

## 4 Common Wild Edible Plants That Could Save Your Life

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So you're in that survival situation in the wilderness and you remember all the TV shows and you are immediately thinking about hunting/trapping/fishing for food. In some ways this is correct, in a long term survival situation, animal protein and fat are vital for survival. That said, it might surprise you to know that most of a wilderness survival diet will be made from plants, nuts, seeds and berries...

Below is a great post from 'Tactical Intelligence' which lists 4 of the most common wild edibles, all of which are capable of saving your life in different situations. And hey, I hold my hands up, I did not know that about grass!

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