

THE FORGOTTEN BOOK

of Foraging
for Food and Medicine



KATE FURLONG

The Forgotten Book of Foraging for Food and Medicine

Kate Furlong

Copyrighted by Global Brother SRL

© 2023

All rights reserved. No part of this book may be reproduced or used in any manner without the prior written permission of the copyright owner, except for the use of brief quotations in a book review.

Disclaimer

The recipes in this book are intended for educational and informational purposes only. The author, editor and publisher of this book are not responsible for any adverse reactions that may occur from the use of plants mentioned in this book.

The recipes in this cookbook have been tested and are safe to consume when prepared properly. However, it is important to note that some plants can be toxic if not prepared properly. It is recommended that you consult with a professional before consuming any wild plant.

The information contained in this book is not intended to replace professional medical advice or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

The reader assumes full responsibility for the use of any information contained in this book. Always consult with a healthcare provider before using any new herbal remedy or supplement, especially if you are taking prescription medications or have a pre-existing medical condition.

The author, editor and publisher of this book make no guarantees of any kind, expressed or implied regarding the final results obtained by applying the information found in this book. Making, using and consuming any of the products described will be done at your own risk.

The author, editor and publisher hold no responsibility for the misuse or misidentification of a plant using the contents of this book, or any and all consequences to your health or that of others that may result.

Table of Contents

Disclaimer	2
Table of Contents	3
Introduction	11
A Forager's Must Haves	12
Tools	14
Black Elder (<i>Sambucus nigra</i>)	19
Edible Parts.....	19
Harvesting.....	19
Elderflower Fritters	19
Elderberry Syrup.....	20
Medicinal Uses	20
Burdock (<i>Arctium lappa</i>)	21
Edible Parts.....	21
Harvesting.....	21
Yamagobo (Japanese Pickled Burdock)	22
Burdock Root Tincture.....	22
Medicinal Uses	22
Cattail (<i>Typha latifolia</i>)	23
Edible Parts.....	23
Harvesting.....	23
Cattail Shoots.....	24
Cattail Skin Poultice	24

Medicinal Uses	24
Chickweed (<i>Stellaria media</i>)	25
Edible Parts.....	25
Harvesting.....	25
Chickweed Pesto	25
Chickweed Vinegar	0
Medicinal Uses	0
Chicory (<i>Cichorium</i>)	1
Edible Parts.....	1
Harvesting.....	1
Roasted Chicory Root Coffee.....	2
Chicory Root Tincture	2
Cleavers (<i>Galium aparine</i>).....	3
Edible Parts.....	3
Harvesting.....	3
Cleaver Juice	3
Cleaver Poultice	4
Medicinal Uses	4
Dandelion (<i>Taraxacum officinale</i>).....	5
Edible parts.....	5
Harvesting.....	5
Sauteed Dandelion Greens	6
Dandelion Root Tincture	6
Medicinal Properties.....	6

Henbit (<i>Lamium amplexicaule</i>)	7
Edible Parts.....	7
Harvesting.....	7
Henbit Pesto	7
Henbit Vinegar	2
Medicinal Properties	2
Hyssop (<i>Hyssopus officinalis</i>)	33
Edible Parts.....	33
Harvesting.....	33
Hyssop Leaves Milkshake.....	33
Hyssop Tincture.....	34
Lamb's Quarters (<i>Chenopodium album</i>)	35
Edible Parts.....	35
Harvesting.....	35
Sauteed Lamb's Quarters	35
Toothache Remedy	36
Medicinal Properties	36
Milkweed (<i>Asclepias syriaca</i>)	37
Edible Parts.....	37
Harvesting.....	37
Fried Milkweed Pods	38
Milkweed Poultice.....	38
Medicinal Properties	38
Mugwort (<i>Artemisia vulgaris</i>)	38

Edible Parts.....	38
Mugwort Soup.....	38
Mugwort Tincture	2
Medicinal Properties.....	2
Mullein (<i>Verbascum thapsus</i>)	40
Edible Parts.....	40
Harvesting.....	40
Mullein Jello.....	41
Mullein Tincture.....	41
Medicinal Properties.....	41
Plantain (<i>Plantago major</i>)	42
Edible Parts.....	42
Harvesting.....	42
Plantain Spinach Dip.....	43
Plantain Salve	43
Medicinal Properties.....	43
Purple Dead-nettle (<i>Lamium purpureum</i>).....	44
Edible Parts.....	44
Harvesting.....	44
Purple Dead-nettle Pesto.....	44
Purple Dead-nettle Salve	2
Medicinal Properties.....	2
Rosemary (<i>Salvia rosmarinus</i>).....	46
Edible Parts.....	46

