

Wild Edibles Workshop

Shenandoah County, VA



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BURDOCK



- **Characteristics**
 - A biennial plant. Root should be used before plant flowers as the flower will deplete root of energy source
 - leaves are egg-shaped with wavy margins.
 - purple flower
 - burrs
- **Uses:** Burdock is one of the foremost detoxifying herbs in both Chinese and Western herbal medicine.
 - Roots (sometimes the seeds) are used in tinctures. Burdock is a diuretic; choleric (stimulates bile); and diaphoretic (causes perspiration). Roots can be used fresh. If roots are dried, they should be cut lengthwise and then crosswise into small pieces. They should be dried with a heat source (for example, in the sun) and with plenty of ventilation.
 - Tincture from fresh roots: 1:2 ratio (1 part plant material to 2 parts alcohol), 50% alcohol.
 - Tincture from dry root: 1:5, 50% alcohol.
 - Seed tincture: 1:5, 50% alcohol.
 - Can also be used as a poultice
 - Leaves can be used to wrap food
 - Stalk and burrs can be used as tinder for starting fire
 - Roots can be eaten as vegetables and, are considered a good coffee substitute
 - Burdock is the Primary ingredient in Esiac, used to treat Cancer

BARBERRY BUSH

- **Characteristics**



- **Uses** - Barberries have long been used as a herbal remedy for the treatment of a variety of complaints. All parts of the plant can be used though the yellow root bark is the most concentrated source of active ingredients.

- Used as a tonic, it has been shown to improve the flow of bile and ameliorate conditions such as gallbladder pain, gallstones and jaundice
- The bark and root bark are antiseptic, astringent, cholagogue, hepatic, purgative, refrigerant, stomachic and tonic.
- The bark is harvested in the summer and can be dried for storing. It is especially useful in cases of jaundice, general debility and biliousness, but should be used with caution. The flowers and the stem bark are antirheumatic.
- The roots are astringent and antiseptic. They have been pulverized in a little water and used to treat mouth ulcers.
- A tea of the roots and stems has been used to treat stomach ulcers.

- The root bark has also been used as a purgative and treatment for diarrhea and is diaphoretic.
- A tincture of the root bark has been used in the treatment of rheumatism, sciatica etc.
- The root bark is a rich source of the alkaloid berberine (about 6%). Berberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery.
- Berberine has also shown antitumor activity and is also effective in the treatment of hypersensitive eyes, inflamed lids and conjunctivitis.
- The fruit, or freshly pressed juice, is used in the treatment of liver and gall bladder problems, kidney stones, menstrual pains etc.
- The leaves are astringent and antiscorbutic. A tea made from the leaves is used in the treatment of coughs.
- The ripe berries can be made into an agreeable, refreshing jelly by boiling them with an equal weight of fine sugar to a proper consistence and then straining it, or the fruit can be picked and used for garnishing dishes. The Barberry is rich in vitamin C. The fruits are about 10mm long. Young leaves - used as a flavoring or as an acid nibble. They can be used in much the same way as sorrel. The dried young leaves and shoot tips make a refreshing tea.

- **Cautions** - The Barberry bush can host a fungus (black stem rust) whose spores infect wheat, it should, therefore, never be planted close to a wheat field.

MULLEIN



- **Characteristics**
 - In the first season of the plant's growth, there appears only a rosette of large leaves, 6 to 15 inches long, in form somewhat like those of the Foxglove, but thicker - whitish with a soft, dense mass of hairs on both sides, which make them very thick and spongy to the touch.
 - In the following spring, a solitary, stout, pale stem, with tough, strong fibers enclosing a thin rod of white pith, arises from the midst of the felted leaves
- **Uses**
 - The down on the leaves and stem makes excellent tinder when quite dry, readily igniting on the slightest spark
 - In Europe, India and Asia the power of driving away evil spirits was ascribed to the Mullein
 - The Mullein has very markedly demulcent, emollient and astringent properties. The whole plant seems to possess slightly sedative and narcotic properties. It also aids in circulation
 - Aids in circulation (American Indians would line moccasins with Mullein to increase circulation, thereby increasing warmth.)
 - It useful for respiratory complaints, bleeding of the lungs and bowels, and for alleviating the pain and irritation of hemorrhoids.
 - An infusion can be prepared boiling 1 oz. of dried, or the corresponding quantity of fresh leaves, for 10 minutes in a pint of milk, straining, and given warm three times daily, with or without sugar. (Alternative preparation: 1 oz. to a pint of boiling water.)

MULLEIN

Uses Continued

- The dried leaves are sometimes smoked in an ordinary tobacco pipe to relieve the irritation of the respiratory mucus membranes and will control the hacking cough of consumption. They can be employed with equal benefit when made into cigarettes, for asthma and spasmodic coughs in general.
- Poultices of the leaves have been found serviceable in hemorrhoid complaints.
- Mullein is said to be of much value in diarrhea, from its combination of demulcent with astringent properties, by this combination strengthening the bowels at the same time. In diarrhea the ordinary infusion is generally given, but when any bleeding of the bowels is present, the decoction prepared with milk is recommended.
- A sweetened infusion of the *flowers* strained in order to separate the rough hairs has been used as a domestic remedy in mild catarrhs, colic, etc.
- An oil produced by macerating Mullein flowers in olive oil in a corked bottle, during prolonged exposure to the sun, or by keeping near the fire for several days, is used as a local application in country districts in Germany for piles and other mucus membrane inflammation, and also for frost bites and bruises.
- Mullein oil is recommended for earache and discharge from the ear
- Mullein oil is a valuable destroyer of disease germs.

