**SHOOTS**

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| [**Japaneese Knotweed**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\JapaneseKnotweed.htm)  https://sites.google.com/site/groceryalternative/_/rsrc/1399898660894/edible-plants/japanese-knotweed/japanese%20knotweed%20sprouts.JPG | [**Pokeweed**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Pokeweed.htm)  pokeshoots_marieviljoen_gardenista |
| [**Milkweed**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Milkweed.htm)  Young Milkweed Shoot | [**Daylily**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\DayLily.htm)  http://3.bp.blogspot.com/-peXU5j3CoyY/UClnLoT4SaI/AAAAAAAABkE/Tumeir0oQXE/s1600/daylily+shoots.jpg.jpg |
| [**Devil's Walking Stick**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\DevilsWalkingStick.htm)  Image | [**Fiddlehead fern**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\FiddleheadFern.htm)  fiddlehead-spring |
| [**Greenbrier/Smilax**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Greenbrier.htm)  20170308_170856   Smilax rotundifolia better known as Greenbrier. The tendrils of this plant and young leaves are edible raw or cooked. Looking for a good trail snack try one of these. #greenbrier #smilaxrotundifolia #foragedfood #foraged #gather #wildfood #brier #hikingtrip #hikingadventure #springforaging #googlepixel2xl #googlepixel #pixel2xlportraitmode #pixel2xlphotography #pixel2xl #teampixel2xl #teampixel #pixel (don't eat anything you can't identify 100%) | [**Asparagus**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Asparagus.htm)  https://usercontent2.hubstatic.com/6546087_f520.jpg |
| [**Bamboo**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Bamboo.htm)  http://1.bp.blogspot.com/-bXIFuBUnrKk/T5PyXFfL7wI/AAAAAAAAAUQ/tJQq59K7jKo/s1600/Bamboo+shoots.jpg | [**Hosta**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\Hosta.htm)  hosta shoots |
| [Cattail](http://www.wildfoodies.org/Cattails.htm)  In early spring the young shoots were picked, stripped of the outer leaves and eaten as a raw vegetable or cooked with meals and soup. | [Reedgrass](http://www.wildfoodies.org/Reedgrass.htm)  https://c2.staticflickr.com/6/5463/7095841451_7d7d7bb22f_b.jpg |
| [**American Groundnut**](file:///C:\Users\Lynn\Documents\My%20Web%20Sites\WildFoodies\AmericanGroundnut.htm)  **https://upload.wikimedia.org/wikipedia/commons/thumb/4/45/Wp5074_apios_americana.jpg/1280px-Wp5074_apios_americana.jpg** |  |