Harvesting.....	46
Dutch Oven Rosemary Bread	46
Rosemary Tincture	47
Medicinal Properties.....	47
Self-Heal (<i>Prunella vulgaris</i>)	48
Edible Parts.....	48
Harvesting.....	48
Self-Heal Tea	48
Self-Heal Salve.....	49
Medicinal Properties.....	49
Valerian (<i>Valeriana radix</i>).....	50
Edible Parts	50
Harvesting.....	50
Valerian Root Tea.....	51
Valerian Root Tincture	51
Medicinal Properties.....	51
Violet (<i>Viola odorata</i>)	52
Edible Parts.....	52
Harvesting.....	52
Violet Syrup	53
Violet Tincture.....	53
Medicinal Properties.....	53
Wild Mint (<i>Mentha arvensis</i>)	54
Edible Parts.....	54

Mint Watermelon Salad.....	54
Wild Mint Tincture	55
Medicinal Properties.....	55
Wild Rose (<i>Rosa acicularis</i>)	56
Edible Parts.....	56
Harvesting.....	56
Wild Rose Jam.....	57
Wild Rose Tincture.....	57
Medicinal Properties.....	57
Wild Strawberry (<i>Fragaria vesca</i>)	58
Edible Parts.....	58
Harvesting.....	58
Wild Strawberry Jam	59
Wild Strawberry Leaf Infusion	59
Medicinal Properties.....	59
Wood Sorrel (<i>Oxalis triangularis</i>).....	60
Edible Parts.....	60
Harvesting.....	60
Wood Sorrel Soup	61
Wood Sorrel Tincture.....	61
Medical Properties.....	61
Yarrow (<i>Achillea millefolium</i>)	62
Edible Parts.....	62
Harvesting.....	62

Yarrow Bitters.....	62
Yarrow Tincture	63
Medicinal Properties.....	63
Yellow Dock (<i>Rumex crispus</i>)	64
Edible Parts.....	64
Harvesting.....	64
Yellow Dock Crackers.....	65
Yellow Dock Tincture	65
Medicinal Properties.....	65
Red Clover (<i>Trifolium pretense</i>)	66
Edible Parts.....	66
Harvesting.....	66
Red Clover Jam	66
Red Clover Salve.....	67
Medicinal Properties.....	67
Stinging Nettle (<i>Urtica dioica</i>)	68
Edible Parts.....	68
Harvesting.....	68
Nettle Pesto	69
Nettle Tincture	69
Medicinal Properties.....	69
Wild Garlic (<i>Allium ursinum</i>)	70
Edible Parts.....	70
Harvesting.....	70

Wild Garlic Salt	71
Wild Garlic Tincture	71
Medicinal Properties.....	71
Lemon Balm (<i>Melissa officinalis</i>)	72
Edible Parts.....	72
Harvesting.....	72
Lemon Balm Pesto	72
Lemon Balm Tincture	73
Medicinal Properties.....	73
Garlic Mustard (<i>Alliaria petiolata</i>)	74
Edible Parts.....	74
Harvesting.....	74
Sauteed Garlic Mustard	75
Garlic Mustard Poultice	75
Medicinal Properties.....	75
Foraging in the Past and Present.....	76

Introduction

Our relationship to plants is ancient and timeless. For many tens and thousands of years, herbs sustained the health of humanity, providing food, medicine, clothing, even shelter. One of the first written records of medicinal plants was created by the Sumerians in Mesopotamia over 5,000 years ago on clay tablets. The “Egyptian Ebers Papyrus” which dates back to 1500 B.C., documents different recipes and formulations with many herbs we still use today. In essence, humans have also co-evolved and been in relationship with plants, we even share a significant portion of our genes with them! Working with plants is in every single person’s lineage. Somewhere along the way we began to stray from the plants. In the early 1900’s, medical education began to be standardized and many homeopathic, naturopathic, and Eclectic medicine schools were forced to shut down. Herbalism began to gain momentum back in the 1960’s and 1970’s and since then the collective calling to go back and reclaim ancestral ways of living in kinship with the plant kingdom has only intensified.

Perhaps one of the best ways to foster your relationship to plants relationship is through directly cultivating them yourself and crafting your own food and medicine. Foraging for edible and medicinal plants every person’s birthright—whether you are a certified herbalist or just someone looking to create more connection to the food you are eating and the medicines you are taking. The more you learn about plants and spend time getting to know the land around you, whether its walking along trails or even just your own yard, you will quickly realize the abundance of plants available to nourish and feed you. This realization might feel overwhelming at first, but the more you familiarize yourself with identification and specific uses, that feeling will be replaced with awe and empowerment. Wild-crafting your own food and medicine gives you the ability to care for yourself, your family, and even your own community!

