

Know the Weeds! 1st group

Here are some brief characteristics of the following weeds at the Barkhamsted Gardens. You may want to look at the [Types of Weeds Document](#) on the website, if you are confused with some of the terms used. I was asked to include edible characteristics. Two cautionary statements: Certain ID should be beyond doubt when considering eating anything, and just because something is edible, doesn't mean you would want to eat it!

1.



Lambs Quarters, (pigweed). Summer Annual. Leaves have a pale, mealy cast, especially when new. Spreads by seed, averaging over 70,000 seeds per plant. 50% of seeds remain viable after 12 years. Exposure to light breaks dormancy. The plant is extremely competitive with other plants, very common at the Gardens. An edible weed, Lambs Quarters is extremely high in calcium and vitamin B1.

2.



Smartweed, (We deal with two types, smaller *Lady's Thumb*, and taller *Pennsylvania Smartweed*.) Summer Annual. ID by sheaths on stem next to the leaves. Spread by seed. A native which is becoming more prevalent due to climate change. An important source of food for wildlife, smartweed is edible, but can hurt your mouth, being so peppery!

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3.



Mugwort (*Artemisia* family) ID by “chrysanthemum like leaves, camphor like scent. Leaves have a white cast underneath. Herbaceous perennial. Spreads primarily by rhizomes (roots which start new plants), which can spread up to 6 feet. Non-edible, used as a medicinal herb.

4.



Hairy Galinsoga (Summer Annual) ID by small flowers with five white florets and yellow center. Stems are hairy. Spreading only by seed, a single plant can produce 75,000 seeds in six weeks, infesting the soil with seedlings. Galinsoga plants which are up-rooted can reroor, reestablishing themselves quickly. Edible, but hairy!