

## **Wood Sorrel (*Oxalis acetosella*)**

**If you are new to foraging, this is an easily identifiable little plant. It has three perfect green heart leaves growing on a single stem. If you pick the stem it has a red colour at its base. Contains Oxalic acid, which can be harmful if eaten in large quantities. Stem and leaves can be eaten and taste like green apple skin.**



- **Found in damp woodland habitats.**
- **Leaves close at night and when it rains.**
- **Three UK species, Wood, Sheep and Common Sorrel.**
- **In season around Easter time and some people know it as 'Alleluia'**
- **It has a tiny white flower with purple veins.**
- **Contains Oxalic Acid, which can be harmful to some people. Only to be eaten in very small amounts.**
- **Proper identification is crucial before eating anything in nature.**
- **Remember, don't munch on a hunch!**
- **UsefulLink:**

**[https://www.youtube.com/watch?v=X1otA\\_RTfOQ&list=PLKV3Kg1MR9BR5gj7xEaZeSRdH-FY94meg](https://www.youtube.com/watch?v=X1otA_RTfOQ&list=PLKV3Kg1MR9BR5gj7xEaZeSRdH-FY94meg)**



**[Click here to see the  
YouTube video](#)**

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