

Foraging Calendar

Mina Todorova | From CEN to Wholeness

A Note on Timing:

*This calendar is based on **Western and Central Europe** and **U.S. Zone 7**. If you live in **Zone 6 or 8** in the U.S., or in **Canada**, the timing of each plant might be a week or two earlier or later depending on your local weather. Think of this as a gentle guide — you can adjust it to fit your own seasonal rhythm and enjoy foraging at your own pace.*

March

Plants: Nettles, Dandelion leaves

Why: First spring greens, packed with minerals and iron to restore energy after winter.

Symbolism: Renewal, vitality, awakening

Recipe: Nettle soup with potatoes and onions; Czech nettle “nádivka”; dandelion leaves in salad with olive oil and lemon.

April

Plants: Wild garlic, young dandelion leaves

Why: Fresh, flavorful greens support gentle detoxification and awaken the senses.

Symbolism: Cleansing, opening senses, preparation for growth

Recipe: Wild garlic pesto or stir into spring soups; dandelion leaves in salads.

May

Plants: Elderflowers, Sorrel, Chickweed, Ground Ivy

Why: Aromatic and nutritious greens and blossoms, high in antioxidants and mild medicinal benefits.

Symbolism: Lightness, beginnings, joy

Recipe: Elderflower cordial or tea; fresh sorrel, chickweed, or ground ivy in salads or as garnish.

June

Plants: Strawberries, Raspberries, Blackberries, Wild Mint

Why: Sweet, hydrating fruits and herbs perfect for summer nourishment.

Symbolism: Pleasure, abundance, joy

Recipe: Eat berries fresh; make a simple compote; add wild mint to salads or teas.

July

Plants: Cherries, Currants (red or black) **Why:** Peak summer fruits, rich in vitamins and antioxidants.

Symbolism: Fullness, celebration, mindfulness

Recipe: Fresh cherries or currants; fruit salads; preserves.

August

Plants: Elderberries, Wild Plums, Sorrel flowers

Why: Fruits for protection and late summer flavor; flowers and fruits continue antioxidant support.

Symbolism: Resilience, foresight, preparation

Recipe: Elderberry tea (from dried berries); jams with plums; herbal teas with sorrel flowers.

September

Plants: Mushrooms (Chanterelles, Boletus, Honey Fungus), Hazelnuts, Wild Apples, Pears

Why: Mushrooms provide grounding nutrients; hazelnuts and early fruits begin autumn harvest.

Symbolism: Grounding, abundance, resilience

Recipe: Sautéed mushrooms; roasted hazelnuts; apple or pear compote.

October

Plants: Apples, Pears, Walnuts, Mushrooms (late season)

Why: Peak harvest for storage; dense energy and flavors for winter.

Symbolism: Comfort, stability, stored abundance

Recipe: Stew apples/pears with cinnamon and coconut oil; roast walnuts; mushroom soups.

November

Plants: Chestnuts, Dandelion Roots, Rosehips

Why: Last foraged nuts; roots provide grounding nutrition before winter.

Symbolism: Endurance, warmth, grounding

Recipe: Roast chestnuts; dandelion root coffee; baked apple and nut dishes, rosehip tea.

Winter Guidance (December–February)

Even when fresh foraging isn't possible:

- **Dried Rosehips & Elderberries:** Teas
- **Stored Apples/Pears:** Stew or bake with warming spices
- **Stored Nuts & Chestnuts:** Snacks, porridges, soups

Psychological focus: Reflection, endurance, warmth, anticipation of spring.

For more seasonal recipes and foraging guidance, visit me at fromcentowholeness.com