- • A bactericide can be made by steeping the fresh flowers for 21 days in olive
Historically

- Mullein juice and powder made from the dried roots rubbed on rough warts was said to quickly remove them, though it was not recommended as equally efficacious for smooth warts.
- A poultice made of the seeds and leaves, boiled in hot wine, was also considered an excellent means to 'draw forth speedily thorns or splinters gotten into the flesh.'
- The seeds are said to intoxicate fish when thrown into the water, and are used by poachers for that purpose, being slightly narcotic



LAMBS QUARTERS

- **Characteristics**

- An annual that grows from 1 to 3 feet. The stem is often mealy and red streaked. The leaves are shaped like an arrow-head, coarsely-toothed and mealy white beneath. The flowers are greenish, inconspicuous, and lacking petals. They grow in clusters at the leaf stems.

- **Uses**

- Cooked greens, cereal, flour.
- Both the foliage and seeds are edible.
- The greens may be eaten raw in salads or cooked as a vegetable. The tender leaves and tips are excellent steamed or boiled for 10 to 15 minutes. Bulk greatly reduced after cooking.
- The highly nutritious seeds can be boiled to make a breakfast gruel, or ground into flour.

- **Harvest**

- Summer (leaves & tips); Fall - Early Winter (seeds).



WOOD SORRELL

- **Characteristics**

- Distinctive shamrock-shaped, three-lobed leaves with yellow flowers



- **Uses**

- The leaves are edible, and a refreshing lemony taste. Excellent salad greens or trail side nibble
- Boil plant (entire plant may be used) for 10 minutes to make tea. Tea helps alleviate fevers, urinary infections and scurvy.
- The leaves can be chewed for nausea, and to relieve mouth sores and sore throats, and a poultice of fresh leaves for cancers and old sores.

- **Caution**

- Large doses may cause oxalate poisoning.



PLANTAIN



- **Characteristics**
 - Common plantain is a perennial plant. Its leaves are broadly ovate, entire or toothed, and characterized by a thick, channeled footstalk. The flower stalks grow from 6 to 18 inches high and are tipped with long, slender spikes of greenish-white flowers
 - Astringent, demulcent, emollient, cooling, vulnerary, expectorant, hemostatic, antimicrobial, antiviral, antitoxin, antimicrobial, blood cleanser and diuretic.
- **Uses**
 - Salad greens (small young leaves are best)
 - A tea can be used to treat lung disorders, stomach problems, as a mouthwash to treat sores in the mouth and toothaches.
 - May be used externally (chew leaves and use as a poultice) to treat sores, cuts, scratches, blisters, insect bites and stings, hemorrhoids, burns, rashes, and other skin irritations.
 - Plantain is currently being marketed as a stop smoking aid. It is said that it causes an aversion to tobacco.
 - Plantain seeds are very high in mucilage and fiber. The seeds of a closely related species (Plantago psyllium) are the primary ingredient in laxatives such as Metamucil. Common plantain seeds may be used in the same fashion.
 - The mucilage from the seeds may also reduce high cholesterol.
- **Preparation and Dosages**
 - Infusion: Steep 1 tablespoon leaves in 1/2 cup water for 5 minutes. Take 1 cup a day.
 - Juice: Take 2 to 3 teaspoons a day in milk or soup. Alternative preparation: Take 1 tablespoon in water or milk or mixed with 1 tablespoon honey, three times a day.
 - Decoction: Boil 2 ounces dried leaves in 1/2 quart water. Helps coagulate blood.
 - Ointment: For hemorrhoids, boil 2 ounces of the plant in 1 pint olive oil.

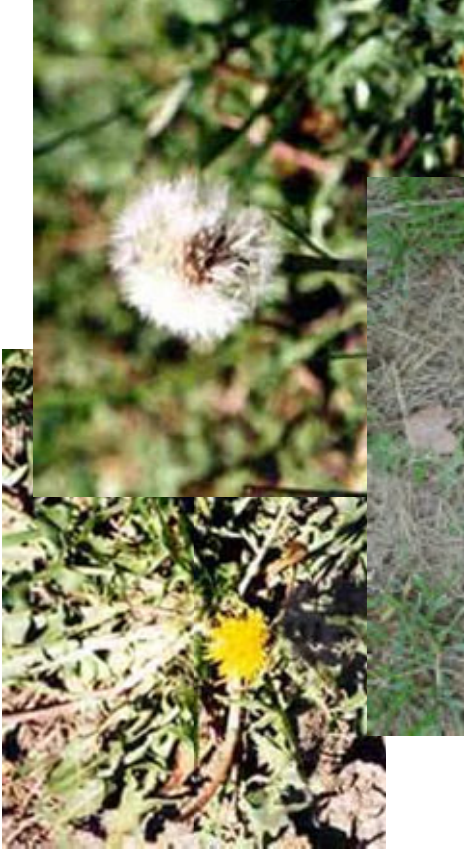
DANDELION

- **Characteristics**

- The dandelion is a perennial from the family Compositae. The leaves are in a basal rosette and are jagged cut with irregular teeth – name means “Tooth of the Lion”. The single yellow flower sits on top of a hollow stem. The stem is longer than the leaves, 5 to 6 inches in height, and has a milky juice inside. The long, white taproot has a milky juice also. Flowering time is from March through September and sometimes sporadically all year. Mowed plants tend to be far more bitter than plants left to grow on their own

- **Uses**

- This common weed found in many a yard is a very useful plant. The yellow flower can be rolled in flower and fried, and is delicious. The leaves when the plant is young can be used in a salad and eaten like lettuce.
- The leaves are somewhat bitter if picked at the wrong time of the year or the growing conditions are not right. They are best if picked in the cool seasons or if they grow in the shade. They make a nutritious addition to a salad. The salad will taste much better if there are non bitter greens in it too.
- The roots are good cooked like carrots. Some peoples favorite way to eat them is to parch and grind them to use instead of coffee. The bitters are thought to make it to be good for liver, gallbladder, spleen and kidney ailments. Because of it's high iron content it is a good blood builder.
- Some say the sap will remove warts.



- Perhaps that is why the ancient languages called this plant the disorder (tarax) remedy (ac) to make our modern botanical name Taraxacum.
- The “Puff Ball” can be used for Tinder
- **Caution**
- Due to the use of fertilizer and weed killer, be careful when picking the dandelion. Make sure no weed killers have been used in that area.

