

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

### General Tips:

1. IAE's cookbook, [They're Cooked](#), details recipes and guidelines for cooking invasive species.
2. To learn more about invasive animal populations in your area, contact your [local ODFW office](#).
3. To learn more about noxious weeds, review the Oregon Department of Agriculture's State [Noxious Weed List](#).
4. Please report invasive animal populations as noted below to the Oregon Department of Fish and Wildlife (ODFW): 1-866-INVADER.

### 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, such as from public roadsides and railroad rights-of-way.

### Harvesting Invasive Fish and other Aquatic Species

- Do NOT harvest **Zebra mussels** or **Quagga mussels** for food, as they tend to accumulate pollutants and toxins such as botulism. Call ODFW if found in the wild.
- **Chinese mitten crabs**; brought to America as a food source. They can transmit the lung fluke parasite to humans. Call ODFW if found in the wild.
- **Chinese and Japanese mystery snails**; brought to America as a food source. They can carry diseases and parasites that can impact human health and you would only want to remove them from a clean water source.
- **Invasive Crayfish (Invasive crayfish "body plates" are normally very close together (thin) and may have large bumps or orange and black tips on their claws.** :Cook at a rolling boil for at least 2 minutes, turn off and soak for a few minutes.
- **Snapping turtle** - do not over or undercook, cook until no pink left in meat.
- **Asian and silver carp** – ensure waterway is relatively clean. Cook thoroughly. Report immediately to ODFW with exact location, keeping a sample of the fish so it may be positively identified.

### Harvesting Invasive Birds/Waterfowl



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- Note: Avian flu can exist in the background in all waterways (without an outbreak), so to prevent human transmission, keep live birds out of living areas, and sterilize all cooking equipment thoroughly.
- **Eurasian sparrows, European collared doves** – do not over or undercook, cook until no pink left in meat.

### Harvesting Invasive Mammals

- **Nutria:** Trapping works best for harvest. Cook thoroughly, to at least 140 F, never serve rare or raw. Wear protective gloves when field dressing.
- **Feral pigs:** Cook thoroughly to at least 140 F, never serve rare or raw. Wear protective gloves when field dressing.

### References:

Rick Boatner, Invasive Species Coordinator, Oregon Department of Fish and Wildlife, Personal Communication.

“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](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](http://eattheinvaders.org).