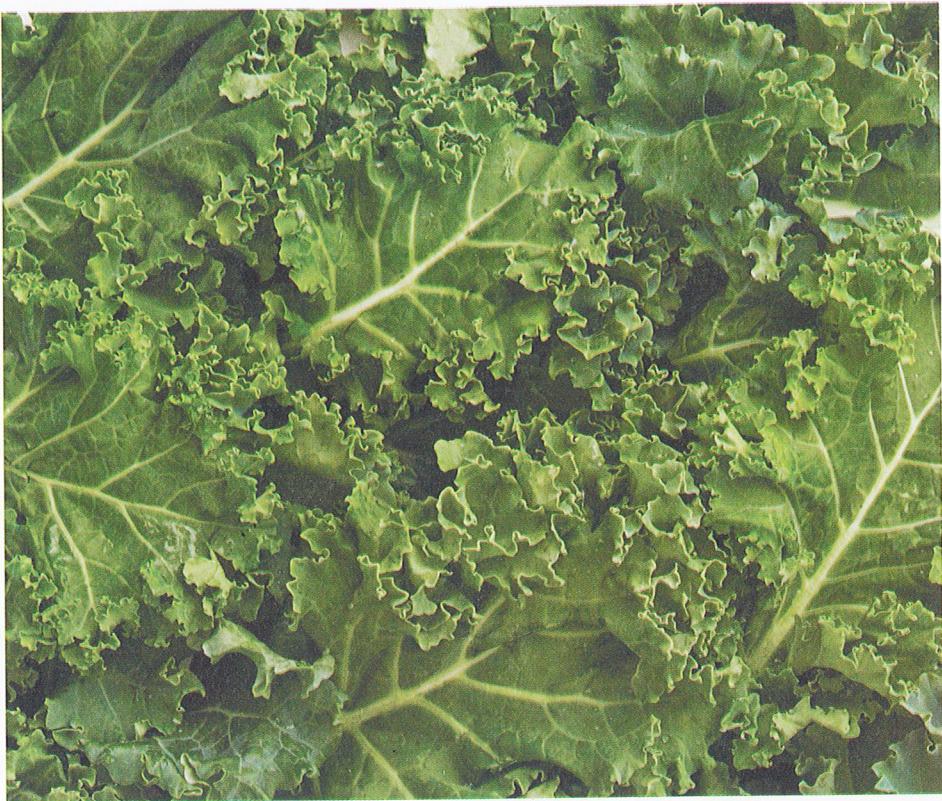
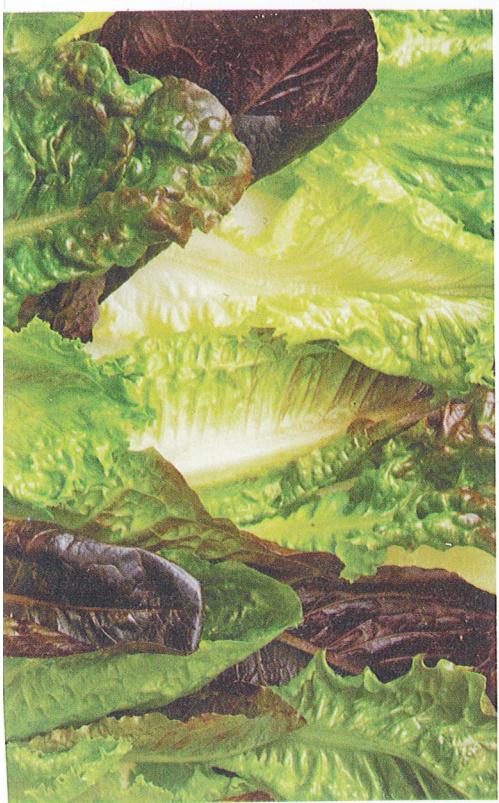


BACK



beauty.



Cover

A Little About The Author

(Artist?)

I grew up in a large, loud, home-schooled family; the 4th child of 5.

