



# Foraging Calendar

Seasonal Nourishment  
for Body & Inner Life

Mina Todorova | [FromCentoWholeness.com](http://FromCentoWholeness.com)

## Living in Season

Foraging teaches us to live in rhythm.

The land does not rush. It greens, blossoms, ripens, releases, and rests. Each phase offers a different kind of nourishment — sometimes tender and bright, sometimes sweet and abundant, sometimes grounding and quiet.

This calendar is not only about plants.  
It is about learning to trust cycles again — outside and within.

May it serve as a gentle guide back to seasonal living, and perhaps, back to yourself.

---

## A Note on Timing

This calendar reflects Western and Central Europe and U.S. Zone 7.

If you live in Zone 6 or 8 (or in Canada), plants may appear one to two weeks earlier or later depending on your local weather patterns. Think of this as a living guide rather than a rigid schedule. Let observation lead you.

Always forage responsibly and harvest only plants you can confidently identify. When in doubt, consult a local guide or experienced forager. Never consume wild mushrooms without expert confirmation.

---

## SPRING

---

### March

**Plants:** Nettles, Dandelion Leaves

**Why:** Traditionally valued for their mineral richness, these early greens gently replenish the body after winter.

**Symbolism:** Renewal, vitality, awakening

**Simple Use:**

Nettle soup with potatoes and onions; Czech nettle *nádivka*; dandelion leaves in salad with olive oil and lemon.

**Reflection:**

Where in my life is something small but quietly alive beginning again?

---

### April

**Plants:** Wild Garlic, Young Dandelion Leaves

**Why:** Fresh, aromatic greens long used as traditional spring tonics to support digestion and awaken the senses.

**Symbolism:** Cleansing, opening, preparation for growth

**Simple Use:**

Wild garlic pesto; stirred into soups; dandelion leaves in fresh salads.

**Reflection:**

What am I ready to clear — gently — to make space for what wants to grow?

---

### May

**Plants:** Elderflowers, Sorrel, Chickweed, Ground Ivy

**Why:** Tender greens and blossoms offering brightness, nourishment, and light herbal support.

**Symbolism:** Lightness, beginnings, joy

**Simple Use:**

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

**Reflection:**

Where can I allow more lightness into my life?

---

## SUMMER

---

### June

**Plants:** Strawberries, Raspberries, Blackberries, Wild Mint

**Why:** Hydrating fruits and aromatic herbs that bring sweetness and vitality.

**Symbolism:** Pleasure, abundance, joy

**Simple Use:**

Eat berries fresh; prepare a simple compote; add wild mint to salads or tea.

**Reflection:**

Can I receive sweetness without immediately bracing for its loss?

---

### July

**Plants:** Cherries, Currants (Red or Black)

**Why:** Peak summer fruits rich in color and flavor, traditionally valued for their vitality.

**Symbolism:** Fullness, celebration, mindfulness

**Simple Use:**

Enjoy fresh; add to fruit salads; preserve as jams or compotes.

**Reflection:**

Where in my life am I being invited to fully savor what is here?

---

### August

**Plants:** Elderberries, Wild Plums, Sorrel Flowers

**Why:** Late-summer fruits and blossoms that support resilience as the season begins to turn.

**Symbolism:** Preparation, foresight, quiet strength

**Simple Use:**

Dry elderberries for tea; prepare plum jam; use sorrel flowers in herbal infusions.

**Reflection:**

What am I quietly storing — emotionally or practically — for seasons ahead?

---

## AUTUMN

---

### September

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

**Why:** Earthy nourishment and early harvest foods that ground and sustain.

**Symbolism:** Grounding, abundance, resilience

**Simple Use:**

Sauté mushrooms; roast hazelnuts; prepare apple or pear compote.

**Reflection:**

What helps me feel rooted when life begins to shift?

---

### October

**Plants:** Apples, Pears, Walnuts, Late-Season Mushrooms

**Why:** Dense, storied harvest foods traditionally prepared for winter storage.

**Symbolism:** Stability, comfort, stored abundance

**Simple Use:**

Stew apples or pears with cinnamon; roast walnuts; prepare mushroom soups.

**Reflection:**

Where in my life have I already gathered more than I recognize?

---

### November

**Plants:** Chestnuts, Dandelion Roots, Rosehips

**Why:** Last nuts and roots of the season offer warmth and grounding before winter. Rosehips bring brightness to darker days.

**Symbolism:** Endurance, warmth, inner strength

**Simple Use:**

Roast chestnuts; prepare dandelion root coffee; brew rosehip tea.

**Reflection:**

What sustains me when external growth slows?

---

## **WINTER**

### **December – February**

Fresh foraging rests, but nourishment continues.

#### **Seasonal Foods:**

Dried rosehips and elderberries (tea)

Stored apples and pears (baked or stewed with warming spices)

Stored nuts and chestnuts (snacks, porridges, soups)

#### **Seasonal Focus:**

Rest, integration, quiet nourishment

Winter does not demand visible growth. It asks for depth.

#### **Reflection:**

Where in my life am I being invited not to expand — but to deepen?

---

## **Living Seasonally — Inside and Out**

The natural world does not force itself to bloom in January.  
It does not apologize for resting in winter.

It grows. It ripens. It releases. It waits.

Perhaps wholeness is not constant becoming.  
Perhaps it is learning to belong to each season as it arrives.

May this calendar nourish both your body and your inner life.

Mina

---

For more reflections on seasonal living and attachment healing, [visit the blog](#)  
or [subscribe to my monthly letter "Returning to the Self"](#).

---