DANDELION

- **Properties**
 - Aperient, Cholagogue, Diuretic, Stomachic, and Tonic. High in vitamins A and C.
- **Additional Medicinal Uses**
 - The humble dandelion is one of nature's great medicines. The root is a mildly laxative bitter tonic, valuable in dyspepsia and constipation. It stimulates the liver and gallbladder (mainly due to its taraxacin content) substantially increasing the flow of bile.
 - The diuretic power of the dandelion has been favorable compared with a common diuretic drug, Frusemide. However, unlike conventional diuretics, dandelion does not leach potassium from the body; its rich potassium content replaces that which the body loses. Dandelion cleanses the blood and tissues, and is useful in the treatment of skin diseases and rheumatism.
- **Preparation And Dosages:**
 - Use the whole plant before it flowers, the leaves during flowering, and the root alone in the fall.
 - Tincture: Fresh root (1:2), 1/2 to 1 teaspoon up to 4 times a day....long term use.
 - Decoction: Use 4 ounces fresh plant with 2 pints water; boil down gently to 1 pint and strain. Take 3 tablespoons, six times a day.
 - Cold Extract: Use 2 teaspoons plant with 1 cup water; let stand for 8 hours.
 - Juice: For a spring tonic, take 1 teaspoon juice pressed from the leaves in milk, one to three times a day. An electric vegetable juicer is helpful.
 - Infusion: Use 2 teaspoons fresh root and leaves with 1/2 cup water; boil briefly and then steep for 15 minutes. Take 1/2 cup, morning and evening. In addition, take daily 1 to 2 glasses of water with 3 tablespoons juice (pressed from root and leaves) per glass.



DANDELION RECIPES

DANDELION SALAD

- 1/2 lb tender, fresh dandelion greens
- 1/2 cup thinly sliced red onions
- 2 tomatoes, cut in fourths
- 1/4 lb sharp Cheddar cheese, grated
- 1/2 tsp black pepper
- 1/4 cup salad oil
- 3 Tbsp vinegar
- 1 tsp dill

Wash the dandelion greens carefully. Drain well and cut into pieces.

Add the onions, tomatoes, and cheese.

Toss to mix.

Make a salad dressing by mixing the pepper, oil, vinegar, and dill.

FRIED DANDELION BLOSSOMS

New blossoms on short stems

- 1 cup milk
- 1/2 tsp salt
- Hot cooking oil
- 1 egg
- 1 cup flour
- Pinch of pepper

Pick new dandelion blossoms, those on short stems, and rinse well in cool, lightly salted water. Cut off the stem ends close to the flower heads, leaving only enough to hold the petals together, because the stems and greenery are bitter.

Roll the dandelion flowers in paper towels to blot up the excess moisture, then dip each one in a batter made of the remaining ingredients (except oil).

Drop the batter-coated blossoms into deep hot cooking oil (375°F) and fry until lightly browned. Drain on paper towels.

Sprinkle with more salt, if needed, and serve at once.

DANDELION JELLY

- 2 cups dandelion blossoms
- 2 cups water
- 2 cups sugar
- 2 Tbsp powdered pectin
- 1 Tbsp lemon juice

Place clean, dry blossoms in large pan w/ water. Boil for 3 minutes.

Strain mixture, add pectin and lemon juice to liquid.

Boil once more for 3 minutes, adding sugar and stirring constantly.

Pour into hot sterilized jars and seal with paraffin or seal with lids and screw bands and process in a boiling water bath for 5 minutes

DANDELIONS & POTATOES

Clean and wash dandelion roots thoroughly.

Boil potatoes and dandelion roots and cook until both are tender.

Remove from water (the water makes excellent base for soups), mash potatoes and dandelions and add chopped parsley, basil and one medium diced onion.

In large skillet, sauté garlic and red pepper in olive oil about a minute.

Add potatoes and dandelions and continue to cook another 15 minutes.

SAUTEED DANDELIONS

- 4 cups chopped dandelion leaves
- 3 cups chopped onion
- 3 Tbsp olive oil
- 2 cloves garlic, minced
- 2 cups grated wild carrots
- 1 Tbsp soy sauce
- 1 Tbsp wine

Black Pepper to taste

Sauté the onions in the olive oil.

When soft, add the carrots, dandelions, garlic, wine and soy sauce.

Cook for 10 to 20 minutes until all the flavors blend. Makes 4 to 6 servings.

VITAMIN C TEA

- 1 part dandelion leaf
- 1 part rose hip
- 1 part hibiscus flower
- 1 part raspberry leaf

Pour boiling water over the herbs.

Let it sit for about 10 minutes then strain. Sweeten with honey.

These vitamin C-rich herbs are also high in flavonoids, which help the body to absorb the nutrients.

WILD GREEN SALAD

- 1 cup wild onions, chopped
- 1 quart watercress
- 1/4 cup sheep sorrel
- 1-1/2 cups dandelion leaves
- 3 Tbsp maple syrup
- 1/3 cup cider vinegar
- 1/3 cup sunflower seed
- 3/4 tsp salt
- 1/4 black pepper

Toss together the salad ingredients. Combine the dressing ingredients and mix well. Toss the salad in the dressing and serve.

DANDELION WINE

Gather about one gallon of dandelion flowers on a dry day.

Put these in a two gallon crock and pour one gallon boiling water over them.

Cover the crock and let steep for three days.

Strain through a jelly cloth so you can squeeze out the excess from the flower petals.

Put this liquid in a stainless steel pot and add one small ginger root, the thinly pared peels and juice of three oranges and one lemon.

Stir in 3 lbs sugar and boil gently for 20 mins.

Return liquid to cleaned pot and allow to cool. Add wine yeast.

Pour into a large jug and cover the jug with a cloth and allow to set in a warm room for 6 days.

Then siphon the wine into a 1 gallon jug and place airlock on jug. When bubbles stop coming through airlock, siphon into wine bottles and cork.

