

Be an Invasivore: Guidelines for safely harvesting and consuming Oregon invasive plant species

General Tips:

1. IAE's cookbook, [They're Cooked](#), details recipes and guidelines for cooking invasive species.
2. To learn more about noxious weeds, review the Oregon Department of Agriculture's State [Noxious Weed List](#).
3. Please report noxious weed populations as noted below to the Oregon Department of Agriculture's [online form](#).

Harvesting Invasive Plants

- Don't eat or prepare anything you don't recognize or cannot identify.
- Ask before harvesting from any private property.
- Wash all plants before preparing.
- **Here are some common edible invaders:** Himalayan blackberry, Japanese knotweed, mint, dandelion, lemon balm, nettles, wakame seaweed, Queen Anne's Lace (beverages), bull thistle (cook spines until soft).
- Avoid harvesting invasive plants where they may have been sprayed with pesticides. This means avoiding harvesting any fruits or leaves from public roadsides and railroad rights-of-way.

"Meet the 11 invasive species wreaking havoc on Oregon's environment," by Kale Williams. The Oregonian, May 30, 2018. Accessed: http://www.oregonlive.com/pacific-northwest-news/index.ssf/2018/05/meet_the_11_invasive_species_w.html#incart_m-rpt-2.

Eat the invaders website; eattheinvaders.org.