



# How to Survive Off-Grid When the Stockpile Is Gone

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## What if Your Stockpile Is Gone?

In the aftermath of a major crisis, just about anything can happen to your food supply. This may include unexpected spoilage, theft, or other factors that cause your food supply to go dangerously low or run out.

You will need to be successful at hunting and foraging at least two weeks before supplies run out.

### Basic Nutrients

There are 6 main nutrient areas required for good health:

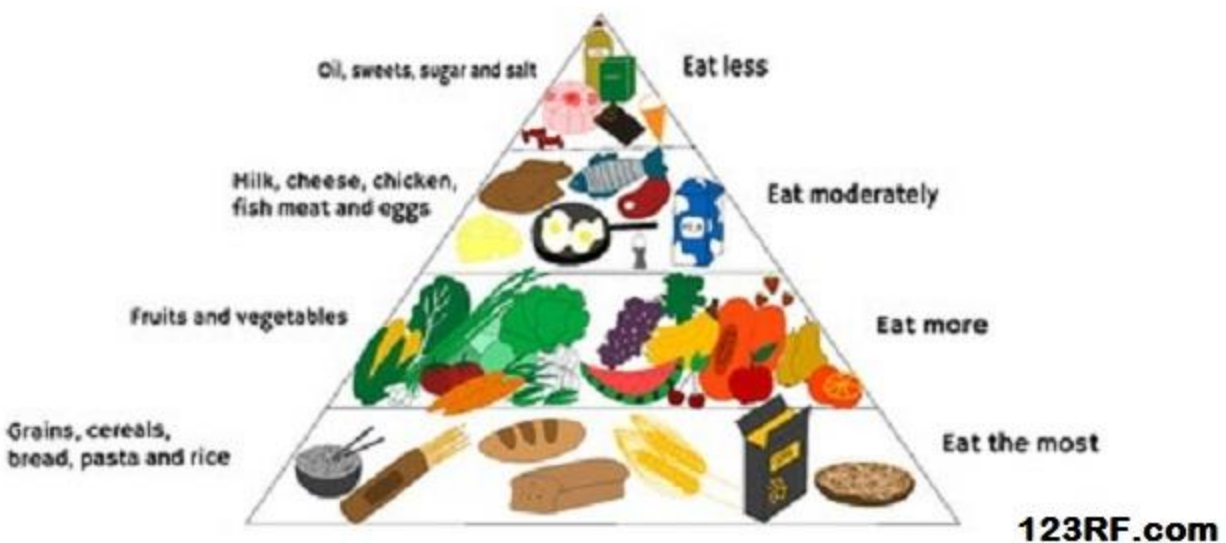
- proteins (used for building and maintaining the body),
- carbohydrates (used for energy),

- fats (used for storage),
- fiber (no nutritional value, but keeps bowels healthy),
- and vitamins and minerals (used in just about every bodily process for signaling, beginning, and ending processes).

According to the USDA, here is what you need:

- Infants and toddlers: 5-20% protein, 40-65% carbohydrates and 30-40% fat.
- Kids and teenagers: 10-30% protein, 40-65% carbohydrates and 25-35% fat.
- Adults: 10-35% protein, 40-65% carbohydrates and 20-35% fat.

### WHAT TO EAT DAILY FOR GOOD HEALTH



### What Happens When You Miss the Food

When you don't have enough food, and those basic nutrients disappear from your diet, your body will react, as soon as the first **signs of starvation** appear.

WEEK 1: You become very hungry, angry, grumpy, and irritable. You will begin to lose water weight, which triggers the body to start using fat reserves. Fat will burn immediately if you do not get enough carbohydrates to fuel the body.

This can set up a dangerous situation early on that causes kidney damage. Even if you are catching animals or consuming fish, it is extremely important to find a reliable source of fruit, greens, grain, or other plant based foods that will provide adequate carbohydrates since meat and fish tend to have little, if any usable carbohydrates.

WEEK 2: You start to get very depressed and begin to feel useless. There is an obvious loss of weight and a noticeable decline in muscle mass because the body is using muscles for protein to keep major organs functioning. Kidneys and liver will begin shutting down, eating will produce stomach pain and nausea.

