

Dig up some edible roots.

The roots of cultivated crops—carrots and beets, for instance—aren't the only plant roots that are delicious. This is a good time of year to dig up some of the edible roots that grow in the wild.

Cattail rhizomes (the proper name for the roots of this plant) are very good. In fact, the shoots, stalks, rhizomes and pollen are all edible! Cattails grow in marshy areas, so dress properly for wading in water. Take a spade with you to dig up the plants. Peel the rhizomes and cook them like potatoes, or dry them and pound them into a flour that can be used like wheat flour.

Other edible roots include the tubers of the day lily, which can be dug up any time after blooming; groundnut tubers; and Jerusalem artichokes, not artichokes at all, but native American sunflowers! Take only what you really need, because the plants have no way of regenerating when you take roots and all.