It is very important when foraging to be absolutely certain of its identity before harvesting. One of the easiest ways to get to know plants is to go on local herb walks with a knowledgeable and experienced herbalist or naturalist. If this isn’t available, that is okay! There are numerous plant identification books, and even apps, to help you. Taking two different field guides or identification

books is helpful as you can do a cross examination to be more certain of the plant's identity. Always be sure the area you are harvesting from is safe from being sprayed with chemicals or exposed to any harmful runoff or pollution. Taking only 10% of a plant's population is a common ethical recommendation to ensure its health and reproduction. Depending on the plant, different parts of it may be edible or medicinal. For instance, the leaves, flower, and roots of dandelion are edible and medicinal while only the flower and fruit of wild rose are! Make sure to also dry, preserve, or prepare plants correctly to ensure their quality and medicinal benefits.

A Forager's Must Haves

Foraging, or the gathering and collection of wild food, medicine, and resources, is an enjoyable and gratifying pursuit that requires a certain level of preparedness in order to be successful. The natural world provides all living beings with resources to sustain themselves, including us humans, and although you might try your luck by spontaneously searching for wild food and medicine, a more pleasant and fruitful foraging experience awaits with the proper amount of prior planning and research.

Both beginners and seasoned foragers can improve their enjoyment, safety, and yield by studying the area that they will be exploring, prospective plants and possible poisonous look-alikes, any restrictive laws or regulations, proper processing techniques, helpful tools, and appropriate clothing. There is plenty of accessible education and guidance on foraging topics, but it is important to discern the difference between expert advice and hobbyist resources.

Many larger cities, and even some smaller, rural areas, have local foraging clubs and workshops. Learning from a specialist in a hands-on fashion is one of the quickest and most trustworthy ways to obtain foraging knowledge. Beyond local foraging clubs and workshops, field guidebooks are also a convenient and practical resource.

Before embarking on a foraging journey, it is imperative to survey the land you will be exploring. This can be done by studying maps, a GPS device, and even consulting online forums dedicated to foraging conversations in a particular locale. By familiarizing yourself with the terrain beforehand, a forager can avoid becoming lost and can locate any potentially contaminated or hazardous areas

like roadsides, railroads, and construction sites. This is also a useful way to acquaint yourself with the habitats present in a certain region. Understanding the different habitats that you will encounter during foraging can lead to a better understanding of the types of wild food and medicine that may grow there.

It is of course of vital importance to study the local plants, mushrooms, and other species that grow in the area that is to be foraged. Not only should the edible and medicinal plants be analyzed, but any possible poisonous plants should be identified as well. As a beginner forager, it is best to focus on plants that are easy to identify and that do not have any poisonous look-alikes. Begin learning about a new plant by examining its habitat, botanical description, distinguishable physical features, parts used, in what season it grows, and how to harvest it.

An important aspect of being prepared as a forager is to understand safe practices including proper identification. Eating the wrong plant or mushroom can mean illness or even death. When foraging, it is important to only eat plants or mushrooms that you are 100% sure of identifying correctly. Always cross-reference identification by consulting between 2-3 different plant guides and being aware of any look-alikes. There are also plant identification apps that can be used although they should only be relied upon in combination with multiple books and field guides.

Beyond poisonous look-alikes, it is also valuable to become familiar with any at-risk or endangered plants in a certain area. At-risk or endangered plants and mushrooms are species that have been over-harvested or suffered from habitat loss and are at risk of going extinct. As an ethical forager, it is crucial to do your due diligence and avoid the gathering of vulnerable species. Additionally, at-risk and endangered species can be illegal to gather.

There are also varying regulations, rules, and laws that dictate which land is suitable to forage from. Before setting out to forage, you may want to gather certain materials and tools. Although it is possible to be as minimal as desired, there are many tools that make the act of foraging more efficient and pleasing.

Tools

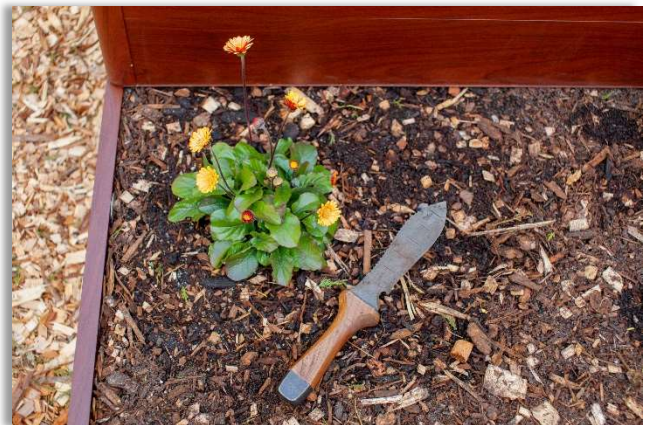
Perhaps the most commonly used foraging tool is a set of hand pruners. Hand pruners, also called pruning shears, are a particular type of scissors that are designed for use on plants. They can cut through stems, twigs, small branches, and roots. Hand pruners are also used in gardening, farming, flower arranging, and other plant-related activities. There are three types of hand pruners: anvil pruners, bypass pruners, and parrot-beak pruners.