WEEK 3: People start acting very crazy and would consider doing things that they normally would not do. Some may have starvation euphoria or other hallucinations at this stage, and perhaps even sooner depending on body weight at the beginning of the starvation period.

The body begins to swell from fluid under the skin. Victim may have bad diarrhea, and the stomach becomes unable to digest food due to decrease in stomach acid production.

WEEK 4: You have no energy. All that is left is to hang on and hope that you will make it. Most victims have hallucinations, go into convulsions, have horrible muscle pain, and unbelievable cramps through-out the body.





## How to Survive if Your Food Supply Is Gone

Once you enter the first day with reduced food, there will be less time to hunt or preserve food, and more time will be spent recovering from exhaustion and other problems.

Then what is to be done for the survival of the group?

## Hunting and Fishing

### What to Hunt and Fish

Send out hunting, fishing, and foraging parties. These parties must be sent out as soon as possible before the first week of no food begins. These groups may have to travel long distances into new hunting, fishing, and foraging areas where they may encounter other survivors that will be hostile to them.

When assigning food, you will have to balance the needs of those left behind with those who will go out and forage. Be aware that if they are not successful within the ration limits, they too will suffer from starvation and lose their ability to bring back food.

When you go hunting, always use appropriate caliber bullets or pellets. Ammo that is too large will destroy the meat while ammo that is too small will not kill effectively and make it possible for prey to escape.

#### WHAT TO HUNT FOR SURVIVAL & THE WEAPON TO USE

	Air Guns	Rifles	Shotguns	Bow and arrow	Crossbow	2 Cord Sling	Hunting Spears
Bear	No	x	x	No	No	No	No
Deer	No	x	x	x	x	No	No
Turkey	No	x	x	x	x	No	No
Squirrel	x	x	x	x	x	x	x
Rabbits	x	x	x	x	x	x	x
Raccoon	x	x	x	x	x	x	x
Quail	x	No	x	No	No	x	No
Duck	x	x	x	x	x	x	x
Goose	x	x	x	x	x	x	x
Small Birds	x	No	No	No	No	x	No

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Also, being successful hunting certain types of game depends on your experience and the available equipment.

### WHAT TO FISH AND WHAT GEAR TO USE

	Rod and Reel	Store Bought Tackle	Home Made Tackle	Fishing spear	By Hand	Net	Fish Trap
Bass	x	x	x	x	No	x	x
Blue Gill	x	x	x	x	x	x	x
Crappie	x	x	x	x	x	x	x
Trout	x	x	x	x	x	x	x
Pike	x	x	x	No	No	x	x
Spot	x	x	x	No	No	x	x
Flounder	x	x	x	x	No	x	x
Salmon	x	x	x	x	X	x	x
Minnows	No	No	No	No	No	x	x
Croaker	x	x	x	No	No	x	x

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Tracking animals and humans in the woods is an art form worth mastering for survival needs. Depending on what you are hunting, you must search from the ground to the tree tops looking for something that has been disturbed or out of place. It will take experience to learn the difference between natural disturbances such as wind or rain and the presence of an animal.

For safer and more productive hunts you must also know your hunting area and check it over on a routine basis. In the aftermath of a crisis, other survivors may enter your hunting area or territory and set up deadly traps or try to steal prey you take from a successful hunt.

### Knowing Your Hunting Area

Once you have secured your targeted hunting area, you should make a note of the presence of animals that will be useful for food and other needs.

This survey should include an assessment of typical lairs, ground cover, and anything else that might help you locate prey faster as well as get some ideas about the number of available animals and the long term sustainability of hunting them.

Here are some other things that you should always be aware of in the hunting zone:

- Water usually needs to be clean, running, and not contaminated. Streams, rivers, and ponds are usually a good place to find animal tracks. If you follow these tracks, you will be able to locate well used animal trails and crossings that reveal when animals are most likely to pass through.
- Game animals' food sources must be plentiful and not contaminated. For example, fields that deer, bear, and turkey graze in must be free of trash, dumped industrial waste, or abandoned rusted out vehicles. Many large and small game animals need a green pasture or meadow surrounded by forest. In woodlands game animals will eat berries, nuts, new leave growth, or feed in small patches of grass.



