

From trend to threat? Wild food plant sustainable foraging in Norway

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Keywords: ecosystem services, harvesting, non-timber forest products, plant conservation, sustainable livelihoods, wild edible plants

Overharvesting is one of the five main drivers of biodiversity loss and hence foraging of wild food plants is sometimes considered a threat to wild plant populations. In Norway this has led to the regional redlisting of Ramson (*Allium ursinum*) as a preventive measure, despite the plant being exceedingly common in large parts of the country. Little is known of how foragers themselves define and ensure sustainable foraging. In a collaborative study with the Norwegian forager community we explored the motivations that drive foragers in Norway and we assessed the plant species and plant parts that are being foraged. Approximately 260 different plant species are foraged for food. Currently foraging of wild food plants has limited negative environmental impact. It contributes to increased appreciation of nature and increased awareness of different plant species and is hence an opportunity for sustainable development, rather than a threat. At the University of Oslo Botanical Garden, we actively engage with the foraging community and contribute to education on foraging wild plants through public events and collaborative course work.