Anvil pruners have only one blade that close onto a flat surface; they are useful for cutting through thick branches. Anvil pruners crush the stem they are cutting so are best for dead wood. Bypass pruners work similarly to scissors and contain two blades. They make a clean cut and are best for cutting through live wood. Parrot-beak pruners consist of two concave blades and are only suitable for narrow stems.



In general, pruners won't typically cut through anything that is thicker than a 12 mm. Anything thicker than a 12 mm requires a pruning saw. Certain pruners have blades that can be sharpened or replaced, and some also have springs that can be replaced. It is important to make sure that the pruners fit your hand to avoid hand fatigue and any strain.

Another useful tool to take along when foraging is a hori-hori, also referred to as a soil knife or weeding knife. A hori-hori is a heavy-duty, compact knife that can be used to break up soil and pull roots out of the ground. It is also helpful for digging up rocks and moving through heavy, clay soil.



This digging tool originated in Japan and was used to carefully extract plants from the ground. In Japanese, the word *hori* means “to dig” and *hori-hori* refers to the digging sound in spoken Japanese.



Hori-hori's have a heavy, serrated steel blade, a slightly pointed end, and are sometimes marked with a ruler. The handle is typically made from smooth wood. To protect yourself from the blade, look for a hori-hori that has a lip to prevent your hand from slipping. A holster is also helpful for protecting the blade while it is not in use. Hori-horis can be purchased in some garden centers, through seed catalogs or online.

A digging fork, also known as a garden or spading fork, is a gardening tool with a handle and square head that contains short, sturdy tines. A digging fork differs from a hay or manure fork which has longer and flexible tines. Digging forks can loosen soil and lift roots from the ground without damaging them. Although digging forks were originally made from wood, they are now mostly made from steel.

There are many uses for a shovel when foraging. Shovels can be particularly useful when large roots like burdock root, need to be excavated from the ground. There are different types of shovels and having a few options on hand can be beneficial. Consider acquiring shovels with different handle lengths, including a hand-held shovel, as well as different blade shapes. A hand-held shovel can be particularly useful for foraging due to its small size and lighter weight.



At first glance, kitchen scissors may seem similar to hand pruners, but they are much better suited for fragile plant material. Scissors can delicately cut herbaceous plants and flowers, and have longer

blades that are able to reach more of the plant. Any scissors will do, but scissors with sharp blades that can be removed are best.

As previously mentioned, a pruning saw is a necessary tool for thicker and sturdier twigs, branches, and roots. There are various types of pruning saws including, hand saws, folding saws, pole saws, and powered saws. Folding saws are most convenient to carry while foraging, but each saw serves a particular purpose that may be useful depending on what you are foraging.

A hand saw is what most people envision when thinking of a saw; it has a non-folding blade that can be straight or slightly curved and is available in various lengths. A folding saw locks into a straight position while in use and folds inward for safe storage. It can easily be kept in a tool box or tool pouch. A pole



pruning saw is a saw that is attached to a pole that allows the user to reach upper tree limbs. A powered saw requires batteries or electricity and is poorly-suited for foraging.

A sharp, compact knife is a versatile tool that will come in handy when foraging for food and medicine; a fixed blade or foldable blade can be used. When choosing a knife, it is important to consider its weight and aim for a lightweight knife. You should also take into account the feel of the knife; the knife should fit into the hand and be comfortable. Compact knives have a variety of uses, but are especially effective at peeling medicinal bark off a branch and cutting mushrooms off a tree.

To help gather and hold plants and mushrooms while you are foraging, bring along a variety of baskets and buckets. The holes in baskets allow air flow so are a great match for leafy plant matter. Buckets can be used for roots and other hardier parts. Buckets are also useful for delicate berries and can be filled with a small amount of water to keep stems or flowers hydrated. Although some prefer to forage with bare hands, gloves can protect foraging hands from insects, sharp protrusions like thorns, and sticky resins. It can be helpful to have two types of gloves: a thin and delicate pair, and a thick pair made of canvas or leather for more protection.

A hand lens is a tool similar to a magnifying lens that allows the viewer to observe smaller botanical parts. Although a hand lens is not necessary, it is beneficial for inspecting a plant and identifying it. Some hand lenses come with lights which can be of use if you are foraging in low-light conditions. In order to document your findings, a small notebook and a camera can be brought along to take notes on where you find plants or mushrooms. This can be helpful to refer back to in subsequent seasons and years.

The number of tools available to foragers can seem overwhelming, especially as a beginner. It is important to remember that they are not all necessary. Starting with two to three tools and adjusting as you gain experience is advisable. Being prepared for foraging is not limited to the act of foraging, it also includes becoming acquainted with proper processing techniques so the food and medicine that is gathered can be consumed safely. Processing can include cleaning, preparing, and cooking the plant or fungi.

