Work Instruction

Name

Institution

Date

How to identify edible plants in the local forest: Low-Context Audience

Learning how to identify edible plants in the local forest is a lesson everyone should take. This is because it equips individuals with the skills they need to survive in emergency situations especially when they find themselves in remote areas. Some of the steps a person should take to find edible plants in a forest are:

1. Begin by looking for edible trees around your house such as your lawn: it is believed that any place regularly cleared is usually loaded with weeds that are edible such as plantain, chickweed and clover. While in the forest, a person should look for these weeds.
2. Berries: you need to look for berries on ornamental shrubs, for example silverberry while in the forest. These plants for thickets in disturbed habitats, hence likely to found in the forest. These berries are 100% edible. However, a person needs to be careful while going for the berries as the plant might have dangerous animals such as snakes. The last thing an individual stranded wants to face is a snake bite.
3. Looking for nuts beneath trees: hicktory nuts and walnuts are edible and are smashed open by rocks to get to the edible flesh.
4. Looking for fruiting trees: once in the forest, you should look for fruiting trees. These trees are usually found on the edges of forests as fruits need a lot of sunlight to ripen. Therefore, it is not advisable to look for edible plants deep in the woods.
5. Looking for plants growing in wet areas: once in the forest, you need to search for water bodies and look for; watercress, bulrush, and cattail plants. These plants contain pollen which are nutritious.
6. Nibbling on safe flowers: you need to have knowledge of nonpoisonous flowers. Flowers usually contain antioxidants and have mild to sweet taste. However, you are required to avoid Azelas as they are extremely poisonous.