Keep in a dark place and let set until Christmas.

WILD STRAWBERRY

- **Characteristics**
 - Perennial plant with runners; 3 to 6 inches.
 - Leaves: Pointed at tip, not rounded like the cultivated species; three thick, broadly oval, toothed leaflets, grow directly from the rootstock, the leaf stem being erect and from 3 to 6 inches long.
 - Flowers: White, calyx lobes spreading or recurved. Flowering May - August.
 - Fruit: Bears much resemblance to the cultivated strawberry, but the fruit is much smaller and sweeter. When ripe, the seeds protrude out from the fruit rather than embedded in the fruit as in the cultivated strawberry. Wild strawberries have an intense natural sweetness and their natural pectin is high.
 - Wild strawberries are very fragile. They get mushy very quickly, so these berries should be handled carefully when picked and transported. They should also be used, either eaten or preserved, as soon as possible.
 - Harvest: Summer (fruit & leaves)

- **Uses**
 - Uses: Fresh or cooked fruit, jam, tea. Use like cultivated strawberries. The dried leaves make a pleasant tea. An extract of the fresh leaves is rich in vitamin C.
- **Caution** - Do not confuse with “False Strawberry” or “Snake Berry” False Wild Strawberry. Wild strawberries always have a white blossom, not yellow. The leaves of a wild strawberry plant are in clusters of 3, not 5 like the False Strawberry which is potentially toxic.



RECIPES

Strawberry Spread

4 pints strawberries (5 cups crushed) * 4 cups sugar
Rinse strawberries and remove stems. Crush by hand. Measure 5 cups of strawberries into an 8 quart pot. Bring to a full, rolling boil over high heat, stirring constantly. Quickly add sugar. Bring to a full, rolling boil and boil 1 minute, stirring constantly. Remove from heat; skim off foam. Fill sterile, hot jars quickly to 1/8 inch of tops. Wipe jar rims. Cover with lids and screw bands tightly. Invert jars 5 minutes, then turn upright. Yield: Four 1/2 pints

Strawberry Leather

2 pounds hulled strawberries * 1 cup sugar
In a pan, simmer strawberries and sugar over low heat. Stir and mash the fruit as it cooks and gets as thick as possible. Spread the mixture on a flat dish and place in the sun, a food dryer, or in a 200°F oven. When dried, sprinkle with powdered sugar and cut into squares. Store in covered container to keep out moisture.

CLEAVERS



- **Characteristics**

- An annual with a slender taproot that produces a weak, square, prickly stem that grows from 1 to 2 feet long. The rough, lance-shaped leaves occur in whorls of 6 or 8 around the stem. The stems and leaves are covered with little hooked bristles, which attach to passing objects. Inconspicuous whitish flowers appear on the stalks from the leaf axils from April through September.

- **Uses**

- Used to treat: Cancer (particularly that of the lymphatic system), carcinoma, fever, jaundice, kidney ailments, lymphadenoma, obesity, parasites, scurvy, skin ailments, tumor (breast), urinary ailments, venereal ailments, high blood pressure.
- Cleavers act as a reliable diuretic used to help clean urinary stones and to treat urinary infections.
- They stimulate the lymphatic system and relieve swollen lymph glands. The body relies on the lymphatic system to drain away toxins and wastes, this is why they are described as an alterative and blood purifier.
- They are useful in treating diseases, such as eczema, psoriasis and arthritis in which the body requires cleansing.
- They are reputed to help lower blood pressure and cool the body during fevers and can be used as an external wash for sores and wounds.
- An infusion may be used for complexion and a hair rinse for dandruff. It also makes a good natural deodorant.
- Using the plant as a vegetable has a slimming effect on the body, it is often used as part of a spring tonic drink with other herbs.
- Leaves are applied as a poultice to reduce swelling. As an herbal tea it is used as a diuretic, to reduce fevers, for bladder and kidney inflammations (kidney stones), and as a "blood purifier"

- **Preparations and Dosages:**

- Harvested from spring to early summer, before it becomes too fibrous. (Chewy!)
- Cold or Standard Infusion, as needed.
- Tincture: Fresh plant in 25% alcohol, 1 to 2 teaspoons, up to 4 times a day.
- Juice: Fresh plant, 1/2 to 1 teaspoon, up to 4 times a day.
- **Cooked green, salad, coffee.**
- The tender young shoots are excellent boiled for 10 to 15 minutes and served with butter. Chill cooked shoots and add to salads.
- Slow-roasted until dark brown and ground, the ripe fruit can be used as a coffee substitute.

VIOLETS

- **Characteristics**

- Perennial with cupped heart-shaped leaves; often with scalloped or slightly serrated edges. Dark green, smooth or sometimes downy underneath. Grow in a rosette at the base of the plant. Roots are creeping and send out runners. Depending on soil and light, the flowers may be from deep purple to blue to pinkish or even yellow-whitish. All have 5 petals, which may have a yellow fir beard on the inside of two of the petals.
- Most violets are edible, but some yellow species may be mildly cathartic, (laxative).
- The raw leaves are rich in Vitamins A and C. (Vitamin A = 8,200 IU and Vitamin C = 210 mg. per 100 grams.) The blossoms contain Vitamin C.
- History: The ancient Greeks considered the violet a symbol of fertility and love; they used it in love potions. Pliny recommended that a garland of violets be worn about the head to ward off headaches and dizzy spells.
- Violets have the following properties: Alterative, antiseptic, anti-inflammatory, anti-pyretic, emetic, and expectorant.

- **Uses**

- Salad, cooked green, soup thickener, tea, candy.
- The tender young leaves may be added to salads or boiled for 10 to 15 minutes to make a cooked green, or added to soups as a thickener.
- Violet leaves are somewhat bland and are best mixed with other greens.
- The dried leaves can be made into tea.
- The flowers can be candied.