First, it is important to understand which part of the plant or fungi that has been gathered can be used. Different parts of the same plant can have different uses. For example, the flowers of a particular plant may be used medicinally while the roots are used as a food source, and sometimes, all parts of a plant are used. Generally, when foraging for mushrooms, the fruiting body is the part that is utilized.

Once there is an understanding of which parts to use, attention can be directed towards how to prepare them as food or medicine. It is wise to refer to the traditional preparation of a certain plant or mushroom in order to understand how to best prepare it. Over the course of thousands of years, our ancestors have perfected and taken any guesswork out of the supreme way to prepare wild food and medicine. Depending on their use, some plants will require a familiar cooking technique, while others will need a medicinal preparation like oil or alcohol extraction. When working with foraged medicine, it is essential to study dosage guidelines of the plant or mushroom that is being prepared.

Similarly, it is helpful to be cognizant of how to store different plants and fungi so that they are not wasted and can last as long as needed. Many plants and fungi, especially once they are dried, are best stored in a dark, cool place, away from light and humidity.

There are a few tools and materials that are commonly used to process wild food and medicine. A bristled brush and sturdy, chopping knife will be of use during the cleaning process, especially when cleaning thick roots, twigs, and branches. A bristled brush will remove dirt from any small grooves in collected roots. A vegetable brush can be used for this purpose. Once the roots are washed, a sturdy, chopping knife is generally the best way to chop thick, tough roots.

Lastly, baskets, drying racks, mesh screens, and twine can all be used to dry fresh plant matter. Airflow is key for properly dried plants and so plants should be laid across baskets with plenty of holes, a drying rack, or mesh screens. Furthermore, plants with long stems can be tied together with twine and hung upside down to dry.

One last thing to consider before venturing out on a foraging expedition, is to consider the clothing that you will wear. Take into account the season, the temperature, whether the conditions will be dry or wet, and any possible irritating insects, especially ticks. Many times, foraging requires moving through dense vegetation and rough terrain. Choosing durable and preferably waterproof clothing will keep you comfortable and protected. Oftentimes, a hat is also of use to protect the face from the elements.

Being a prepared forager is essential for an enjoyable, ethical, and safe experience. Having the right knowledge, gear, and tools will ensure a successful foraging trip no matter the conditions. Start by consulting books, a local teacher, and workshops to learn about plants and mushrooms in your area and how to process and store them. Pay close attention to poisonous species and any at-risk or endangered species. Likewise, spend some time researching the rules and regulations surrounding foraging, and always do your best to follow ethical and sustainable foraging practices. With adequate planning and research, foraging is sure to be a plenteous and memorable experience.

Black Elder (*Sambucus nigra*)

Black elder is a large multi-stemmed deciduous shrub or small tree in the *Viburnaceae* family native to Europe and North America. The shrub can grow rapidly to be 8-20 ft (20-50 cm) tall and wide. Flowers grow 5 – 9 in (12-230 cm) wide clusters at tips of branches. Clusters may contain several hundred tiny, white 4-5 petaled flowers. The fruit is a dark purple to black berry 3-5 millimeter diameter, produced in drooping clusters in the late autumn. It grows along riverbanks, roadsides, and in wet woodlands.



Edible Parts

Flowers and berries (not raw).

Harvesting

Harvest flowers in May or June when they are still white, upward facing, and aromatic. Use sharp scissors or shears to harvest the clusters. To harvest the berries, cut entire clusters with pruning shears, just below the base of the fruits. Elderberries can fruit from July to September.

Elderflower Fritters

Ingredients:

- 2 eggs
- 10 elderflower clusters
- ½ tsp. salt
- ½ cup (125 ml) milk
- 1 cup (236 ml) vegetable oil



- 7 oz. (200 g) flour
- Powdered sugar (for dusting)

Whisk eggs, flour, salt, and milk in a bowl. Heat the oil in a deep fat fryer or large heavy-based pan. Dip the elderflower clusters in the batter then drop in the hot oil and fry until golden. Dust the elderflower fritters with powdered sugar and serve hot.

Elderberry Syrup

Ingredients:

- 2 cups (473 g) dried organic elderberries
- 4 cups (946 ml) cold water
- 2 tsp. organic dried ginger root
- 1 organic sweet cinnamon stick
- 1 cup (236 ml) raw, local honey
- 1 cup (236 ml) vodka or brandy.



Combine berries, ginger root, and cinnamon with cold water in a pot and bring to a boil. Reduce heat and simmer for 30-40 minutes. Remove from heat and let steep for 1 hour. Strain berries and herbs using a funnel with doubled cheesecloth and squeeze out liquid. Discard used herbs. Once liquid has cooled to just above room temperature, add honey. Pour in vodka or brandy. Stir and store in a glass container in the refrigerator.

