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.


Eat the invaders website; eattheinvaders.org.