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normal food in your cupboards or in your camp cooking box to add depth, variety and nutrition.

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Nettles. One of the easiest wild greens to identify, a pair of thick gloves in the Page 17/35

foraging bag are a must when picking stinging nettles. Early spring is the best time to pick them: choose young, pale green nettle tops \(\Precedeta \) after about late May/June onwards they\(\Precedeta \) libe getting a bit tough and stringy.

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mussels. Once you ve found a great spot to go foraging for mussels and you know the tides will work in your favour, all that Is left to do is get picking! Step 1: collecting mussels. Prize the mussels off the rock using your hands. If they are being stubborn then you may need to use a knife. Take care not to damage them as Page 31/35

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