Medicinal Uses

Elderflower is a powerful immune booster full of antioxidants and vitamins A and C. It is commonly used to fight cold and flu symptoms as well as bronchitis, diabetes, and constipation.

Burdock (*Arctium lappa*)

Burdock is a biennial member of the daisy family, though it tends to take on a much different appearance. It originated in temperate Eurasia and has since been distributed throughout many parts of the world, including all over Europe and eastern North America. Burdock grows to be between 3-9 ft (90-275 cm) in disturbed areas, along roadsides, and in fields and pastures. Flowers bloom throughout the summer and are purple and thistle-like. They protrude from a circular, green base with needle-like spikes. Leaves are large and heart-shaped with a rough texture. While burdock and thistle look very similar, you can tell them apart because burdock flowers grow in small clusters, thistle grows individually, and burdock's leaves and stems have spines while thistle's does not.



Edible Parts

Roots. Young leaves and shoots are also edible before flowers appear.

Harvesting

The root is typically harvested in the fall after the plant's first year of growth. It is best to harvest the root after the first frost when the plant sends all its nutrients down into the soil. Roots can grow up to 3 ft (90 cm) deep. Carefully dig around the base of the plant and gently loosen the soil to extract the whole root.

Yamagobo (Japanese Pickled Burdock)

Ingredients:

- 8 oz (29 g) fresh burdock root
- 1 tsp. salt
- $\frac{3}{4}$ cup (180 ml) rice vinegar
- $\frac{1}{4}$ cup (60 ml) water
- 2 tbsp. sugar



Clean, peel, and cut burdock root into even slices and place them in a 1-pint mason jar. In a saucepan combine equal rice vinegar, sugar, salt, and water and bring to a boil. Cook until the sugar and salt are completely melted. Pour the mixture into the mason jar with the burdock root. Screw on the lid tightly and wait for it to cool and seal. Let it pickle for at least a week and refrigerate after opening.

Burdock Root Tincture



If you are using fresh burdock root, chop the root into small chunks and fill an entire mason jar to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh roots, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.

Medicinal Uses

Burdock is a powerful anti-inflammatory known to improve lymphatic system, helping to both flush and strengthen it. It is also a diuretic that can help cleanse the liver and kidneys. It also can improve the health of skin conditions and reduce signs of aging.

Cattail (*Typha latifolia*)

Cattail is a perennial aquatic plant that grows between 3-9 ft (1- 3 m) tall. It is found in temperate and cool regions of most of the world. It grows in wetlands, marshes, rice fields, and in most fresh water. Cattail looks like a large blade of stiff grass with a brown cylindrical spike, which is the female flower. Above this is a small yellow spike of male flowers. Its leaves are long, thin, and tapered. Flowers bloom throughout the summer but the plant can remain throughout the year depending on climate.



Edible Parts

Young shoots, flowers, pollen.

Harvesting

Cattails can absorb toxic chemicals so make sure you are harvesting from a safe place, away from risk of contamination. Simply pull young shoots from the ground in early spring. Peel the outer green layers back like an onion to get to the base. Cut off the top remaining green and save the bottom whiter part for eating. When flowers bloom in the summer they can be clipped with scissors or a knife. The flowering heads are in the center, simply pull off the outer sheaf. Pollen can be collected in a brown paper bag.

Cattail Shoots

Ingredients:

- ¼ tbsp. olive oil
- 1 tbsp. butter
- 12 cattail shoots
- ¼ cup (60 ml) water

Peel cattail shoots until you only have the white, fleshy inner parts. Discard the green leaves. Heat oil, water, and shoots in a skillet on medium until shoots begin to turn a golden color. Add in butter when they are almost done.



Cattail Skin Poultice

A gel-like substance within the shoots can be scraped out and applied directed to wounds as an antiseptic and for pain relief.

Collected ash from burned leaves can also be saved and used as an antiseptic powder to apply to wounds.



Medicinal Uses

Cattail possess antiseptic properties and aids in skin health.

It also helps in reducing the risks of atherosclerosis, aids in controlling diabetes, balancing hypertension, improves digestion, and acts as an analgesic.

Chickweed (*Stellaria media*)

Chickweed is a cool-season annual plant that grows throughout North America and Europe. Chickweed can grow up to 18 in (45 cm) and can sprawl abundantly across the ground. Leaves are small, oval to elliptic in shape, and about 0.5 to 1.5 in (1-2.5 cm) in length. They are light green in color, and smooth or hairy towards base and petioles. Flowers are small and star shaped, with 5 deeply lobed petals.



Edible Parts

Aerial parts.

Harvesting

Chickweed can be collected in late winter or early spring. Gather the plant in bunches with your hand and cut away the top parts, leaving the roots, with a pair of shears or scissors. The plant can pull up rather easily so be sure not to accidentally take the roots as they are not edible.