- The flowers and leaves can be made into a syrup used for respiratory ailments associated with congestion, coughing, and sore throat.
- Large doses of the root contain an alkaloid called violine, which is emetic (causing vomiting).
- A decoction made from the root (dried) is used as a laxative.
- Tea made from the entire plant is used to treat digestive disorders and new research has detected the presence of a glycoside of salicylic acid (natural aspirin) which substantiates its use for centuries as a medicinal remedy for headache, body pains, and as a sedative.
- Used externally, the fresh crushed leaves reduce swelling and soothe irritations. As a bath additive, the fresh crushed flowers are soothing to the skin and the aroma is very relaxing.

VIOLETS

RECIPES

• **Preparations and Dosages:**

- Harvest in early spring through spring (young leaves and flowers).
- Cough Syrup: Pour 1 pint of boiling water over 1 cup packed, fresh, crushed flowers and leaves. Cover and let stand for 12 hours. Strain and squeeze through cloth. Add 2 pounds sugar and boil for 1 hour or until syrupy. Give 1 teaspoon to 1 tablespoon for children 2 or 3 times a day.
- Tea: Steep 1/4 cup dried or fresh herb in 1 cup water for 10 minutes. Strain and flavor to taste. Take in 1/2 cup doses 2 times a day.
- Tincture: [Fresh Plant, 1:2], 1 to 2 teaspoons up to 2 times a day.

Crystallized Violets

Fresh violet flowers
1 egg white

Superfine granulated sugar

Gather violet flowers. Rinse them carefully, pat dry and place on paper towels. Beat egg white until frothy but not stiff.

Dip each flower in egg white and shake gently to remove excess.

Sprinkle with sugar all over the flower, coating the back as well as the front.

Place on a shallow tray lined with waxed paper.

Dry in the refrigerator for one to two days. You may store for as long as a month in airtight containers layered with waxed paper and placed in a cool, dry location.

Use to garnish cakes, ice cream, fruit salads, pies, etc.

Violet Jelly

2 cups violet blooms (the darker blooms make a richer color)

Juice of 1 lemon

1 package commercial pectin

4 cups sugar

Put violet blooms in a jar or other glass container.

Cover blooms with boiling water.

Let it steep for 24 hours. This is called "infusion".

After 24 hours, strain the liquid from the blooms.

Put 2 cups of violet liquid in a saucepan.

Add lemon juice and pectin.

Bring to a boil and then add sugar.

Return to a boil and boil hard for one full minute.

Pour into sterilized jars and seal.

Violet Muffins

1 box Jiffy Corn Muffin Mix (makes 6 to 10 muffins)

or use your own muffin recipe

1/2 cup fresh violet leaves and blooms

Add 1/2 cup fresh violets to each box of corn muffin mix.

Sprinkle tops of muffins with violet leaves. Bake as directed.

To get extra vitamins from the violets, mix some fresh violet

blooms and leaves into some margarine (whipped would be best) and have it ready when the muffins come out of the oven.



GARLIC MUSTARD

- **Characteristics**

- Garlic Mustard is a seriously invasive alien plant. Left to itself, it can completely take over an area, crowding out all native plants. Feel free to pull up (and eat) as much of this plant as you can.
- It spends the first year of its biennial (two year) life cycle as a rosette of leaves. This is the form that is seen throughout the winter, when they grow whenever there is no snow and the temperature is above freezing. By the second spring they are well established and rapidly develop into mature plants that flower (white) and produce seeds. As garlic mustard flowers are capable of self-fertilization, the pollination process is efficient, not dependent on any external insect agents. Field studies have demonstrated that a single plant produces an average of between 136 and 295 seeds, depending on size of the plant and the habitat.
- The crushed plant smells of garlic, hence its name.
- To prepare Garlic Mustard, simply boil or steam the whole plants (the part that's above ground).

- **Uses**

- Salad, cooked greens.
- Ingesting the leaves has been used to induce sweating and to treat respiratory disorders such as bronchitis and asthma.
- Applied as a poultice externally, it has been found to be effective as a palliative for the itching caused by insect bites and stings.
- The roots are chopped up small and then heated in oil to make an ointment to rub on the chest in order to bring relief from bronchitis



CEDAR

- **Characteristics**
 - Cedar can provide natural insecticidal, bactericidal or bacteriostatic properties. The primary irritant in cedar is plicatic acid.
 - These same chemicals can also damage the respiratory tract, causing chronic respiratory disease, and asthma, and some studies have found an association between exposure to some wood dusts and oral cancers
 - Cedar is said to repel bad spirits...and can be toxic to both warm and cold blooded animals.
- **Uses**
 - Naturally decay-resistant, light in weight, aromatic, easy to work, beautiful and durable wood
 - Natural insect repellent
 - Building – good for storage
 - Stringy inner bark can be used as tinder
 - Branches can be used for bow drills (etc)
- **Caution: Considered Toxic But...**
 - Aromatic, astringent, diuretic. The twigs may produce abortion, like those of savin, by reflex action on the uterus from severe gastrointestinal irritation.
 - Fenchone & Thujone stimulate the heart muscle.
 - Teas have been used to help eliminate worms and parasites as well as to alleviate colds. (Tastes like gin)
 - The leaves, made into an ointment with fat, are a helpful local application in rheumatism.
 - An injection of the tincture into venereal warts is said to cause them to disappear.