Water source for deers



Termites living on tree trunk



Shrooms and nuts – food for game animals

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- Desert terrains tend to be more complicated, but you can still look for natural sand depressions, water holes, rock outcroppings, and tumble weeds for signs of suitable prey. Since prey can usually learn of your presence with ease, it may be very hard to hunt in the desert without using traps or advanced hunting skills based in experience with type of hunting.
- All game animals require cover. For deer, bear, turkeys, and other small game animals a good brush pile, log pile, or a thicket will do. Here all the game animals can relax and rest without being seen. If a predator or a man gets too close these animals can flee out of sight with ease.



### Know the Lay of the Land

When approaching a new hunting area, you should always have general idea of the land type. Is this area mountainous, rolling hills, flat, swampy, or desert? Each type of land requires different hunting skills and tracking methods.

- Mountainous areas with very steep changes in altitude, a lot of loose stone covering the ground, and extremely hard ground make it hard to find or follow

animal tracks. You will need to rely on leaf disturbances, droppings, gnaw marks, odors, and other signs of animal presence.

- Rolling hills with a combination of forests and meadows are much easier to track with the softer soil and moister content. You should be able to determine the age of track impressions, direction of travel, and the number of animals that made tracks.
- Flat lands have little or no change in altitude. Forests in this area offer some cover for the tracker, but the game animals have a better chance to flee after being spotted. Here they can run full out and even jump great distances to break up their trail. Once you locate a suitable crossing area, it will be best to build a stand, blind, or some other hiding place that will enable you to go unnoticed by your targeted prey.
- Tracking in swamps can be very dangerous and may be impossible. Aside from large amount of water and very little dry land, animal tracks will be few and far between. While you are hunting, you may encounter quicksand, poisonous snakes, and difficulty with navigation.
- Desert terrain may yield tracks, but it may be very hard to determine their age. If you do not pay careful attention to hydration and navigational bearings, you can get lost easily or fooled by mirages. It is also important to note that sand storms can blow up suddenly and bury you, or cause other problems. Since deserts often get very cold at night, you will need to have suitable clothing for extreme cold as well as heat.

### Tracking in Your Hunting Area

No matter whether you are hunting for practice, or dealing with a crisis, you should always have a hunting plan. Always try to leave this information with a friend or family member in case you do not return on time.

While it may not be possible for this person to organize a search party in a crisis, at least someone will know you are missing.

## How to Survive Off-grid when the Stockpile Is Gone

Mother Nature has many safe guards to protect all animals living there. The first safe guard is silence. When something is wrong or unusual the birds and insects stop singing. This puts all creatures on alert.

At this point the animal's flight or run instinct kicks in and they leave the area. If you pass this test then quickly and quietly as possible enter the hunting grounds.

If you have hunted this area before then slowly stalk your way to the game trail of choice. Look for disrupted areas including over-turned leaves on the ground or bent and twisted grass blades. When you look closer at the ground, it may be possible to see animal tracks.



Deer track on hard ground



This is where a squirrel dug up some nuts

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For me, forests that have recently had a little rain are easier to track animals in because the damp soil gives a better print and trail. If the dirt is dry it will still leave a print, but not as noticeable. Streams and water holes also make some of the best places to search for game animals.

This is a place where animals will come to you. Areas around clean, potable water will always have plenty of tracks, therefore, even if you arrive at the wrong time of day, simply wait for the animals to show up at their usual time.

### Some Notes on Specific Animals

Deer – When they are walking normally through the woods, deer leave a good trail to follow. If they are spooked or otherwise scared they will run, and then leap ten feet or more per bound, which makes it very hard to track them.



Bear – If you are hunting bear or just come across its trail, be very careful, and stay down wind so the bear cannot catch your scent. Unlike other animals, you are far more likely to be the bear's prey than the other way around. A bear may walk or lumber slowly, but beware of it. Bears may look slow and fat, but can close on you with unbelievable speed.

A human is no match for a bear's strong paws, which have deadly claws, plus teeth and fangs designed for ripping and tearing. Quite frankly, even if you have a suitable rifle, it is downright foolish and irresponsible to tackle a bear on your own. If you must hunt a bear for food, back away from the track and assemble a party that can take it out safely.