Chickweed Pesto

Ingredients:

- ½ cup (120 g) walnuts
- 2-3 cloves garlic
- 3 cups (720 g) chickweed
- 1 tbsp. lemon juice
- ½ cup (120 ml) olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup (60 g) Parmesan cheese

Combine all ingredients in a food processor and process until smooth. A blender can also be used. Pesto is good for 3-4 days if refrigerated.



Chickweed Vinegar

Fill up a jar $\frac{1}{3}$ of the way with dried chickweed. Cover and fill to the top with apple cider vinegar. Store in a cool dark place for at least 6 weeks. Refrigerate after opening.

Medicinal Uses

Chickweed has anti-inflammatory, antiseptic and antifungal properties. It can be used to help a variety of skin ailments, like psoriasis, and also to aid digestion and bowel movements.



Chicory (*Cichorium*)

Chicory is a perennial herbaceous plant of the family Asteraceae. In the summer it grows 3-5 ft (1-1.5 m) along roadsides, fields, and other disturbed areas. It is native to Europe but was introduced to the Americas in the 19th century. Chicory has a long, hairy branched stem with brilliant blueish purple flowers that appear symmetrically distanced from one another. Flowers are about 1-1.5 in (2.5-4 cm) in diameter and bloom throughout the summer. Young chicory root leaves can look similar to dandelion, but are identifiable but the long hairs growing along the stem.



Edible Parts

Leaves and roots.

Harvesting

Harvest the young leaves of chicory in the early summer before flowers start to bloom. The root is typically harvested in the fall after the plant's first year of growth. It is best to harvest the root after the first frost when the plant sends all its nutrients down into the soil. Carefully dig around the base of the plant and gently loosen the soil to extract the whole root.

Roasted Chicory Root Coffee

Dehydrate the chicory in the oven at 200° F for an hour or an hour and a half. Once fully dry, turn the oven up to 300° F and roast until crispy and brown. The roots should easily snap with your fingers.



Chicory Root Tincture

If you are using fresh chicory root, chop the root into small chunks and fill an entire mason jar to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh roots, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Cleavers (*Galium aparine*)

Cleavers are a winter or spring annual native to Eurasia and naturalized throughout most of North America. Cleavers grow in temperate environments, in field margins, disturbed areas, pastures, open woodlands, and gardens. It can grow 1-3 ft (30-90 cm) and has weak, bendy stems with whorls of 6-8 leaves. These whorls are spaced rather far apart from one another and from the top leaves, a small number of white flowers with 4 petals can bloom. The leaves and stems of this plant are covered in tiny hairs which makes the plant very clingy, thus where it gets its name.



Edible Parts

Leaves, stems.

Harvesting

Cleavers are pulled from the ground very easily due to their clingy nature. You can gather the plant in bunches with your hand and cut with scissors or pliers, but you may notice the entire plant come up. Be careful, as cleavers might stick to and collect other plants that are not edible.

Cleaver Juice

Ingredients:

- 2 handfuls of cleavers

- 1 chopped up lemon
- 1 tbsp. of sugar

Place cleavers, lemon, and sugar in a jar. Cover completely with water. Let sit for a week in the fridge before straining. Mix with sparkling water for a refreshing drink or vodka for an herbal cocktail.

Cleaver Poultice

Collect fresh stems and leaves from cleaver plants. Crush either with your fingers or finely grind with a mortar and pestle to get a poultice. Apply directly to skin to help with wounds or ailments like psoriasis.

Medicinal Uses

Most commonly used as a spring tonic, cleavers have diuretic and anti-inflammatory properties and are known to cleanse the lymphatic system. Cleavers improve ability to flush out toxins, promote kidney health, and help with a variety of skin ailments including irritation, wounds, allergies, and psoriasis.



Dandelion (*Taraxacum officinale*)

Dandelion is a weedy perennial herb of the family Asteraceae, native to Eurasia but widespread throughout much of temperate North America. Its basal leaves are deeply-notched, toothy, spatula-like leaves that are shiny and hairless. They can grow to be 2-15 in (5-40 cm) long. in length. Dandelion stems are topped by bright yellow flowers which turn silvery and disperse in the wind when they go to seed. Dandelions grow to be 3-12 in (7.5-30 cm) tall and can be found almost anywhere from yards to disturbed areas to open fields.



Edible parts

Leaves, flowers, stems, roots.

Harvesting

Harvest leaves, flowers, and stems throughout the summer and fall. Simply cut off the part of the plant you need with scissors or shears. The root is typically harvested in the fall after the plant's first year of growth. It is best to harvest the root after the first frost when the plant sends all its nutrients down into the soil. Carefully dig around the base of the plant and gently loosen the soil to extract the whole root. In fall, the levels of inulin (insoluble fiber) are higher and the fructose levels are lower.

