Foraging for Wild Edibles:

Nannyberry
Foraging feeds us – literally and figuratively. Foraging helps to fill our freezer and pantry without us planting seeds or spending dollars.

Foraging helps us to better understand the earth and more about our sense of place on it.

Foraging anchors us in the season – it helps us to be mindful of the now.
Foraging for Wild Edibles: Tips for Responsible Foraging - Know your plants

Newcomb’s Wildflower Guide, by Lawrence Newcomb

A Field Guide to Edible Wild Plants of Eastern and Central North America, by Lee Peterson
Foraging for Wild Edibles:
Tips for Responsible Foraging - Know your plants

Edible Wild Plants of the Prairie:
An Ethnobotanical Guide,
by Kelly Kindscher

A Field Guide to Trees and Shrubs,
by George A. Petrides
Foraging for Wild Edibles: Tips for Responsible Foraging

- Verify that foraging is allowed at the site. For example, most nature preserves prohibit the removal of plants and plant parts.

- Consider your site’s management – evidence of use of chemicals, mowing frequency, etc.

- Don’t overharvest native species – please follow the “one-in-twenty” rule: harvest 5% of what you find.

  For invasive species, eat them all!
“I’ll only eat what I sure know,
Have respect for things that grow.
I’ll watch my step and never litter,
Enjoy the sun and ignore Twitter.

   I’ll only eat my fair share,
Leaving most for bird and bear.
I’ll open up while I am picking,
And feel full when I’m quitting.

   I’ll teach and be encouraging,
When I go a-foraging.”
From parking lot along Route 146, proceed north along red route, then look for the targeted species within the purple area, which follows a loop trail. You will find numerous shrubs scattered along both sides of the trail and throughout this portion of the park.
Nannyberry
(Viburnum lentago)

As a “thank you” to each of you for joining me today, I will be happy to provide you with information from this presentation, including:

❖ plant ID tips,
❖ curious anecdotes,
❖ recipes, and
❖ a map showing where to find the targeted species discussed today.

If interested, please send your email request to:

dave@curiousbynature.mysite.com

However, you must send your email request before the end of this presentation. Now would be a good time to do so.
Nutrition Information about Nannyberry

- Nannyberry fruit are high in fiber and contain various substances and micro-nutrients, such as: alkaloids, alkaline salts, proteins and flavonoids.
  - Alkaloids have a wide range of pharmacological activities including antimalarial, antiasthma, anticancer, antiarrhythmic, analgesic, and antibacterial.
  - Flavonoids are powerful antioxidants with anti-inflammatory and immune system benefits.
- A research article published in *Current Developments in Nutrition* (June 28, 2018) concluded that “results suggest that nannyberry fruits may prove to be effective chemoprotective and/or chemopreventative agents against human prostate cancer.”
How to identify Nannyberry
(Where found: Rich moist soil)

Most often a multi-stemmed shrub with ascending branches that have a tendency to arch.

Generally 9' to 18' tall

- Leaf bases rounded to broadly wedge-shaped, while leaf tips taper abruptly, becoming long and slender.
How to identify Nannyberry
(Where found: Rich moist soil)

Smaller branches and twigs are gray, light brown, or light purple; they are smooth with scattered lenticels.

Pairs of opposite leaves serrated along their margins.
How to identify Nannyberry
(Where found: Rich moist soil)

Leaves become orange, maroon, or dark red during the autumn.

Branches and pedicels bearing fruit turn red as fruit ripens.

Mature drupes ovoid in shape, and dark blue-violet; fleshy interior somewhat juicy and sweet, tasting like a date.

Each contains single flattened ovoid seed.
When to harvest Nannyberry fruit

Drupes mature in late summer shortly before autumn begins
Tips for clean picking

Pluck off individual berries.
Grabbing a handful will also collect unripened berries and pedicel debris.

Photo credit: http://www.whiteoaknursery.biz/seed_prop/Viburnum_lentago_seed.shtml

Photo credit: https://fedcoseeds.com/trees/nannyberry-607
Tips for clean picking

Pick berries into a convenient and easy-to-navigate “berry bucket.”

Photo credit: https://mdcreekmore.com/identifying-and-harvesting-wild-berries-for-the-homestead/
Tips for processing your Nannyberry harvest

Remove debris from your harvest

Photo credit: https://jiovi.com/products/nannyberry-viburnum-lentago-seeds-100-seeds?variant=34458329998
Tips for processing your Nannyberry harvest

Separate the large seeds and the tough skins by passing the cooked fruit pulp through a food mill or pressing it through a fine-mesh strainer. Probably best if you first use a potato masher to ensure each berry has burst open to release its seed.

This works best when the pulp is hot.

Photo credit: https://practicalselfreliance.com/nannyberry-viburnum-lentago/
Tips for storing and using Nannyberries

It’s best to process and use fresh berries right away or to freeze your cleaned berry harvest for later processing.

Nannyberry fruit will only keep about three days in the refrigerator.

Photo credit: https://alongthegrapevine.files.wordpress.com/2014/09/dsc01243.jpg
Culinary Uses for Nannyberry

Nannyberry can be used in these culinary applications:

❖ jam and jelly,
❖ fruit butter,
❖ pudding,
❖ fruit leather,
❖ in baked goods,
❖ in sauces, and
❖ wine.
Foraging for Wild Edibles: Recipe Resources

*Wild Foods Field Guide and Cookbook,* by Billy Joe Tatum

[Website: www.wildmanstevebrill.com/cooking]
Last call!

If you’d like the information from this presentation (including recipes), please send your email request now to:

dave@curiousbynature.mysite.com

Thank you!

Be well.
SAVE the dates!

Join me for the remaining sessions of *Foraging for Wild Edibles* –

- October 3 @ 1pm: *Hickory Nuts*
- October 4 @ 1pm: *Autumnberries*

Please check the [Events page of my blog](http://www.curiousbynature.wordpress.com) for details and any updates on each upcoming event:
Garnsey Houses

These houses were owned by Nathan and Levi Garnsey in the late 1700’s and early 1800’s. Nathan Garnsey owned the house on the right. His son, Nathan Garnsey Jr, would go on to become the town’s second supervisor. Nathan Jr.’s son, Levi, owned the house on the left. They are located off of Route 146 east of the park.

http://www.cliftonpark.org/townhall/historicpreservation/register1.html