

Edible plants on the ground

11012152 Alex 11113172 Hazel

Hawksbeard 黃鶴菜



About the plants:

- Taste a little bit bitter
- It looks similar to dandelion, but it's a completely different plant
- It can help with digestion and liver function

Dishes you can make with this plant :

- Salads
- Herb tea
- Soup

Wood sorrel 醋漿草



About the plants:

- Entire plant can be eaten
- It has a tart, lemony taste
- Can help with digestion and has reducing inflammation purposes
- Rich in Vitamin C

Dishes you can make with this plant :

- Salads
- Herb tea
- Soup

Rabbit milk weed 兔兒菜



About the plants:

- Edible parts: fresh weeds and leafs
- Whole plant has a bitter taste
- Produce large amounts of pollen, Bees love them.
- Also known as Chinese Ixeris.
- Best food for Rabbit.

Dishes you can make with this plant :

- Ster fry
- Boil
- Dip in eggs then fry

(It's slight Narcotic to humans so don't consume much if possible)

Green amaranth 野苋



About the plants:

- Has higher iron and calcium level then spinach
- Rich in Potassium
- Helps with bone/teeth growth, prevents muscle cramps
- Originally from America

Dishes you can make with this plant :

- Chicken and green amaranth soup
- Cooked with rice
- Stir-fry

Blackjack .plant 大花咸豐草



About the plant:

- Because it blooms year-round and provides an abundant source of pollen, it was introduced to Taiwan.
- It's an invasive species

Dishes you can make with this plant :

- Stir-fry
- Teas
- Make it into rice ball
- Make it into pesto

Passiflora flora 毛西番蓮



About the plants:

- You can find them in Guangxi, Guangdong, Yunnan and Taiwan
- It's harmful to other crops
- You can eat the whole plant and it's fruit
- It has heat-clearing and detoxifying effects
- Has a name “natural tranquilizers”

Dishes you can make with this plant :

- Tea
- Passiflora flora fried eggs
- Boiled and make it into salads

Solanum nigrum 龍葵



About the plants:

- The whole plant has a toxic called "龍葵鹼" can not eat in raw.
- When the fruit turns darken, it's edible.
- "龍葵鹼" also found in the sprouted potatoes.

Dishes you can make with this plant :

- Soup
- Stir-fry
- Porridge

Thank you