EO C324.04 – COLLECT EDIBLE PLANTS

1. **Performance.** Collect Edible Plants.

2. **Conditions**

   a. Given:

      (1) Gloves,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting, during daylight hours.

3. **Standard.**The cadet shall:

   a. identify edible plants, to include:

      (1) fruits,

      (2) roots, leaves and stems, and

      (3) nuts;

   b. identify poisonous plants, that are:

      (1) poisonous by contact, and

      (2) poisonous by ingestion;

   c. collect edible plants; and

   d. test plants for poison.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss ways to determine if plants are edible, to include: a. the berry rule, and b. edible parts of a plant, to include: (1) stems, roots and leaves, (2) flowers, buds and pollen, (3) fruits, (4) nuts, (5) seeds and grains, and (6) seaweed and algae.	Interactive Lecture	25 min	C2-155 (pp. 137–150)

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TP	Description	Method	Time	Ref
TP2	Identify edible plants, to include: a. fruits, such as: (1) blackberries/raspberries, (2) wild strawberries, (3) crab apples, (4) plums, (5) wild cherries, and (6) blueberries; b. roots, leaves and stems, such as: (1) dandelion, (2) cattail or reedmace, (3) reed, (4) pine, (5) maple, (6) sweet flag, and (7) willow; and c. nuts, such as: (1) pine nut, (2) chestnut, and (3) hazelnut.	Demonstration	15 min	C0-111 (pp. 963–968) C2-008 (pp. 142–149)
TP3	Identify: a. how people are poisoned by plants, to include: (1) ingestion, (2) contact, (3) absorption and inhalation; and b. which poisonous plants: (1) to avoid, (2) cause dermatitis, and (3) cause ingestion poisoning.	Interactive Lecture	15 min	C2-155 (pp.154–158)
TP4	Conduct an activity where the cadets, in pairs, will search and collect two types of edible plants within the local area.	Practical Activity	30 min	

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TP	Description	Method	Time	Ref
TP5	Demonstrate and have the cadet perform the universal edibility test, to include: a. inspecting; b. smelling; c. rubbing the plant on the skin; d. placing the plant on lips, mouth, and tongue; e. swallowing; and f. eating.	Demonstration and Performance	25 min	C2-008 (p. 109, p. 110)

5. **Time**

a.	Introduction/Conclusion:	10 min
b.	Interactive Lecture:	40 min
c.	Demonstration:	15 min
d.	Practical Activity:	30 min
e.	Demonstration and Performance:	25 min
f.	Total:	120 min

6. **Substantiation**

a. An interactive lecture was chosen for TPs 1 and 3 to orient cadets to poisonous plants and illustrate the application of rules when identifying poisonous plants.

b. Demonstration was chosen for TP 2 as it allows the instructor to explain and demonstrate ways to determine if plants are edible.

c. A practical activity was chosen for TP 4 as it is an interactive way to allow the cadets to demonstrate identifying edible plants in a safe, controlled environment. This activity contributes to the development of their outdoor survival skills in a fun and challenging setting.

d. Demonstration and performance was chosen for TP 5 as it allows the instructor to explain and demonstrate how to conduct the universal edibility test while providing an opportunity for the cadets to practice this skill under supervision.

7. **References**

a. C0-111 (ISBN 0-9740820-2-3) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Lebanon, NH: Paul Tawrell.

b. C2-008 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

c. C2-155 (ISBN 978-1-58574-556-2) The Lyons Press. (2002). *U.S. Army Survival Handbook*. Guilford, CT: The Lyons Press.

8. **Training Aids**

a. Local vegetation,

b. Lemons,

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c. Celery stalks,

d. Onions,

e. Berries (in season), and

f. Spinach leaves.

9. **Learning Aids**

a. Local vegetation

b. Lemons,

c. Celery stalks,

d. Onions,

e. Berries (in season), and

f. Spinach leaves.

10. **Test Details.** N/A.

11. **Remarks.** Instructors will research any plants they anticipate to use for a universal edibility test. Ensure the plants have no known poisons or toxins, eg, blueberries, raspberries, etc.

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