Other animals that can be tracked in the woods are raccoon, opossum, squirrel, rabbit, muskrat, and fox. If you are hungry they all can be eaten. They may taste funny



or very gamey, but they will keep you and your family alive. When you take an animal's life, make a point to use all it has given including the fur and bones.

### Edible Insects

When people are very hungry they will eat almost anything that they would never think of eating under normal conditions. Plants, insects, and reptiles when eaten can keep you alive and in good condition.

Historically speaking, humans have been eating insects for millions of years. To this day, well over 1/3 of the human population relies on bugs for protein and other vital nutrients. You may be consuming all kinds of bugs that get ground up in flour or make their way into frozen vegetable packages.

In fact, it is estimated that every person in the United States consumes over two pounds of bugs each year without realizing it. Beer drinkers eat even more bugs because just 10 grams of hops contains over 2500 aphids; and this number is acceptable to the FDA.

### Grasshoppers



Grasshopper colors range from light to a dark green, and 1 to 3 inches in size. These insects have 3 pairs of legs, and the rear set is much longer and stronger than the others.

Grasshoppers have wings on their back to assist them in traveling across long distances. Their heads have two antennae, which they use for navigation. They are found on grassy fields, meadows, and along the forest tree line.

To attract them, use a jar or other container and put it on its side. Put fresh leftover vegetables or other edible foods in the jar for bait. Set the

trap and put it out at sunset. At sunrise, there will be grasshoppers in the jar. Do not forget to put the lid on the container. You can also catch them by hand. This way is much slower, and you have to start before dawn.

Grasshoppers can be deep fried, roasted, or baked. They can be eaten like this or added to sauces or stews. Some like them with a little salt and vinegar.

### Ants



Ants are red or black in color, and about 1/4 inch in size. They also have antenna on their heads and 3 pairs of legs attached to an hourglass body.

Ants are found in anthills. Catch them by putting a stick in the anthill, wait a minute, and then remove the stick. Put the ants in a jar by shaking the stick. The ant larva can also be

eaten.

In order to attract them, use sugar water, peonies, or any kind of food. Ants can be roasted, toasted, or dipped in chocolate.

#### ***Special Notes:***

***Not all ant species are edible. It is best to stay away from fire ants and other poisonous ant colonies since they can easily attack and kill you if the swarms are large enough.***

***Before hunting for ants, make sure you know which ones in the area are safe to eat and hunt.***

### Sow Bugs (also known as Rolly Pollies)



Sow bugs look like little gray balls the size of a BB at rest. They open up to about 1/4 inch when in motion, but still remain fairly round looking. When eating, they stretch out to look more worm-like.

Rolly Pollies are found under rotten wood, stones, or anything that has been sitting on soil for a while. So place rotten wood, stones, or other materials on the surface of the ground to attract them.

Sow Bugs are best cooked toasted to very crispy. Then they can be eaten by the handful, and they can be consumed raw with pepper or hot sauce.

### Termites



Termites are about 1 inch long with 2 wings, 2 pair of legs, and antennae on their head. Since termites live in rotting wood, keep some near your base camp.

Another way to attract them is to have a light source that is surrounded by a fine mesh net.

Termites are best toasted in a pan with olive oil and your favorite spices.

### Crickets



Crickets are brown in color and have three pairs of legs. The rear most legs are larger than the others and are used for jumping. Cricket wings are used primarily for communication, and not for flight.

Crickets are found on fields, meadows, or along the tree line.

To attract the crickets, put a jar on its side on the ground. Put flour, fresh vegetables, or other bait in it. Put it out at sunset and recover it at dawn. Be sure to cap the container.

Crickets can be fried, roasted, or baked. They can be eaten by themselves, or put in stews and sauces.

### Maggots



Maggots are about 1/2 inch long, brown in color, and are the larva of flies. They are found in rotten meat, fish, or poultry.

To attract them, lay a piece of rotting meat or fish on the ground and leave it until you see maggots covering the bait. Then, scrape them off the bait into a jar.

Maggots can be fried, roasted or even eaten raw. Their taste will depend on what they were eating. If they were on something noxious, cover with hot sauce or strong herbs.

