

## Flavorful Foraged Foods

Roll 1D100

-Or-

Look up the predominant terrain  
and roll 1D20

-Or-

Within each terrain type all foods  
are sorted by season

1-5; Spring  
6-10; Summer  
11-15; Fall  
16-20; Winter

Look up the terrain and determine  
how far into the year you are. The  
3-4 items around that range will  
be in season.

Ex; In the **forest** at the **end of  
spring** you might find...

*Fiddleheads, Oyster Mushrooms,  
and Quail Eggs.*

Many items can be found in other  
regions or multiple seasons -  
modifications and generalizations  
were made to prevent duplicate  
entries and for simplicity.

Each item listed is an actual food  
you can forage, so this works just  
fine for low magic settings.  
Please don't use this to actually go  
foraging.

Many items require preparation  
and/or can't be eaten raw.  
If you think that's relevant to your  
game I have marked them with a \*

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Flavorful Foraged Foods  
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### Forest

01. Ramps (Wild Leeks)
02. River Cane Shoots
03. Fiddleheads \* (Young Ferns)
04. Oyster Mushroom
05. Quail Eggs
06. Catfish
07. Queen Anne's Lace (Wild Carrots)
08. Chicken of the Woods Mushroom
09. Cattails (near water)
10. BlackBerries
11. Chicory (Leafy Vegetable)
12. Paw Paw (Tree Fruit)
13. Black Walnuts \*
14. Acorns \*
15. Boletus Mushrooms
16. Rose Hips \* (Rose Bush Berries)
17. Crabapple (Tree Fruit)
18. Persimmons (Tree Fruit)
19. Gingko nuts \*
20. Chestnuts

### Mountains

21. Shaggy Mane Mushrooms
22. Horseradish
23. Rhubarb \*
24. Morel Mushrooms
25. Green Fir Pine Cones \*
26. Cherries
27. Gooseberry \*
28. Blueberry
29. Elderberries
30. Raspberries
31. Porcini Mushroom
32. Chanterelle
33. Salmon
34. Sheep Sorrel (Leafy Vegetable)
35. Evergreen Needles \*
36. Camas Root
37. Actinidia (Bush Fruit)
38. Juniper Berries
39. Sea buckthorn (Bush Berry)
40. Usnea - Old Man's Beard \* (Moss)

### Water/Coastal

41. Pepper Dulse (Seaweed)
42. Gutweed (Seaweed)
43. Brown Crabs
44. Duck Eggs
45. Sandpiper Eggs
46. Brown shrimp
47. Snails
48. Sugar Kelp (Seaweed)
49. Sea Lettuce (Seaweed)
50. Beach Peas \*
51. Beach Mustard (Leafy Vegetable)
52. Sand Crab
53. Watercress (Leafy Vegetable)

54. Oarweed \* (Seaweed)
55. Serrated Wrack (Seaweed)
56. Mussels
57. Laver \* (Seaweed)
58. Dumont's Weed (Seaweed)
59. Clams
60. Oysters

### Plains/ Meadows

61. Wild Violets
62. Dandelions
63. Burdock (Leafy Vegetable)
64. Daylilies
65. Kudzu (Leafy Vegetable)
66. Lambsquarter (Leafy Vegetable)
67. Purslane (Succulent)
68. Miner's Lettuce
69. Hedgehog Mushrooms
70. Wild Onions
71. Strawberries
72. Wild Grapes
73. Wild Apples
74. Squash
75. Pecans \*
76. Kinnikinnick (Leafy Vegetable)
77. Greenbriar Root
78. Cattail Root
79. Chickweed
80. Teaberry

### Arid/ Desert

81. Nettles (Leafy Vegetable) \*
82. Agarita Berries
83. Yucca Flower \*
84. Milk Thistle
85. Chiávil Buds (Cactus)
86. Saguaro Fruit \* (Cactus)
87. Mulberries
88. Wild Poppies
89. Hackberry
90. Amaranth
91. Honey Mesquite (Bush and Seeds)
92. Prickly Pear \* (Cactus)
93. Peppergrass
94. Sweetgum Pods
95. Henbit (Leafy Vegetable)
96. Buffalo Gourd
97. Carolina Bristle Mallow
98. Barrel Cactus \*
99. Agave \*
100. Arrowhead Root \*

### Bonus

101. Honeycomb
102. Abandoned cart with cheeses
103. A buried, but sealed, cask of ale
104. Cottage ruins with jarred preserves
105. Several fat, nutritious grubs