

Learning in the Leaves

Foraging- Chickweed



Distinguishing Features

- The leaves for common chickweed (also known as *stellaria media*) begin as small ovals with a pointed tip. As the plant matures, the leaves grow larger and begin to ruffle slightly. The ruffles form around the edge of the oval and looks like a different shape.
- Examine the stem. One characteristic detail of the chickweed's stem is the direction of the hair. If you examine the stalk's hair, you'll notice that the hairs change position at each node. The node is the knot-like location where the leaves extend out of the stalk.
- Reveal the inner core. Another characteristic feature of the common chickweed is the inner-core, underneath the stalk. You can reveal the inner-core by pulling the stem of the plant. The inner-core happens because plant develops multiple stalks from the same root system.^[2] This is also the reason that a mature plant will sprawl.
- Identify the small white flowers. These appear in the spring and summer time. Each flower has five petals and the deep notching on the flowers makes it appear like 10 petals.

Eating Options

Leaves can be eaten boiled or raw.

They're high in vitamins and minerals.