## Edible Plants

### 6 WILD PLANTS YOU CAN EAT



**Plantain**



**Chickweed**



**Garlic Mustard**



**Lamb's Quarter**



**Miner's Lettuce**



**Mallow**

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Many plants are poisonous, and eating a toxic plant can cause reactions within the body ranging from relatively mild, like vomiting, to the more severe — organ failure, coma, and eventually death.

One of the safest methods to determine if a plant is safe to eat is to use the “Universal Edibility Test” developed by the U.S. Army. But before we get into how to test a plant, there are a few general tips to consider first.

Don't even consider testing a plant that there isn't a lot of. You're taking a risk by testing and eating it, and you want to make sure you're not going through all this trouble (and potentially death) unless you can make several meals from it.

If it's just one small outcropping, make a mental note of its location, and move on. Try to find a more abundant resource.

Never eat mushrooms or fungi. Period. I know some mushrooms are really tasty. But unless you REALLY know what you're doing, eating the wrong mushroom will cause you permanent, sometimes fatal, injury.

And it's not possible to test mushrooms or fungi with the Universal Edibility Test because a toxic mushroom will affect your nervous system. These effects won't show up for days, and by the time they do, there's no treatment. Just avoid all mushrooms.

Don't eat plants grown in polluted areas. Avoid roadside plants because car exhaust and other chemicals like antifreeze are more abundant at the roadside and could have contaminated the plants growing there.

Same goes for plants growing near a polluted water source. Do not eat anything that's growing in brackish, murky, stagnant, or smelly water or soil. When a plant grows in or near contaminated water, the plant itself becomes contaminated.

Basically, if it's growing someplace where you wouldn't want to step, or in something you wouldn't want to get on your face because of its smell, avoid it!

Say NO to anything that's rot, mold, soft. Anything that's rotting, moldy, or overly soft (like before rotting) is a definite avoid. Yes, blue cheese is mold, but mold in general is not your friend. Most biological weapons programs start with mold. If it's moldy or mildewed, stay away! Some other general "avoid this" type of indicators are:

- milky or discolored sap,
- beans, bulbs, or seeds inside pods,
- bitter or soapy taste,
- spines, fine hairs, or thorns.

If you come across a plant that smells a little bit like almonds, it could contain cyanide. Avoid. If the leaves are shiny, and/or grouped in three's, it's likely poison ivy, and you'll want to steer clear.

Some folks will say certain colored berries are OK to try. But unless you're sure you're eating a blackberry, raspberry, or blueberry, I'd give these a pass.

Boiling can help remove some bitterness, but isn't very effective at removing toxins if the plant is poisonous.

Don't think boiling a toxic plant will make it edible. It won't. And before you risk your health by testing an unknown plant, if there's meat available, stick to eating meat.

We'll go in details over 10 of the most common wild edibles, what nutrition they contain and how to prepare them or which part(s) to eat.

### 1. Dandelions



Renowned as a weed and the bane of many a lawn-owner's existence, the common dandelion is actually one of the best wild edibles you could ever hope for.

Not only does dandelion grow practically everywhere, you also need practically no training to recognize it (especially when it is in flower) and it is absolutely loaded with

nutrients.

The nutrients in dandelion include minerals and vitamins such as beta carotene, iron and calcium. Dandelion is also loaded with potassium, biotin, magnesium, phosphorous and zinc, as well as vitamins B1, B2, B5, B6, B12, C, E and vitamin D.

Both the green leaves and the yellow flowers are edible, though most people prefer to just eat the leaves; dandelion greens can be eaten in salads or boiled like spinach or added to soups.

They tend to be a more bitter green, so if you want to ease the bitterness try boiling them for a while with 2 – 3 changes of water.

### 2. Pine Trees



Pine trees might not seem like an obvious source of food, but they are actually a pretty nice, versatile food source.

Use pine needles to steep a zesty, refreshing tea that will also replenish your vitamin C levels – pine needle tea had 3 – 5 times as much vitamin C as orange juice.

Pine nuts are also edible, highly nutritious and packed with protein; you can eat them raw, roasted, tossed into a salad or ground up into nut butter.