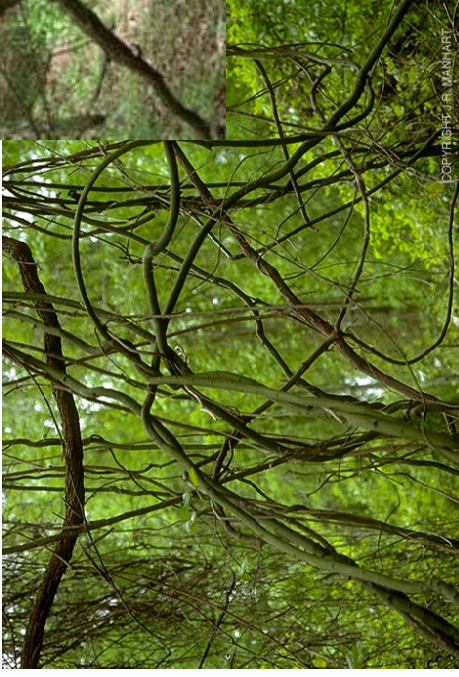


Notes

Tobacco is the first plant that the Creator gave to Native people. It is the main activator of all the plant spirits. Three other plants, sage, cedar and sweetgrass, follow tobacco, and together they are referred to as the four sacred medicines. The four sacred medicines are used in everyday life and in ceremonies. All of them can be used to smudge with, though sage, cedar and sweetgrass also have many other uses. It is said that tobacco sits in the eastern door, sweetgrass in the southern door, sage in the west and cedar in the north. Elders say that the spirits like the aroma produced when we burn tobacco and the other sacred medicines

WILD GRAPE

- **Characteristics**
 - Wild Grape are woody vines which can climb over thirty feet tall. They have large, three-lobed leaves with teeth on the edges.
 - Wild Grape flowers are green and small. They bloom from May to July. The fruit, of course, is what grapes are known for. Wild Grape grows large purplish-black berries in clusters of up to twenty. Fruits become ripe from August to October.
 - Wild Grape uses tendrils (like above-ground roots) to grab onto branches or bark of larger plants.
 - The bark of Wild Grape is brownish-gray and very shreddy.
 - Wild Grapes are not often eaten by people, because they usually eaten by animals before we get the chance!
 - Grapes used to make wine are from Wild Grape vines which were brought into vineyards. Grapes are grown in yards for their fruit and to attract wildlife. There are few plants which feed so many different animals.
- **Uses**
 - Edible fruit
 - Good water source – cut vine and collect water.



BLACK WALNUT



- **Characteristics**

- These deciduous hardwoods grow to 120 feet tall. The stem pith is light brown. The leaves are pinnate, with 12 to 23 leaflets; the leaflets are slightly alternate, heart-shaped or uneven at base. Leaf stalks and leaf undersides are slightly hairy; the hairs being solitary or in pairs, not in clusters. Male and female flowers grow in separate catkins. The fruits are rounded, reaching maturity during October and November. The bark is dark brown to grayish black, divided by deep, narrow furrows into thin ridges, forming a roughly diamond-shaped pattern. Flowers in April - May.
- Nuts are edible, ripens in fall. A very high source of protein. Once the outer shell has blackened it is easier to remove; however the shell is thick and difficult to crack
- History: The American Indians inner bark tea as an emetic and laxative. They chewed the bark for toothaches; used fruit husk juice on ringworm; chewed the husk for colic and poultice for inflammation. They uses a leaf tea as an astringent and an insecticidal against bedbugs.
- Native Americans used the buttery fat left from boiling the nuts. Cherokees dried the nuts for winter use, and made porridge from ground nuts mixed with hominy and beans. Iroquois made beverages, soups, breads, pies and puddings from the nuts.

- **Uses**

- Edible NUTS
- Properties: Alterative, astringent, detergent, tonic, vermifuge, antifungal. The nuts contain tannic acid so gloves should be worn when shelling.

- The bark and leaves are used in the treatment of skin troubles. They are of the highest value for curing scrofulous diseases, herpes, eczema, ringworm etc., and for healing indolent ulcers.
- The bark, dried and powdered, and made into a strong infusion, is a useful purgative. The husk, shell and peel are sudorific, especially if used when the walnuts are green. While unripe, the nut has worm destroying properties.
- **Preparation And Dosages:**
 - Tincture: (Fresh Leaves [1:2] Dry Leaves [1:5] 50% alcohol), 30-90 drops up to 3 times a day.
 - Infusion: 2-4 ounces.

BLACK WALNUT



RECIPES

Black Walnut & Wild Rice

- 1 cup cooked wild rice
- 1/4 cup butter
- 1 cup sliced mushrooms
- 1/2 cup chopped green pepper
- 1 tsp garlic salt
- 1/2 cup black walnuts

Cook the wild rice according to directions. Melt the butter and sauté the Black Walnuts, mushrooms, onion and green pepper about 3 minutes, or until the vegetables soften slightly. Add the wild rice and garlic salt and continue cooking, stirring several times, until wild rice is heated through.

Serves 4 to 6.

Black Walnut Pound Cake

- 1/2 cup butter
- 1/2 cup shortening
- 3 cups sugar
- 5 eggs
- 3 cups all-purpose flour
- 1 tsp baking powder
- 1 cup milk
- 1 tsp rum extract
- 1 tsp vanilla extract

1 cup black walnuts, chopped

Cream butter and shortening. Add sugar and beat until very light. Add eggs, one at a time, beating well after each addition. Add flour mixed with baking powder, alternately with milk, starting and ending with flour.

Beat in rum and vanilla extracts.

Fold in walnuts.

4. Pour into large tube pan that has been greased and floured. Bake at 325°F for 80 minutes.

DO NOT OPEN OVEN DURING FIRST HOUR!

WILD RASPBERRY

- **Characteristics**

- General - erect, perennial shrub, 1-2 m tall, stems (canes) upright, biennial, prickly, often with gland-tipped hairs; bark shredding, yellow to reddish cinnamon brown; similar to cultivated raspberry.
- Leaves - alternate; compound; 3-5 leaflets per leaf on first-year canes, egg-shaped, sharply pointed, doubly saw-toothed; usually 3 leaflets per leaf on second year (flowering) canes, end leaflet largest. Silvery under-leaf
- Flowers - single or in small clusters; drooping, white, 8-12 mm across; appearing in June and July.
- Fruit - red drupelets; in dense clusters (raspberries), about 1 cm across, that fall intact; smaller but tastier than domestic raspberries; ripening in July and August.

