





## OUTDOOR COOKING WITH THE BAY FORAGING CALENDAR



## **January**

←Wood/Jelly Ear Garlic mustard Sea beet



**Feburary** 

Sea beetBittercressesGarlic mustard



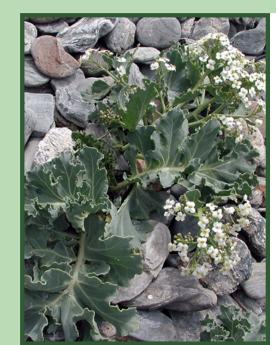
March

← 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

SAFETY WARNING: Only eat foraged items where you are 100% confident on identification. Be respectful to your local environment and only take what you personally need and do not dig up plants from the ground.



## A Natural Way to Wellbeing

To find out what's on in your local area visit:



@thebayblueprint



@thebaywellbeing



www.thebay.org.uk

