



Universal Edibility Test

Note: Because you have to go for eight hours without eating, do the separate and contact portions of this test before retiring for the night. After examining your skin test in the morning you will know whether or not to continue with the 'lip test'.

- 1. Separate** the questionable plant into its five basic parts:
 - Leaves
 - Roots
 - Stems
 - Buds
 - Flowers (there may or may not be buds and flowers)
- 2. Contact:** Crush one part of the plant (i.e. leaves) and rub it on the inside of your wrist or elbow for 15 minutes. (You can drink but don't eat during this test.) Wait eight hours. If during this time you experience a burning sensation, redness, rash, etc. do not ingest that particular plant part.
- 3. Lip Test:** If no adverse reactions after eight hours, hold the plant part to your lips for three minutes. If any burning or tingling occurs, remove the plant piece and start over with a different part of the same plant.
- 4. Taste:** Hold the plant part you have been testing thus far on your tongue for fifteen minutes. If there is any burning or tingling, spit it out and rinse your mouth with water. If not, proceed.
- 5. Chew:** Chew it thoroughly and hold it in your mouth for another 15 minutes without swallowing. If any adverse sensations occur, spit it out and rinse with water.
- 6. Swallow:** Swallow if there are no burning, tingling, or numbing reactions. Wait another eight hours only drinking not eating anything else. If you experience nausea, induce vomiting and drink lots of water. If you have no adverse reactions, it's time to eat.
- 7. Eat:** Eat a little more. (Keyword being little.) Use about ¼ cup of the exact same plant part you have successfully used to this point, and prepare it the exact same way (raw or cooked). Eat and wait another eight hours. If there are no adverse reactions, this particular part of the plant has passed the universal edibility test.
- 8. Cooking:** Boiling and baking some toxic plants may make them edible but once cooked, they still need to be tested using this same universal edibility test.

After printing, cut or fold these two columns to size and place them back to back then laminate them for a protected portable copy.
(can be printed on size 8.5x11 paper)

Please note: This prints smaller than it appears here.
Landscape mode will give you the best copy approx. the size of a bookmark.
Portrait mode will give you a much smaller copy.