

For further foraging information...

I don't want to be your last foraging resource, so I've gathered together every resource and recommendation in my memory so as to point you in the right direction.

Local Learning:

Madison Foragers! (work in progress)

People have been asking for a local foraging club, and I want to help. As a start, I plan to email out a quarterly newsletter talking about what's in season, things to learn, and ways to connect. To receive it (or send ideas), email me: john.ch.newman@gmail.com

Foraging For Five Foolproof Fungi

Lifelong forager and wildcrafter Day Host-Jablonski regularly teaches many wonderful classes on wild fungi. These species are common, tasty, and easy-to-ID. To sign up, go to the Meetup group for Experiential Community Healing:

<https://www.meetup.com/experiential-community-healing/>

Wild Foods Collective of Madison

A group of foragers based on the North side of Madison. Presently dormant, they used to hold regular potlucks to share food and knowledge. For more information, email Kathlean Wolf:

wolf.kathlean@zoho.com

Madison Mycological Society

I can't imagine a better community for mycophiles. They lead regular forays and classes, even nowadays. Joining is one of the best ways to learn the tasty, the nasty, and the indifferent of the fungal world.

<https://madisonmycologicalsociety.com/>

Madison Area Permaculture Guild

This group works with the grey area between cultivation and wilderness, in hopes to find healthier way to live. They are local experts on eating your weeds and caring for edible ecosystems.

<http://madisonareapermacultureguild.org/>

Eden Wild Food

I recently learned about this foraging organization based in Little Chute, WI and headed up by a UK immigrant. More research required.

<https://edenwildfood.wordpress.com/>

www.facebook.com/edenwildfood

Midwest Wild Harvest Festival – September 2023

The BIGGEST annual foraging event in the Midwest is held every September in Prairie du Chein. Open to foragers of all levels. Tickets are pricey and limited. But the speakers are always awesome. **Alexis Nikole Nelson** was there in 2022! See the online section for more of her.

<https://www.wildharvestfestival.org/>

Authors, Books, and Publishers:

Samuel Thayer

One of the modern masters of foraging, and foraging sustainably.

Additionally, he's a Wisconsin native from Wausau. Books include *Nature's Garden*, *The Forager's Harvest* and *Incredible Wild Edibles*. The last link is a talk he gave for the 2022 Wisconsin Garden Expo.

<https://www.foragersharvest.com/>

<https://www.tiktok.com/@wellfedwild>

<https://youtu.be/cGitAmSA7sk>

Leda Meredith

Another modern master of foraging, with some of the best wild-food recipes I've ever seen. Her foraging books include *The Skillful Forager* and *Northeast Foraging*, but her other works include a sprinkle of foraging content.

<http://ledameredith.com/>

Alexander Schwab

Author of *Mushrooming with Confidence*, which seems to be the most amazing and approachable guide to edible fungi. Also wrote *Mushrooming without fear* before this. Both are on my to-read list, but haven't been verified by me yet.

Bradford Angier

This author was my introduction to the field, and some material may be out of date. I own a 2nd Edition copy of *Field Guide to Edible Wild Plants* revised by David K. Foster. Beautifully illustrated. Usually approached foraging from a survivalist standpoint.

Euell Gibbons

Stalking the Wild Asparagus is cited by many of my mentors as their introduction to the field. Euell was advocate of nutritious but neglected foods, and was responsible for many many books on the subject.

Lee Allen Peterson

Responsible for the comprehensive book *Edible Wild Plants, Eastern/Central North America*. Be advised that some species may be locally or globally endangered. This is another one of the dangers of older publications. Illustrated mostly.

Teresa Marrone

Created a very solid book for our region in *Wild Berries & Fruits Field Guide, MN, WI, & MI*. An excellent pocket-sized guide, with edible fruits and their look-alikes. Photographed.

Katie Letcher Lyle

The Wild Berry Book: Romance, Recipes and Remedies is not so much an identification guide as it is a collection of lore, history, and cookery. Paging through it in winter may cause such cravings that you start to forage for berries in grocery stores.

Joe McFarland & Gregory M. Mueller

These two collaborated on *Edible Wild Mushrooms of Illinois and Surrounding States*, which remains on the bookshelves of the wiser mushroom hunters that I know. Photographed.

The Audubon Society

Essentially created the standard materials for layperson identification of plants and fungi. Hundreds of photos in their many *Field Guides*.
<https://www.audubon.org/national-audubon-society-field-guides>

Behold, the Internet!:

Alexis Nikole Nelson/Black Forager

The most enthusiastic master forager I've ever seen, sharing her tips, recipes, and songs with the world over the internet. Her first foraging video was released on TikTok in 2020, however she has a massive library of videos.

