

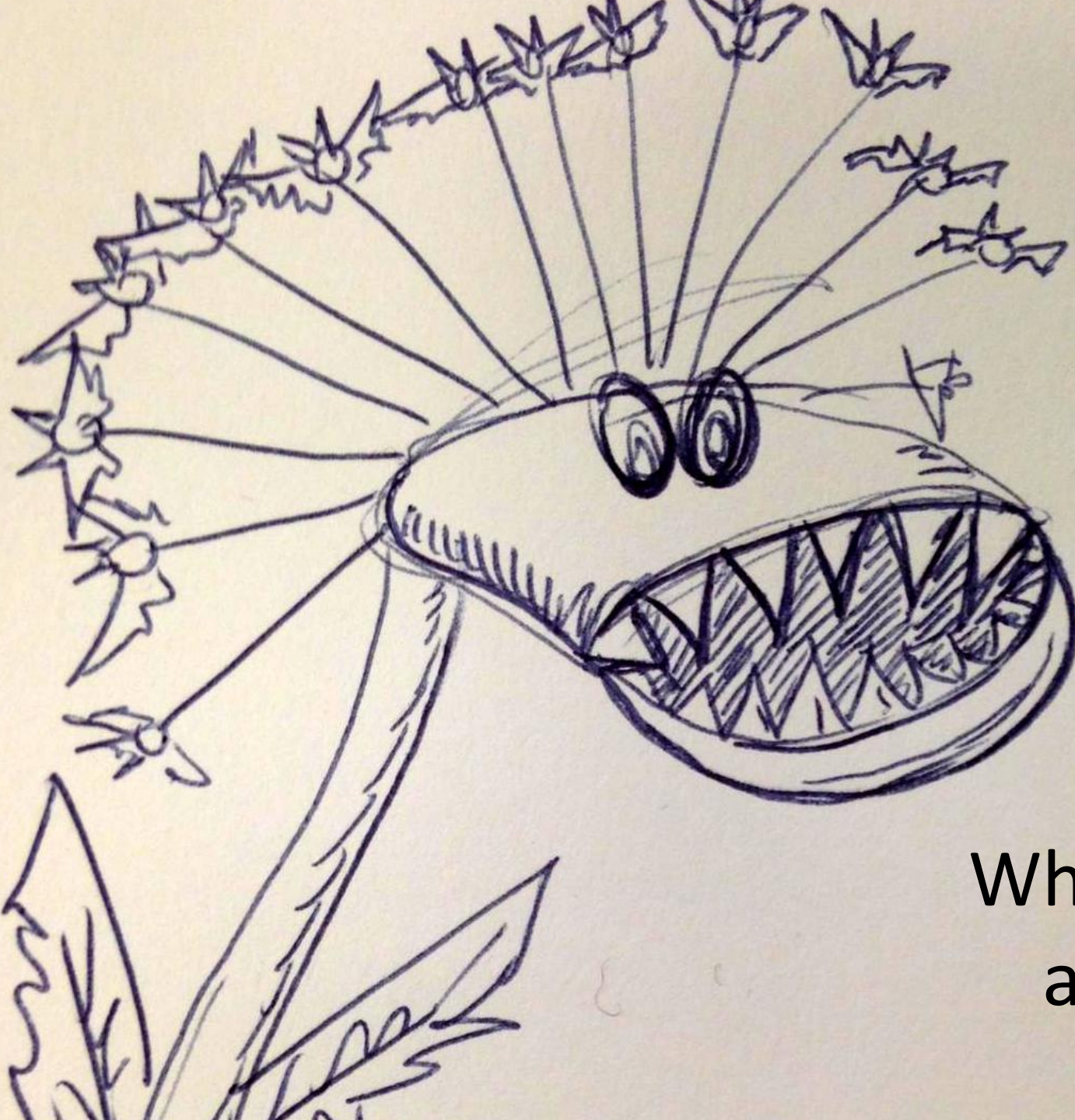
The edible world around us



Wild edible plants

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What makes
a plant?

Wild plants vs. garden plants



Wild plants vs. garden plants

Diversity > 300.000 species of wild plants
vs 30 species of cultivated plants

Resilience will grow anywhere, anytime

Sustainable no direct human help needed

Systemic part of complex ecosystems

Wild edible plants



Where?

Why?

Wild edible
plants

Facts

Myths

How?

WHY?



WHY?

Nutritional
Value



WHY?



Flavour

WHY?



Diversification



WHY?

Health



WHY?



Resilience

WHY?

Independence



WHY?

Creativity

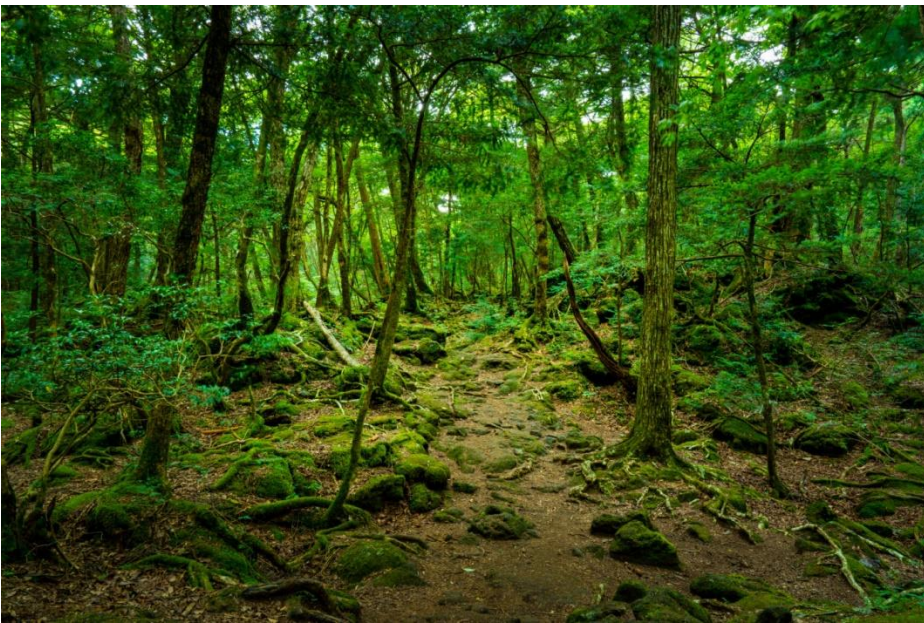


WHY?

Climate change



Where?



Where? **NOT**



HOW?



Principles/ Good practices

A top-down view of a ceramic plate with a pinkish-red rim and a white base decorated with blue and red flowers. The plate is filled with fresh green herbs, including what appears to be thyme and basil. The plate is set on a light blue wooden surface with a floral pattern.

SAFETY

OBSERVATION

PRESERVATION

Plant identification



GOLDEN RULE

Not being 100% means eating 0%



Supper-plants

Abundant



Highly
nutritious

Recognizable

Nettles







Nettle puree with garlic



Unique taste, full of iron and vitamins, detox



Dandelion







Docks











GAME

WILD CHEF

Wild garlic (*Allium ursinum*)



Plantain (Plantago major)



Chickweed (*Stellaria media*)



Pansy (*Viola odorata*)



A sweet nature walk



Berry crazy



Elderberry (*Sambucus nigra*)



Dogrose (Rosa canina)





What's your next meal?



Plants, an amazing world



AMKK presents- Botanical animation 'Story of Flowers' full ver..mp4