



Spring Wild Herb Foraging Calendar



Plant	March	April	May	June
Coltsfoot	flowers	flowers	leaves	leaves
Birch	buds	buds, leaves	leaves	leaves
Wild Garlic	leaves	leaves, flowers	flowers, seeds	
Dandelion	roots, leaves, flowers	roots, leaves, flowers	flowers	
Daisy	leaves	leaves, flowers	leaves, flowers	flowers
Sweet Violet	leaves	leaves, flowers	leaves, flowers	
Primrose	leaves	leaves, flowers		
Nettle	leaves	leaves, shoots	shoots	
Sorrel	leaves	leaves	leaves, flowers	flowers, seeds
Ribwort Plantain	leaves	leaves	leaves, flower spikes	leaves, flower spikes
Yarrow	leaves	leaves	leaves	leaves, flowers
Elderflower			flowers	flowers

Foraging times are based on Central European climate and may vary by region.