When me and my siblings visit home, late night conversations + good memories always seem to center around the kitchen. Good food has always been the way my family expresses their love, though my Mother didn't always have access to the best ingredients as she shopped on a budget. This legacy of thriftness and good, soulful food led me to my passion for foraging,

My goal with this zine is to share a little of the knowledge I've picked up over the years and hopefully inspire others to get out there and start foraging!

Let's start with something easy; fruit trees! Berea's campus has plenty of fruit trees, with the apple tree in front of

the president's house and the pear, apple, and persimmon trees found in ecovillage. The fruit on these trees may not

look as pretty or as tasty as those in the store but they aren't covered in the same cocktail of pesticides and herbicides; plus they are free!

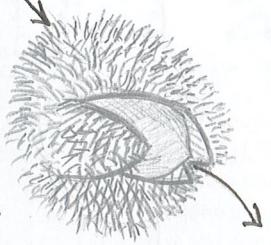
WHY: Chestnuts are tasty!

WHO: Chinese Chestnut



Chestnuts can be harvested, cooked, peeled, and eaten.

HOW:



First, remove the prickly outer shell. Be CAREFUL! the spines are sharp AF use thick gloves or pliers when the shells are turning brown and falling off the tree.

(You will have to be quick to beat the squirrels!)



: Chestnut tree flowering in the spring:

Always cut a slit in the chestnut before cooking or they will EXPLODE! Then boil, bake, or roast the nuts until the shell can be easily peeled. The nut meat can be eaten with a little salt, added to soup, or a whole host of other creative things!

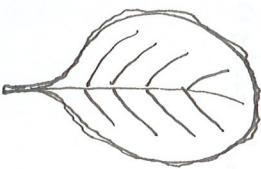
WHERE: I know of two chestnut trees, one on the backside of Draper, in front of Bing ham. The second is in the corner of eco-village at the bottom of the stairs.



Kousa

WHO: Dogwood

Four, pointed, white petals



Rounded,
deeply veined
leaves

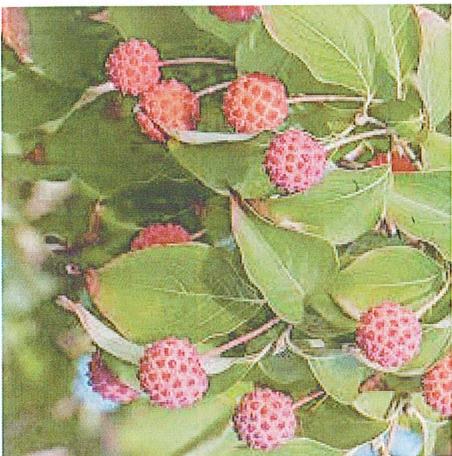
Fruit forming
in the center of
petals

I have seen Kousa Dogwood
trees all over campus but
especially by Presser and
behind Danforth Chapel.

WHERE:

Why:

Some don't enjoy
the texture of
Kousa berries
but they can be
made into jam or
jelly in the +
case



Kousa berries should
be harvested when
they are fresh, red, and
soft. Make sure you don't
mistake them for other
varieties of dogwood
as Kousa is the only
edible dogwood.



Kousa Dogwood berries are edible
the tough skin is not palatable
but the soft insides can be
strained out seeds and eaten,
it tastes tropical, fresh, and
fruity!

WHO:

The Paw paw Tree

WHY:

Pawpaws are tasty! Pawpaws are the largest fruit native to North America. People say they taste like a mix between mangoes and bananas!

Large, flat leaves

slightly shiny, oily sheen

pointy!

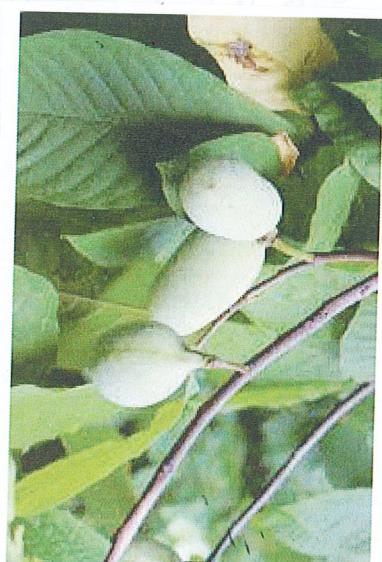
alternate leaves the along stem

WHERE:

There are plenty of stands of Paw Paw Trees in the Brushy Fork forest and the Pinnacles area. I have also heard tell there is a tree behind the agriculture building.