During spring and summer the new, soft green growth of pine needles is edible, too. In a truly tight spot, you can eat the inner bark of a pine tree as well. The inner bark is a good source of sugars and several different vitamins, and you can eat it raw or make it a little more palatable by boiling it. The inner bark can also be dried out and pulverized into flour.

### 3. Clover

Another plant known more as a weed and a pest in the garden than as a potential food source, you'd be surprised how tasty clover can actually be.

White and red clover are both edible, and can be chewed on and eaten raw, tossed in salads, or boiled in soups, stews or a tea.



Clover flowers are especially useful for making tea, with a naturally light sweet flavor. Many traditional recipes for hot teas and tonics include clover, as well.



### 4. Tulips



Okay, so these are often cultivated specifically for their lovely springtime blooms, but many tulips grow wild and they are an edible source of food.

Just ask the Dutch who, during WW2, resorted to eating tulips in the face of widespread famine.

The edible parts of a tulip include the flower petals, which can be eaten raw, added to salads, boiled in soups or made into tea.

Tulip bulbs are also edible, although the center of the bulb should be removed and they must be cooked very thoroughly before being eaten due to their mild toxicity. Peel tulip bulbs like an onion prior to boiling or cooking; you can also dry the bulbs and pound them into flour. Tulips aren't the tastiest edible ever, though, especially the bulbs.

### 5. Black Walnut



Walnuts are one of the easier wild nuts to identify, just look for the giant green ball, sometimes as large as a fist, hanging from the branches or turning gradually brown / black on the ground in autumn.

Black walnuts have a rough outer husk that will be green on the tree and then will turn black during autumn as the nuts sit on the ground; beneath the husk you'll find the inner chamber that you break open to get the nut.

Rich in healthy fats as well as protein, black walnuts also contain magnesium, phosphorous, manganese and copper. The intrepid prepper is in luck with black

walnuts, too, because most animals don't like chewing through the tough, bitter outer husk that protects the nut.

That means you can find black walnuts still lying on the ground well into fall and winter.

### 6. Hazelnuts (Filberts)



Although these are a seasonal wild edible, hazelnuts are a fantastic, bountiful source of food when you can find them.

Packed with calories, healthy fats and protein, hazelnuts are also a good source of vitamin E, manganese, thiamine and copper.

Look for hazelnuts in the fall when they ripen within their little green husks. Hazelnuts generally grow in dense clusters, and you'll know they are perfectly ripe when they practically fall out of their green husks.

### 7. Wild Asparagus

Quite similar to the kind you buy in store, wild asparagus has a much thinner stalk than its domesticated cousin, but it is equally edible and packed with nutrients.

Whether you eat it raw or boil it, you can prepare wild asparagus exactly as you would the normal variety and it's full of vitamin C, potassium, thiamine and vitamin B6.



### 8. Cattails



While they aren't the tastiest food ever, cattails provide a surprising source of emergency survival food in a pinch, and they beat eating beetles.

Younger cattail is softer and quite edible, but you can also eat the rootstalk of the plant (wash it very thoroughly) either raw or boiled.

The leaves can also be boiled and eaten, and you can eat the inner portions of the stalk raw or boiled to soften them. In spring and early summer, when the female spike on the cattail is still young and developing you can break it off and eat it raw like corn on the cob.

### 9. Rose Hips



While rose hips were once a staple in many folk remedies, and a popular item for making tea, jams and preserves, many people overlook this great wild edible.

Sweet and tangy, these juicy red fruits grow in the summer and fall on wild roses after the petals have fallen from the flowers.

There are many ways to eat rose hips, including steeped raw, steeped as a tea, in fruit salad and preserved as a jam. You can also make a light, sweet syrup from the juice of rose hips and they are a great source of calcium, vitamin C, vitamin E, vitamin K, vitamin A and manganese.

You can also use rose hips to make what is called rose water. Boil the rose hips in water and then strain the fruit out; when the rose water is cool you can drink it and apply it topically as a tonic. Rose water has natural antiseptic and anti-inflammatory properties, so it's a great remedy to have on hand and it's easy to make, too.

### 10. Raspberries, Blackberries & Boysenberries



For anyone with a sweet tooth and those who love their fruits, you're in luck because in most areas wild raspberries, blackberries and even boysenberries tend to thrive.

