

## Guidelines for safely harvesting and consuming invasive plant species

- Don't eat or prepare anything you don't recognize or cannot identify.
- Avoid harvesting invasive plants where they may have been sprayed with pesticides, such as in public roadsides and railroad rights-of-way.
- Ask before harvesting from any private property.
- Wash all plants thoroughly before preparing.
- To learn more about noxious weeds, review the Oregon Department of Agriculture's State [Noxious Weed List](#). Please report noxious weed populations as noted in the list.
- Please visit the [Oregon Department of Fish and Wildlife website](#), and see regulations if you are considering harvesting invasive land or aquatic animals.

**Common edible invasive plants in the Western U.S.:** Himalayan blackberry, garlic mustard, Japanese knotweed, mint, dandelion, lemon balm, nettles, wakame seaweed, sheep sorrel, kudzu, dandelion, Queen Anne's Lace (beverages), bull thistle (cook spines until soft).

**Common edible invasive animals in the Western U.S.:** Nutria, American bullfrog, purple varnish clams, starlings, wild boar, red swamp crayfish, Asian carp (silverfin), wild turkey (native to Eastern U.S.).

## Helpful Links

- ODFW Oregon Crayfish fact sheet: [https://www.dfw.state.or.us/conservationstrategy/invasive\\_species/docs/Crayfish\\_Comparison.pdf](https://www.dfw.state.or.us/conservationstrategy/invasive_species/docs/Crayfish_Comparison.pdf)
- USDA invasive Bullfrog information: <https://www.invasivespeciesinfo.gov/aquatic/fish-and-other-vertebrates/bullfrog>
- ODFW Invasive Nutria information: <https://myodfw.com/wildlife-viewing/species/nutria>
- IAE's cookbook, [They're Cooked](#), details recipes and guidelines for cooking invasive species.
- IAE Membership Page: <https://appliedeco.org/support/membership/>
- OPB field guide video of the Invasive Species Cook-off and gigging frogs: <https://www.opb.org/television/programs/oregon-field-guide/article/invasive-species-bbq/>
- "[Meet the 11 invasive species wreaking havoc on Oregon's environment](#)," by Kale Williams. The Oregonian, May 30, 2018.

- Eat the invaders website: <http://eattheinvaders.org>.
- You can order frog legs and some other interesting meats online at [Nicky Foods USA](#) based in Portland, OR.

### Invasive Species and IAE:

#### ***Does IAE control invasive animals?***

- IAE does not work on animals directly, but we educate about all invasive species.
- Our program work does involve controlling invasive plants that threaten our native plant communities and the wildlife and pollinators that need diverse, healthy ecosystems.

#### ***Why does IAE advocate for killing wild animals?***

- Our mission is to support our native wildlife and pollinators.
- Many people are not aware which species are non-native, and the damage they can inflict on our native wildlife and plant populations.
- We want to raise awareness of invasive species in a fun way with our annual Invasive Species Cook-off contest and social media campaign.
- We know it may not be for everyone, but many people ask us about harvesting and eating meat that already requires control in a safe and sustainable way.

#### ***Why do you use herbicides on natural areas?***

- Herbicides are one tool that we have to remove invasive plants on the large scale, and is often done prior to replanting with native species.
- We often use spot treatments with a backpack sprayer rather than broadcast sprays to remove unwanted plant species that are noxious and not providing food, nectar, or shelter resources to our wildlife and pollinators.
- We also hand-pull many weeds, though this is much more time-consuming.