- **Uses**

- The fruit of the Wild Red Raspberry is delicious fresh or in various jams or jellies. As well, a mild tea can be brewed from the leaves.



RECIPE

Wild Raspberry Jam

- 2.5 pounds raspberries
- Juice of 1 lemons
- 2.5 cups honey

Cook the raspberries with the lemon juice until tender and quite mushy. Add the honey, blending well. Boil hard for 20 minutes, stirring constantly. Cool slightly. Pour into sterilized jam jars or canning jars.

MAY APPLE



- **Characteristics**
 - A perennial herb, the root has a long standing history of being used by Native Americans for treating snakebites, diarrhea and sores. Not advisable to eat in the wild unless very knowledgeable of the fruit or you have past experience with May Apple. It is a member of the Barberry family
 - Distinctive features: Large deeply cut umbrella-like leaves. Flowering plants have two large leaves, non-flowering ones have one. Single large white flower under the leaves. Single yellow fruit. One of the first plants to come up in the spring. Up to about 15" tall. A single flower per plant, white, often hidden under the large leaves.
- **Uses**
 - The ripe fruits are edible. **CAUTION:** Do not eat the fruit until it is ripe. Ripe fruits are yellow and soft. Unripe fruits are greenish and not soft. They are slightly poisonous when unripe: green fruits are strongly cathartic. Squirrels love the fruits, and you may have a hard time finding a ripe one because of them!
- **Cautionary Medicinal Uses**
 - Improper use of this plant could be very dangerous. The roots and rhizomes are used as a purgative. A resin from the plant, called padophyllin, has been used to treat venereal warts. The resin is extremely allergenic; it exhibits anti-tumor activity. In Appalachia, a tea of bark and roots is used to treat constipation.
 - Externally, May Apple is used as a treatment for warts and skin eruptions. Internally, a very small amount of root may be used as a cathartic (Laxative), a worm expellant, for jaundice, constipation, hepatitis, fever and syphilis.

SASSAFRAS

- **Characteristics**

- Sassafras is a tree that grows up to 40 feet in height.
- Twigs are green and produce particularly interesting leaves of 3 different shapes: one that looks like a mitten with 2-lobes, one that has three lobes and one that looks like a "normal" leaf.
- All parts of the tree have a spicy aroma.
- Fragrant, yellowish-green flowers are borne in clusters. Male and female flowers are usually borne on different trees. In September the female flowers develop into dark blue 1-seeded berries, about pea size, that are borne on a thick red stalk. Flowering Period-March to April.
- Typically found along fence rows; in open woods and abandoned fields, and on dry ridges.
- Sassafras roots have been used to make a tea, and the original "root beer" came from this tree.
- Harvest root bark in spring and autumn; entire root in fall.

- **Uses**

- The root bark can be used to prepare a tea. The tea has been used as a diaphoretic, stimulant, diuretic, and carminative; and it is used in Appalachia to treat bronchitis.
- Root material can be distilled to make sassafras oil, which is used mainly as a flavoring agent in beverages, confectionery tooth paste, and the like.
- The bark is reportedly used also as an insect repellent.
- Colonial Americans were advised to chew the bark of this tree to break the tobacco habit.
- Sassafras leaves have been used as a dye to make a soft yellow tan.



- **Cautionary:** Some research suggests that, under certain conditions, the leaves may be carcinogenic.

WILD ONION AND GARLIC

- **Characteristics**

- Widespread, familiar plants with grasslike basal leaves and small, 6-petaled flowers. Note the odor of onions. All species edible; 4 shown.
- Parts Used: Leaves, underground bulbs, and bulblets (Wild Garlic).
- Harvest: Spring (leaves); Summer (bulblets); All year (bulbs).
- Note: One can tell the difference between wild onion and garlic by the round leaves of onion vs. the flat leaves of the garlic plant

- **Uses**

- Cooked vegetable, pickle, salad, seasoning, cooked green. The underground bulbs are excellent boiled, pickled, added to salads, or used as a seasoning. The tender leaves (before the flower stalks appear) can be cooked as greens along with the bulbs, or added raw to salads. The green bulblets that form after the flowers bloom on Wild Garlic can be made into outstanding pickles.
- Onion
 - Egyptians swore their oaths on onions; Grant refused to move his army until he got 3 railroad cars full of onions; interviews with hundreds of people who lived to 100 plus all indicated a heavy intake of onions in the diet.
 - Onion is an excellent dressing for burns. Crush sliced onions with a little bit of salt and apply to burns.
 - Apply sliced onion to bee and wasp stings.



Wild Garlic



Wild Onion

- For asthma: puree an onion, cover it with brandy and let sit overnight, strain it, filter it through a coffee filter, and refrigerate. Take 2 tbsp 20 minutes before expected onset or before going to bed
- Garlic
 - Ultimate antibiotic.
 - Useful even for sexually transmitted diseases.
 - Strongly recommended for hypoglycemia, and diabetes.
 - Destroys intestinal parasites.
 - Reduces cholesterol. Repels insects, and reduces sting effects of insects and red ants.

WILD CARROT

- **Characteristics**

- Also called Queen Anne's Lace, the carrot is an attractive little plant with lacy, pinnately compound leaves.
- Each leaf is composed of many finely dissected leaflets, and the entire leaf is triangular in outline.
- The leaves all originate from the base of the plant and stand a foot or two tall. If left in the ground for a second growing season, carrots will produce flowers.
- The tiny white flowers are arranged in showy compound umbels that stand a foot or so above the leaves.
- The tapered taproot for which carrots are grown can be 2-36 in long, depending on the variety and the growing conditions.
- The stems are covered with tiny "hairs"
- **Warning:** Do not confuse this plant with Poison Hemlock (*Conium maculatum*) or Water Hemlock (*Cicuta maculata*) both of which are highly poisonous. Neither of these poisonous plants has the red flower in the center. Poison Hemlock has purple spots on the stem and no hairs.

