

OUTDOOR COOKING WITH THE BAY FORAGING CALENDAR



January

← Wood/Jelly Ear
Garlic mustard
Sea beet



February

← Sea beet
Bittercresses
Garlic mustard



March

← Wild garlic
Rock samphire
Stinging nettle



April

← Serrated wrack
Sea Beet
Garlic mustard
Gorse (flowers)



May

← Sea kale
Watercress
Sea purslane
Sea rocket



June

← Gooseberry
Marsh Samphire
Wild strawberries



July

← Sea raddish
Cherry
Raspberry
Redcurrent



August

← Sea rocket
Sea spaghetti
Blackberry
Bilberry
Rosehip



September

← Juniper
Crab apple
Blackberry
Elder (berries)
Dandelion (roots)



October

← Blackthorn (sloe)
Blackberry
Sweet chestnut
Sea Buckthorn



November

← Garlic mustard
Black mustard
Blackthorn (sloe)
Sea Beet
Wood/jelly ear



December

← Black mustard
Sea beet
Wood ear



The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**

A Natural Way to Wellbeing

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