



Foraging (B2 -Upper Intermediate)

A – Before you start

Answer the questions with a partner.

1. Do you know of any fruit, vegetables, or edible herbs that grow wild in your region?
2. If so, what are they?
3. Have you ever picked them?

B – Listen and answer

Read these statements. Then listen (without reading) and write T (true) or F (false).

1. Foraging is becoming more and more popular in the United States.
2. Debbie Naha-Koretzky first heard about foraging from her parents.
3. She got most of her knowledge about edible wild plants from the Internet.
4. Some edible plants can be found in almost every country of the world.
5. Every part of the dandelion can be eaten, except the flowers.
6. Debbie says there are psychological benefits to foraging.
7. A good rule is that plants and berries eaten by birds or animals are safe for humans to eat.
8. At the start, it's best to go with someone experienced and see the plant in its natural environment.

C – Read and answer

Read the article and answer the questions.

1. What are the advantages of foraged foods?
2. What do you need to know before you start foraging?
3. What formal qualifications does Debbie Naha-Koretzky have?
4. Why do you have to be careful about the type of place in which you find wild plants?
5. How can you avoid being stung while picking and handling nettles?
6. When is the best time to eat dandelion leaves in a salad? Why?
7. Why are there usually less vitamins and antioxidants in cultivated plants than in wild plants?
8. Why do you need to be absolutely sure of the identity of the plants you forage?

D – Learn it! Use it!

Complete these sentences with words from the glossary. (You may have to adapt the expression in some way; e.g. change the verb tense, or change from plural to singular.)

1. Mushrooms are types of _____. The inedible ones are often called toadstools.
2. I can't mow the _____ today. It rained heavily yesterday and the grass is too wet to cut.
3. Nobody knows who the _____ of the rumours is, but it must be a government member.
4. Some kinds of fruit are best eaten ripe. They can be hard to digest when they are _____.
5. In this region, food _____ is collected weekly and used to produce energy or fertilisers.
6. Grapes are usually _____ from late August to early October, depending on the region.

E – Ready for the B2 FIRST Certificate in English? (Reading and Use of English, Part 1)

Read the text and decide which word in brackets best fits each gap.

Blackberries are the ideal starting point for those who are new to foraging, ¹ _____ (as/why/though/while) they are among the easiest wild plants to identify. ² _____ (Also/Always/Every/Even) city-dwellers with little knowledge of the countryside are able to recognise this wild fruit, which grows on thorny bushes ³ _____ (through/along/above/across) paths or on the edges of fields in many areas of the world.

The berries start ⁴ _____ (of/out/in/to) green and gradually become red before ⁵ _____ (showing/transforming/turning/looking) a deep purplish-black colour when they are ripe. The blackberry season starts around the beginning of August and ⁶ _____ (gets/comes/goes/stops) on till October. After October, it's inadvisable to pick any berries ⁷ _____ (still/always/yet/already) on the plant, because they will be too bitter to eat.

Blackberries are rich in vitamins and minerals and can be eaten ⁸ _____ (crude/raw/rough/cool), cooked in delicious desserts, or made into jam.

F – Write about it

Write about an edible wild plant that grows in your region. Mention:

- where it grows;
 - in which season;
 - which part of the plant is used;
 - whether it's necessary to cook it;
 - what it's used for.
-

Answers: Foraging

B – Listen and answer

1. T 2. F – She first heard about it from someone else when she was a student. 3. F – There was no Internet at that time. She got most of her knowledge from books 4. T 5. F – The flowers can be eaten, too. 6. T 7. F – It's not a good rule. If you follow it, you may get into trouble. 8. T

C – Read and answer

1. They are free and many of them are tastier and more nutritious than their cultivated equivalents. 2. You need to know local laws and customs and which plants, berries or mushrooms are safe to eat. 3. She has a degree in biology and a master's degree in clinical nutrition. 4. Because some areas may be polluted by car exhaust fumes, farm runoff, or industrial waste. 5. You should wear rubber gloves when you pick the tops of nettles and then you should put them in boiling to deactivate the sting. 6. The best time is in Spring before the weather gets hot and before the flower starts to form, because after this the leaves get more bitter. 7. Because, when cultivating plants, farmers usually select those which are less bitter, larger, and more uniform in size. These are often those with fewer nutrients. 8. Because some plants, berries and fungi have lookalikes which are highly poisonous and difficult to distinguish from the real thing.

D – Learn it! Use it!

1. fungi 2. lawn 3. source 4. underripe 5. waste 6. harvested

E – Ready for the B2 FIRST Certificate in English?

1. as 2. Even 3. along 4. out 5. turning 6. goes 7. still 8. raw