

The worth of weed\$\$\$



African arrowroot has edible flowers and starch can be extracted from the roots

Amaranth is one of the most renowned vegetables around the globe

Blackberry nightshade has edible berries

Briar rose one of the most respected sources of vitamin C

Broadleaf plantain renowned for cough syrup

Buckshorn plantain is nutty and salty in flavour

Bulrush is one of the most ancient food sources all over the world

Cat's head is edible

Chickweed is packed with vitamins and minerals

Cleavers as a lymphatic system tonic

Dandelion the king of detox, and as a bitter green

Dock for when nettle stings you

Farmers friend is an excellent herb

Fat-hen is an ancient and nutritious green

Flickweed is everywhere, and delicious



Eat them

Discover food known
to generations before us

The vast majority of plants removed
from bush regeneration
sites are not restricted weeds,
and many of them are edible
and have a market.
Attract helpers by offering the chance to
harvest food, rather than weed pests.

Sell them

Create streams of income
for your landcare group



Hospitality professionals want your weeds, and are willing to pay for them.

#eatweeds

Farmer's friend \$140/kg for young shoots

Wild fennel \$80/kg for young shoots + up to \$300/kg for seeds

Beach mustard \$120/kg for young shoots

Buckshorn plantain \$100/kg

Chickweed, purslane, dandelion, sowthistle, nettle, mallow, mugwort and more



wildfood
store

