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3 thoughts on “15 Wild Edible Plants: How to Identify, Harvest and Eat Them” Bert. November 8, 2018 at 6:52 pm. I wish you had given the protein and food value of each plant, as well. Reply. Vicki Savage. January 7, 2020 at 9:55 pm. Raspberry leaves are also good for tea and medicine.

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