Fish/Seafood
Most algae
Sand dollars
Scallops
Sea biscuits
Sea fan (red or black)
Sea grasses
Sea salt
Sea Sponges
Shrimp and exoskeletons
Oysters
Bladder wrack (seaweed)
Kelp
Watercress
Mussels

Shellfish should be steamed or boiled before feeding!

SEAFOOD

FORAGING LIST
This is our handy list to tuck in your pocket when you head out to gather edibles, woods or plants for your crabitat.

It is important to remember that ALL items collected for your hermit crabs must be FREE of PESTICIDES and CHEMICALS

When in doubt, leave it out!!

Please respect all local and state laws regarding collection.

If you found this list somewhere other than CrabstreetJournal.org please visit the site to read the accompanying article so that you are aware of what parts of the flowers are edible/safe.

Contact Us
Land Hermit Crab Owners Society
The Crabstreet Journal
crabstreetjournal@gmail.com
Visit us on the web:
www.lhcors.org
www.crabstreetjournal.org

INSECTS
Beetle Grubs
Bloodworms
Centipedes
Cicada exoskeletons
Earthworms
Feeder cockroaches
Grasshoppers
Harvestmen
Hornworms
Isopods
Katydids
Locusts
Mealworms
Scorpions
Spiders
Super worms
Waxworms
## Edible flowers
- Borage blossoms
- Calendula flowers -AKA pot marigolds
- Carnation
- Chamomile
- Chickweed (also healing)
- Clover (flowers, leaves)
- Daisies
- Dandelion (flowers, leaves, roots)
- Day lilies
- Elderberry flowers
- Gladiolus
- Hibiscus
- Hollyhocks
- Honeysuckle flowers
- Impatiens
- Jasmine
- Johnny-Jump-Up flowers
- Lilac
- Milk thistle
- Nasturtium
- Pansy (flowers and leaves)
- Passionflowers
- Petunia
- Prickly Pear (flower&cactus)
- Rose
- Sage
- Squash (vegetable too)
- Sunflower
- Violet

## Edible herb flowers***
- Anise
- Basil
- Bee balm
- Chives
- Coriander (cilantro)
- Dill
- Fennel
- Garlic
- Oregano
- Rosemary
- Thyme

## Flowers for healing
- Aloe vera - not edible!
- Basil
- Blackberry
- Bleeding heart
- Borage
- Calendula
- California Wild Rose
- Chamomile
- Chrysanthemum
- Corn
- Dandelion
- Dill
- Echinacea
- Evening Primrose
- Garlic
- Hibiscus
- Iris
- Lavender
- Milkweed
- Mullein
- Nasturtium
- Peppermint
- Pomegranate
- Red clover
- Rosemary
- Sage
- Sunflower
- Violet
- Yarrow
- Yerba Santa

## Plants
- Burning Bush (all parts)
- Flax (seed and oil)
- Rooibus
- Mint (but not peppermint!)
- Moss (not peat)
- Nettle (wilted)

## Wood, Leaves, Nuts
- Alfalfa
- Blueberries
- Broccoli and leaves
- Cantaloupe
- Carrots and tops
- Cauliflower and leaves
- Celery leaves
- Chard *
- Cherimoya
- Cherry
- Cilantro
- Clover blossoms and leaves
- Collards
- Corn
- Crabapple
- Cranberries
- Cucumber
- Currants
- Garbanzo
- Grapes and leaves
- Grapevine (vines and root)
- Dark Green and red leaf lettuce
- Green Beans
- Honeydew Melon
- Huckleberry/Bilberry
- Kiwi
- Mango
- Marion Berries
- Mushrooms**
- Olive and olive oil (extra virgin)
- Oranges
- Papaya
- Parsley
- Passionfruit
- Peaches
- Pears/Asian
- Pineapple
- Potato (no green parts, including eyes)
- Quinoa
- Raisins (no sulfur dioxide)
- Red raspberry and leaves
- Squash (and blossoms)
- Watermelon
- Wheat grass
- Wheat
- Wheat germ
- Whole Wheat Couscous
- Zucchini

*Greens high in Oxalic acid should be cooked before serving.
** Non Toxic or Known Safe Varieties only!
***Flowers only, not the plant!