- **Uses**

- Eaten as a raw vegetable or cooked in many dishes. Eaten sliced, diced, cut up, or shoe-stringed, carrots are used in many mixed vegetable combinations. They may be baked, sautéed, pickled, and glazed, or served in combination with meats, in stews, roasts, soups, meat loaf or curries. Roasted carrots have served as coffee substitutes. Carrot juice is beneficial.



DOGBANE

- **Characteristics**
 - The common name, Dogbane, refers to the plant's toxic nature, which has been described as "poisonous to dogs." *Apocynum* means "Away dog!" and *cannabinum* means "like hemp," in reference to the strong cordage that was made by weaving together the stem's long fibers.
 - Although a relative of milkweed, dogbane is much more toxic.
 - Entire margins (meaning the leaf's edges are smooth, not notched or toothed), ovate or elliptic, 2-5 inches long, 0.5-1.5 inches wide, and arranged oppositely along the stem. Leaves have short petioles (stems) and are sparingly pubescent or lacking hairs beneath. The lower leaves have stems while the upper leaves may not. The leaves turn yellow in the fall, then drop off.
 - Stems lack hairs, often have a reddish-brown tint when mature, become woody at the base, and are much-branched in the upper portions of the plant.
 - These plants may be found growing as colonies due to a long horizontal rootstock that develops from an initial taproot.
 - The flowers are small, white to greenish-white, and produced in terminal clusters (cymes). The flower size is 1/4 inch wide. Blooms first appear in late spring and continue into late summer. The flowers are borne in dense heads followed later by the slender, pointed pods which are about 4 inches in length. Many small insect pollinators, such as wasps and flies, pollinate the flowers
 - The fruit is long 5 inches or more), narrow follicles produced in pairs (one from each ovary) that turn reddish-brown when mature and develop into two long pods containing numerous seed with tufts of silky white hairs at their ends
- **Uses**
 - The inner bark is stripped from the fresh plant and the resulting fibers can be twisted into two-ply string, strong fishing line or bow strings, or used to weave baskets and mats.
- **Cautionary Medicinal Uses:**
 - The milky sap contains cardiac glycosides (a chemical compound derived from a simple sugar and is often of medicinal importance) that have physiologic actions similar to digitoxin.
 - The roots are used for heart stimulants. Mashed leaves are used for rheumatism and applied to wounds.



COMFREY

- **Characteristics**

- Comfrey is a perennial plant. The rootstock is black outside, fleshy and whitish inside, and contains a glutinous juice. The angular, hairy stem bears bristly, oblong lanceolate leaves, some petioled, some sessile. There are also tongue-shaped basal leaves that generally lie on the ground. The whitish or pale purple flowers have a tubular corolla resembling the finger of a glove and grow in forked racemes from May until the first frost. Each flower is followed by four seeds in a little cup-like fruit.
- Once established, comfrey is a hardy perennial. The roots will withstand frost down to -40 degrees F. In fact, it is a difficult crop to eradicate. The roots will produce new plants from any sliver left in the ground. Flowers May - First Frost
- History: Few herbs have had as many extravagant claims made for them as has comfrey. Known for centuries for powerful abilities as a healer, comfrey was often granted purely miraculous ones as well. Culpeper claimed that comfrey root "is said to be so powerful to consolidate and knit together, that if they be boiled with dissevered pieces of flesh in a pot, it will join them together." Many of its uses are not as radical as the one suggested by Culpeper, but run the gamut from poultices made from the leaves and used to reduce swellings, to teas and infusions of the root used to treat diarrhea.
- Harvest comfrey just before it blooms. Nutritional and medicinal value seem to decrease once the plant blossoms. Cut the plant with a sickle or knife when the leaves are twelve to eighteen inches high, leaving a two-inch stem stub. It is important not to cut lower than this and damage the newly-forming growth on the crown.
- The leaves can be dried. Cut the leaves at the end of the day when their food value is highest. Comfrey leaves are tender, so avoid bruising. They should be dried quickly in thin layers in the sun. Allow about two days for the drying to take place, then store in boxes layered between layers of grass hay. Be careful not to shatter or compress the leaves when packing them.
- Comfrey root can also be dried for winter use. Clean it carefully (avoid bruising or scraping) and dry slowly in the sun, turning often.

- **Uses**

- Comfrey is used for fractures, bruises and burns (external); respiratory and digestive disorders. Comfrey is one of the



most famed healing plants. Its remarkable power to heal tissue and bone is due to allantoin, a cell-proliferant that promotes the growth of connective tissue, bone, and cartilage, and is easily absorbed through the skin.

- Recent American research has also shown that comfrey breaks down red blood cells, a finding that supports its use for bruises, hence its country name, Bruisewort.
- Comfrey is also useful externally as a poultice for varicose ulcers and as a compress for varicose veins. It also alleviates and heals minor burns.
- Modern science has established that comfrey is high in calcium, potassium, phosphorus, and other trace minerals. The leaves are rich in vitamins A and C.

- **Preparation And Dosages:**

- **Poultice:** Stir fresh, chopped rootstock and fresh, chopped leaves into a little hot water to form a thick mash. Spread on a linen cloth and apply to wound or bruise, etc. Renew every 2 to 4 hours.
- **Caution:** Care should be taken with very deep wounds as the external application of Symphytum can lead to tissue forming over the wound before it has healed deeper down, leading to the possibility of an abscess. Excessive internal consumption of the root should be avoided because of the pyrrolizidine alkaloids, which have been linked by some research to liver cancer in rats.
- **Warning:** There is a danger that the leaves of Comfrey may be confused with the first-year leaf rosettes of Foxglove (*Digitalis*), with fatal results.

THE END



Additional Resources Used/Plagiarized

<http://indianspringherbs.com>

<http://www.nativetech.org>

<http://www.ladybridget.com/h/medspsc.html>

<http://www.primitiveways.com>

http://www.georgian.edu/pinebarrens/bi_p_sal.htm

<http://www.scienceviews.com/plants/index.html>

<http://www.botanical.com>