



UNIVERSAL EDIBILITY TEST

It is typically advised not to eat for 8 hours before starting the test to allow your body to respond to any potential dangers. During the test period, ingest nothing but water. Never eat anything you cannot positively identify and deem safe!

1. Separate the plant into its edible parts (leaves, stems, roots, buds, and flowers) – Test only one part of a potential food plant at a time.
2. Smell the plant part you are testing; a strong, unpleasant odor is a bad sign, as is a musty or rotten odor.

Tip: *Keep a special look-out for pear- or almond-like scents, which can be evidence of cyanide!*

3. Test for contact poisoning by briefly (and softly) rubbing a piece of the plant part you are testing on your wrist or inner elbow. Usually waiting 15 minutes is enough time to allow for a reaction. *If your skin burns, itches, feels numb, or breaks out in a rash, wash off your skin and do not eat the plant.*

4. If there is no reaction on the forearm, then softly rub a piece of the plant on your lip to test for burning or itching. Wait another 15 minutes; If there is no reaction, try chewing a small piece in your mouth then spit it out. Again, if there is no reaction after 15 minutes have passed, eat a small piece, and wait an hour.

Tip: *If the plant is bitter or soapy, spit it out and wash your mouth!*

5. If there is no ill effect, you can assume this part of the plant is edible. Repeat the test for other parts of the plant; some plants have both edible and inedible parts.



If you begin to feel sick after eating an unknown plant, seek immediate medical attention!

**24/7 Michigan Poison Center at Wayne State University | +1 (313) 486-0078
24/7 U.S. National Poison Help Hotline | +1 (800) 222-1222**

