

## SURVIVAL USE OF PLANTS



*After having solved the problems of finding water, shelter, and animal food, you will have to consider the use of plants you can eat. In a survival situation you should always be on the lookout for familiar wild foods and live off the land whenever possible.*

*You must not count on being able to go for days without food as some sources would suggest. Even in the most static survival situation, maintaining health through a complete and nutritious diet is essential to maintaining strength and peace of mind.*

*Nature can provide you with food that will let you survive any ordeal, if you don't eat the wrong plant. You must therefore learn as much as possible beforehand about the flora of the region where you will be operating. Plants can*

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*provide you with medicines in a survival situation. Plants can supply you with weapons and raw materials to construct shelters and build fires. Plants can even provide you with chemicals for poisoning fish, preserving animal hides, and for camouflaging yourself and your equipment.*

*Note: You will find illustrations of the plants described in this chapter in Appendixes B and C.*

## EDIBILITY OF PLANTS

Plants are valuable sources of food because they are widely available, easily procured, and, in the proper combinations, can meet all your nutritional needs.

### WARNING

**The critical factor in using plants for food is to avoid accidental poisoning. Eat only those plants you can positively identify and you know are safe to eat.**

Absolutely identify plants before using them as food. Poison hemlock has killed people who mistook it for its relatives, wild carrots and wild parsnips.

At times you may find yourself in a situation for which you could not plan. In this instance you may not have had the chance to learn the plant life of the region in which you must survive. In this case you can use the Universal Edibility Test to determine which plants you can eat and those to avoid.

It is important to be able to recognize both cultivated and wild edible plants in a survival situation. Most of the information in this chapter is directed towards identifying wild plants because information relating to cultivated plants is more readily available.

Remember the following when collecting wild plants for food:

- Plants growing near homes and occupied buildings or along roadsides may have been sprayed with pesticides. Wash them thoroughly. In