<https://www.tiktok.com/@alexisnikole>

<https://www.instagram.com/blackforager/?hl=en>

<https://www.youtube.com/c/BlackForager/videos>

<https://www.npr.org/2021/09/03/1033865919/alexis-nikole-nelson-how-foraging-restored-my-relationship-with-food>

Wild Harvest: Useful and Edible Plants

Another talk from the Garden Expo, this time from 2018 and by David Eagan. I've heard his name a few times in foraging circles, so he's probably pretty good, but more research required.

<https://youtu.be/ka0sPQVNiZM>

Wisconsin Endangered and Threatened Species Laws & List

Please read this. This is one page, followed by a list. A few edibles are listed, so double check here before you go out.

<https://p.widencdn.net/byxof6/ER001>

<https://dnr.wisconsin.gov/topic/endangeredresources/laws>

United Plant Savers

This botanical conservation organization keeps a list of species at-risk of becoming threatened or endangered. They provide fantastic information on why and how to help. If you want to understand the consequences of overharvesting ramps, and learn how to start cultivating your own, explore here.

<https://unitedplantsavers.org/species-at-risk-list/>

Watershed Basins – Wisconsin DNR

This is an excellent resource for if you need information about your local Wisconsin watershed. Useful for water-foraging where and when runoff is a concern.

<https://dnr.wi.gov/topic/Watersheds/basins/>

Locate your Watershed – U.S. Geological Survey

A great place to start getting the basics about your watershed and it's boundaries. Map is interactive, but more difficult to find useful or local information.

https://water.usgs.gov/wsc/map_index.html

Gathering in State Parks & Forests -Wisconsin DNR

This is the general guidelines regarding foraging on available public lands, including State Natural Areas and Wildlife Areas. Please note that this does not include all public land.

<https://dnr.wisconsin.gov/topic/parks/rules/gathering>

<https://dnr.wi.gov/topic/Lands/NaturalAreas/index.asp>

<https://dnr.wi.gov/topic/lands/WildlifeAreas/>

Wisconsin Legislature Chapter NR 45

The strict legal code governing foraging on State Land. See NR 45.04, General Rules (1)(a)1. & 2., which allows gathering of fruits, nuts, mushrooms, asparagus and watercress, as well as all parts of invasive species, and no parts of any endangered ones. Oddly, in checking the definitions it looks like wild cranberries are not mentioned as harvestable, though blueberries are?

http://docs.legis.wisconsin.gov/code/admin_code/nr/001/45

A Field Guide To Terrestrial Invasive Plants in Wisconsin

The DNR put out this book to help ID to the most common invasive plants of the state. This is a great place to start practicing your identification skills. Does not list anything as edible however, so use another book to know what's foragable.

<https://dnr.wi.gov/topic/invasives/documents/wi%20inv%20plant%20field%20guide%20web%20version.pdf>

Foraging, Dane County Parks

If you live in Dane County and don't want to travel multiple hours to forage, look here first. Dane County Parks has provided an excellent website to locate legal, public, easy-to-ID species

<https://parks-lwr.dane.com/recreation/Foraging>

Falling Fruit

A worldwide, explorable map for publicly available foragables.

<http://fallingfruit.org/>

Tips To Start Foraging For Wild Edibles - WPR

A short article for first-timers.

<https://www.wpr.org/tips-start-foraging-wild-edibles>

Foraging, Wild Edibles, and the Arboretum - WORT 89.9

Interview recording for the local Madison radio station.

<https://www.wortfm.org/foraging-wild-edibles-and-the-arboretum/>

The case for legal foraging in America's National Parks

An article on foraging within National Park land, which has differing regulations depending on individual parks. A long and potentially controversial read, but worth the time.

<https://thecounter.org/the-case-for-legalizing-foraging-in-national-parks/>

There are countless useful resources out there and you should be able to find most of them with a library card and an internet connection. Remember to be a respectful, responsible, and resourceful human!

Best Wishes,

John C. Newman

Pronouns: he/him

Cell: 608-770-5184 (daylight hours please)

Email: john.ch.newman@gmail.com (anytime)

Madison Audubon talk, 2020: <https://youtu.be/ckHqCwOfLjA>

My VA Rehearsal, May 2022: <https://youtu.be/EBw-KaaKZW8>

MPL Naturalist-in-Residence slideshow:

https://docs.google.com/presentation/d/1NkEIBh_y5v9u9zuFZs-ZI2BDayfg_TFt8P4ZtupWHZ0/edit?usp=sharing

(Updated October of 2022 for the Madison Public Library)