Pawpaws are small, smooth-barked trees that usually hang out in small groves in the undergrowths of mature forests



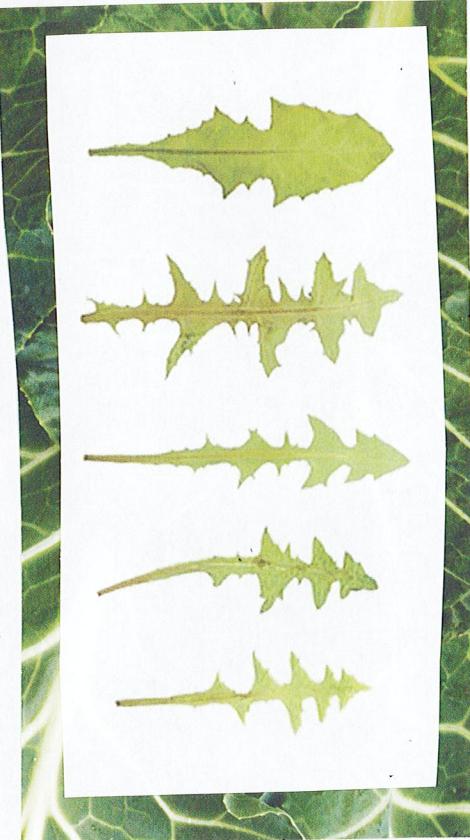
Paw paws rarely exceed 6 in. in trunk diameter
fruit ripens in early fall to late summer
and ripe fruit will fall to the ground when the tree is shaken

and

banana!

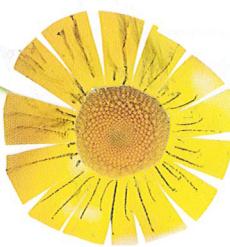
WHO: Dandelions!

Dandelions exhibit a wide variety of leaf shapes



The dandelion plant is edible, all the way down to the roots!

Young leaves, flowers, and stems can be added fresh to salads for a bitter kick



The flowers are beautiful! Leaves can be used to make dried tea



WHERE:

Dandelions can be found all across campus.

Living in our lawns

My personal fav is the — roots!

Many studies have been done

on the medicinal benefits of dandelion roots



I harvest the roots in the fall when the sugars have concentrated. Wash the roots well and then roast them until dark brown. These roasted roots can be used to make delicious dandelion coffee! (caffiene free!)

WHY:

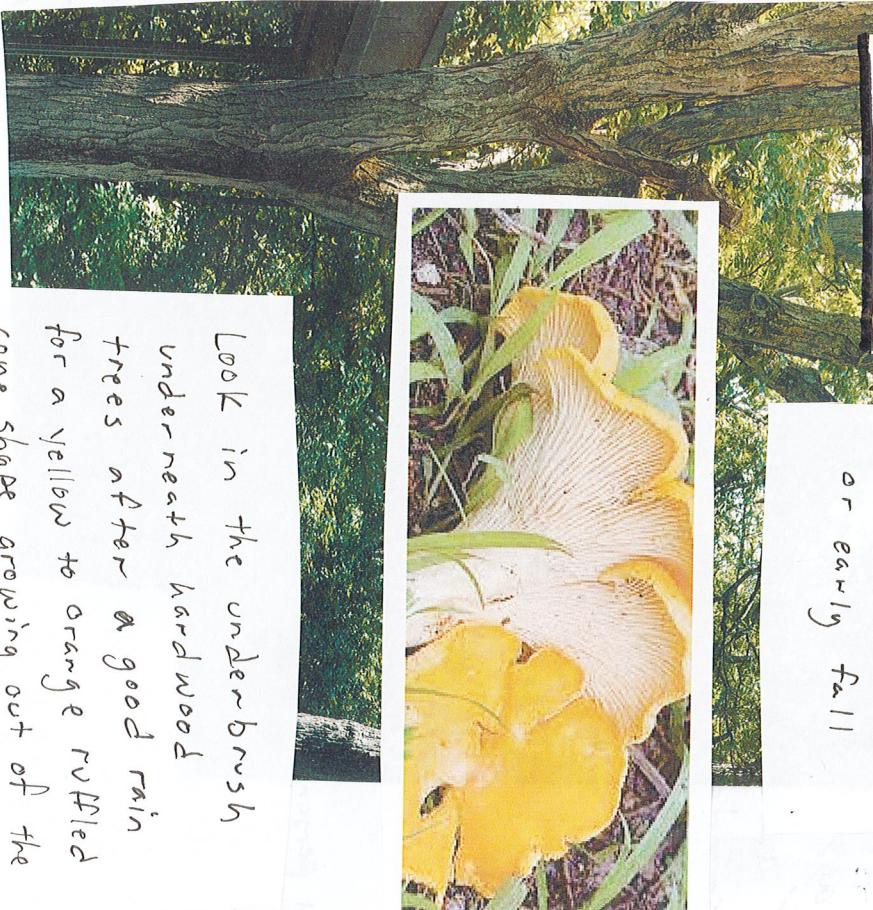
Every single part of

WHO:

The Golden Chantarelle

WHERE:

The pinnacles or
Brushy Fork forest
in late summer or
early fall



Why:

Chanterelles are delicious
sautéed with butter + salt
they can be added to omelettes
or any dish for a meaty,
buttery flavor



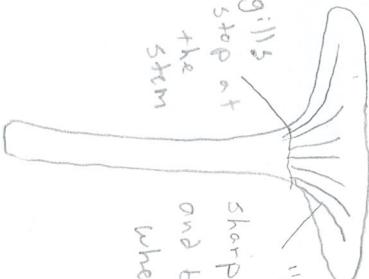
"frilly, irregular funnel
shape"

More traditional

mushroom shape



"false" gills
- more like
rubbery ridges,
forked + run
down the stem

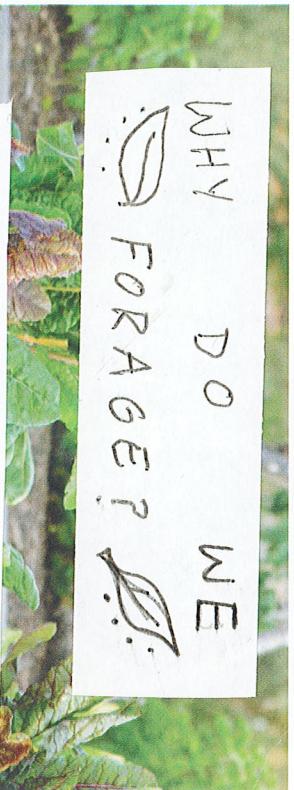


"true" gills
sharp + distinct
and break off
when rubbed

* Golden Chantarelle

FALSE
CHANTERELLE :

WHY DO WE FORAGE?



Foraging embodies indigenous wisdom and shows a wider path available to all that can lead us to a better future and quality of life. When we forage, we actively resist the myth of resource scarcity. Our capitalist society tells us that there simply aren't enough resources around to



photograph by BLAINE MOATS

have always existed to sustain human populations in a stable, equitable, and eco-friendly way. Food exists all around us. By foraging and gardening, we reject the capitalist system that barely pays its workers a living wage and funnels all the wealth to the 1% at the top. AGREE When we learn how to provide for our own basic needs apart from the system we do a service to ourselves and our surroundings.

Note:

Plants are our family & siblings. This is why I refer to them as WHO & WHAT. Our plant siblings show us their love by offering up their bodies as food. Honor this sacrifice by foraging sustainably and doing your best to re-plant, cultivate and give back to the forest that nourishes you.

(ASK Berea to plant more edible plants!)

sufficiently meet everyone's needs. Our system relies on creating artificial scarcity and extreme inequality to maintain supply and demand. When we look to indigenous peoples to lead us, we can see that ancient systems

