

Seasonal Foraging Calendar - Wales

Spring (Mar to May)

In season:

- Greens and shoots
- Flowers
- Tree buds and young leaves
- Coastal pickings (clean water only)

Note: timing varies by altitude and exposure.

Where to look:

- Hedgerows, woodland edges, river paths, parks, coastal paths
- Avoid roadsides, sprayed margins, and dog hotspots

Do not miss (seasonal highlights):

- **Wild garlic/ramsons** - *Allium ursinum*
- **Nettles** (young tops) – *Urtica dioica*
- **Dandelion** (young leaves and flowers) – *Taraxacum officinale*
- **Ground elder** (young leaves) – *Aegopodium podagraria*
- **Hawthorn** (young leaves) – *Crataegus monogyna*
- **Sorrel** (where found) – *Rumex acetosa*
- Coastal: **sea beet** - *Beta vulgaris* sp. *maritima*, **sea lettuce** - *Ulva lactuca*, **samphire** - *Salicornia europaea* (later spring, site dependent)
- Fungi (seasonal possibility): **St George's mushroom** - *Calocybe gambosa*

Warning: Many dangerous lookalikes exist. Never eat a plant or mushroom unless you are 100% sure.

Safety and lookalikes:

- Spring growth is easy to confuse. Check multiple features, not one.
- Coastal: harvest only from clean water areas, away from harbours and runoff.

Ethical picking:

- Take small amounts from abundant patches. Spread your picking. Stick to the 30% rule.

Micro next step:

Want the step by step ID method and lookalike training? Take a look at the online Beginner Course.

Safety: Never eat any wild plant, fungus, or seaweed unless you are 100% sure of its identification and suitability. When in doubt, leave it out.

Education: Seasonal guide only. Conditions vary by location, altitude, and weather. Follow local laws and safe harvesting practice.

Allergies: Allergies vary. Try tiny amounts first.

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Summer (Jun to Aug)

In season:

- Fruits and berries
- Seeds and aromatic leaves
- Coastal low tide pickings

Where to look:

- Hedgerows, woodland rides, valley edges, coastal paths
- Growth can surge then drop after heavy rain or dry spells

Do not miss (seasonal highlights):

- **Blackberries** – *Rubus fruticosus*
- **Elderflower** (early summer) – *Sambucus nigra*
- **Elderberries** (late summer) – *Sambucus nigra*
- **Meadowsweet** - *Filipendula ulmaria*
- **Bilberries** (upland areas) – *Vaccinium myrtillus*
- Coastal: **samphire** - *Salicornia europaea*, **sea beet** - *Beta vulgaris* sp. *maritima*, **dulse** - *Palmaria palmata*
- Fungi (seasonal possibilities): **chanterelle** (late summer) - *Cantharellus cibarius*, **chicken of the woods** - *Laetiporus sulphureus*

Warning: Never guess. If unsure, do not pick for food.

Safety and lookalikes:

- Watch for ticks and livestock contamination.
- Coastal: mind tides, slips, and swell.

Ethical picking:

- Leave plenty for wildlife. Do not strip a hedge.

Micro next step:

Join the monthly Weed Waffle for seasonal tips and Q&A.

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Autumn (Sep to Nov)

In season:

- Nuts and seeds
- Late fruits
- Fungi season (training recommended)
- Coastal storm cast pickings (conditions dependent)

Where to look:

- Mixed woodland, old hedges, pasture edges, coastal strandlines

Do not miss (seasonal highlights):

- **Hazelnuts** – *Corylus avellana*
- **Sweet chestnuts** - *Castanea sativa*
- **Sloes** – *Prunus spinosa*
- **Crab apples** – *Malus sylvestris*
- **Rowan berries** – *Sorbus aucuparia*
- Coastal: **bladderwrack** - *Fucus vesiculosus*, **dulse** - *Palmaria palmata*, **carrageen/Irish moss** - *Chondrus crispus*
- Fungi (seasonal possibilities): **cep/porcini** – *Boletus edulis*, **hedgehog fungus** - *Hydnum repandum*, **giant puffball** - *Calvatia gigantea*

Warning: Many dangerous lookalikes exist. Never eat unless 100% sure.

Safety and lookalikes:

- Check for rot, mould, and insect damage.
- Coastal: avoid polluted strandlines and harbour areas.

Ethical picking:

- Tread lightly. Do not rake leaf litter. Leave habitat intact.

Micro next step:

If you want confidence with fungi, get trained properly first.

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Seasonal Foraging Calendar - Wales

Winter (Dec to Feb)

In season:

- Hardy greens in sheltered spots
- Tree ID and winter buds (skills season)
- Coastal winter pickings (weather dependent)

Where to look:

- Sheltered hedgerows, coastal pockets, urban microclimates
- Avoid flood zones and polluted runoff

Do not miss (seasonal highlights):

- **Rosehips** – *Rosa canina*
- **Sloes** (where still present) - *Prunus spinosa*
- Tree ID focus: **birch** – *Betula pendula*, **beech** – *Fagus sylvatica*, **oak** – *Quercus* spp.
- Coastal: **bladderwrack** - *Fucus vesiculosus*, **dulse** - *Palmaria palmata*, **sea lettuce** - *Ulva lactuca*
- Fungi (seasonal possibilities): **Judas' ear** - *Auricularia auricula-judae*, **velvet shank** (high caution) - *Flammulina velutipes*

Warning: Never guess. If unsure, do not eat.

Safety and lookalikes:

- Winter ID is harder. Use buds, bark, and overall structure.
- Coastal: storms change conditions fast. Do not take risks.

Ethical picking:

- Winter is lean. Take less, leave more.

Micro next step:

Use winter to learn properly so spring is safer.

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