You can find these easily identified plants in forests, meadows, along country roads and practically everywhere in between, but be

careful not to eat berries from plants treated with herbicides or pesticides.

While it might not need saying, you can collect these berries from mid-summer on through fall. Eat them raw, on cereal, in jams, dry them, bake them in pies or make juice of them, there are tons of things you can do with these sweet, tart berries.

They're also loaded with vitamin C, vitamin K and healthy sugars, so enjoy.

### 11. Mushrooms

For those who know what they are doing, though, the forest offers a bounty of edible mushrooms, including: oyster mushrooms, chanterelles (an orange, trumpet-shaped mushroom), portabella mushrooms, lobster mushrooms, edible boletus (known more commonly as porcino mushrooms) and many more.

In reality, this should probably be another list in and of itself, since there are many, many types of wild mushrooms that are edible, but mushrooms in general are worthy of note.

## THE MOST COMMON POISONOUS MUSHROOMS



Livid entoloma



Fly agaric



Destroying angel



Cortinar



Death cap



Sulfur tuft



Ivory funnel



Deadly fibrecap



Yellow-staining

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Whether you eat them raw, sauté them, grill them, boil them, make gravy of them or add them to soup or to eggs, wild mushrooms can add flavor and quite a bit of nutritional content to your meal.

When it comes to identifying mushrooms, however, you must be absolutely certain as there is no room for doubt; many edible mushrooms have poisonous relatives who look very similar and death by mushroom poisoning is a slow and painful process, so be careful.

### The Universal Edibility Test

You've found an abundant plant, away from the road and other sources of contamination, and you want to test it. The following is from The U.S. Army Survival Manual FM21-76. It's important to note that while this test comes from the U.S. Army, there are experts who don't believe this test is effective, because some plants can cause serious adverse reactions simply from skin contact.

And even this Army manual emphasizes the importance of knowing and being able to identify the edible plants in your area, and having a field manual to help do so, so as to not need to perform this test. But when SHTF, this is probably better than starving.

Use with caution, and use common sense. You'll need to fast for 8 hours before testing a plant. Remember to pick something abundant, so you're not potentially wasting your time (and risking your life) for a light snack.

Some parts of a plant can be poisonous, while others aren't. For example, a plant can have poisonous leaves, but the roots and stalks might be fine. So take the plant apart into its main components.

1. Skin Contact Test: Crush up the part of the plant you want to eat — only the one part, like the leaves OR the stalk, for example — and rub it on the inside of your wrist or elbow for 15 minutes. Once that's done, watch the area for the next 8 hours (during which time you can only drink water – no food). If there's any reaction like redness, bumps, burning, pain, itching, etc, you don't want it inside your stomach.

If after 8 hours your skin is still fine, then it's on to step 2. Hold the plant to your closed lips for 3 minutes. If you feel any tingling, burning, itchiness, really any unusual reaction, toss this part of the plant and start over with another part.

If there's no lip reaction, place the plant on your tongue for 15 minutes. Again you're looking for any weird sensations. Any tingling, burning, itching, etc. spit it out, rinse out your mouth, and move on to another part of the plant. Just because it tastes bad, or bitter, doesn't necessarily mean it's bad for you. You're looking for a reaction to know if it's safe to continue or not. When in doubt, spit it out. And move on.

**2. The Chew Test:** Now you can chew up this plant part in your mouth — but don't swallow. Hold the chewed up plant in your mouth for 15 minutes, looking for any of the earlier mentioned reactions.

If you react badly to it, spit it out, rinse your mouth out with water, and press on. If 15 minutes pass and you're still good, swallow what's in your mouth. If you feel nausea, or any ill effects, you need to make yourself vomit and then drink plenty of water. After you've swallowed, wait 8 hours to test it properly. You can have water during these next 8 hours, but no other food.

**3. The Bigger Bite:** If the plant passes the test over the next 8 hours, and you've had no ill effects, try eating about 1/4 cup of the plant part. Wait another 8 hours, drinking only water. Eat no other food. This is the final stage of the test. If you've made it to the end of the 8 hours and your fine, then the plant part (only the part you tested) is safe to eat.