Sauteed Dandelion Greens

Ingredients:

- 1 tsp. salt
- 1 lb. (453.5 g) dandelion greens
- 2 tbsp. (29.5 ml) olive oil
- 1 tbsp. butter
- ½ onion, thinly sliced
- ¼ tsp. red pepper flakes
- 2 cloves garlic minced
- 1 tbsp. grated Parmesan cheese



In a large bowl of cold water, dissolve salt and add dandelion greens. Soak for 10 minutes then drain. Bring another large pot of water to a boil and add the greens. Cool for 3-4 minutes or until tender. Drain and rinse with cold water. In a skillet, cook all other ingredients, other than the cheese, over medium heat. Add in the greens after about 5 minutes or until the onion is tender. Sprinkle on the cheese when finished.

Dandelion Root Tincture

If you are using fresh dandelion root, chop the root into small chunks and fill an entire mason jar to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh roots, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Dandelion is a bitter diuretic that can help stimulate digestion, ease constipation, detoxify the liver and gallbladder, and improve kidney function. It also contains taraxasterol which can regulate white blood cells and prevent inflammation.

Henbit (*Lamium amplexicaule*)

Henbit is a cool season plant in the mint family (Lamiaceae) native to Europe, Asia, and Northern Africa, and naturalized in North America. It is found in yards, fields, pastures, along roadsides, and other disturbed areas. Lower leaves are opposite and heart-shaped with rounded teeth. Upper leaves are sessile and deeply lobed. Pinkish purple flowers bloom in whorls in the axils of upper leaves. Stems are square and can grow up to 16 in (40 cm).



Edible Parts

Aerial parts.

Harvesting

Cut off the top few cm of aerial parts with scissors or shears in early spring.

Henbit Pesto

Ingredients:

- ½ cup (120 ml) macadamia nuts
- 2-3 cloves garlic
- 3 cups (720g) henbit
- 1 tbsp. lemon juice
- ½ cup (120 ml) olive oil



- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup (60 g) Asiago cheese

Combine all ingredients in a food processor and process until smooth. A blender can also be used. Pesto is good for 3-4 days if refrigerated.

Henbit Vinegar

Fill up a jar ⅓ of the way with dried henbit. Cover and fill to the top with apple cider vinegar. Store in a cool dark place for at least 6 weeks. Refrigerate after opening.

Medicinal Properties

Henbit is anti-inflammatory, diaphoretic, astringent and anti-rheumatic. Its poultice can be used to treat cuts, bruises and bee stings. It can aid in breaking fevers and relieving chronic pain and stiffness.



Hyssop (*Hyssopus officinalis*)

Hyssop is a perennial shrub in the mint (Lamiaceae) family native to Southern Europe. It can grow to about 1.5 ft (.5 m) high and 2 ft (.6 m) wide with wood stems and vibrant blooms. Flowers are a bright purple color and protrude from erect bushy clumps. It is grown in herb gardens as an ornamental but can also be found naturalized along fields and roadsides. Its leaves are small, shiny, toothed, and aromatic.



Edible Parts

Leaves and flowers.

Harvesting

Snip off leaves right before plant flowers as this is when they have the most flavor. Pick the flowers when they are about 3/4 of the way open.

Hyssop Leaves Milkshake

Ingredients:

- Fresh hyssop leaves
- Vanilla ice cream
- Milk



Hyssop leaves have a minty licorice taste and can be added to a variety of dishes. In a blender, combine the fresh leaves, ice cream, and milk. Blend until a desired consistency.

Hyssop Tincture

If you are using hyssop aerial parts, grind them up finely with a mortar and pestle, and place them in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh roots, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Lamb's Quarters (*Chenopodium album*)

Lamb's Quarters is an annual nonwoody erect plant native to Europe and distributed throughout the Americas. It thrives in disturbed areas, gardens, fields, woods, and along streams and can grow up to 5 feet (1.5 m) tall. Leaves are dull and pale grayish-green, egg shaped to lance shaped, about 1/2 to 2 inches (1–5 cm) long, and have thin stalks which are about half as long as the leaf blade. Tiny clusters of green flowers emerge from the tops of stems and branch junctions.



Edible Parts

Leaves, flowers, stems.

Harvesting

Collect young plants that have not gone to seed when they are only about $\frac{2}{3}$ of their full height. Cut off the top about $\frac{1}{4}$ to $\frac{1}{3}$ of the tops of the plant with scissors or shears.

Sauteed Lamb's Quarters

Ingredients:

- 2 cups (473 g) chopped potatoes
- $\frac{1}{2}$ cup (120 g) chopped yellow onion
- 10 cups (2,3 kg) fresh leaves of Lamb's Quarters
- 2 tbsp. butter

- ½ tsp. salt
- ½ tsp. pepper
- ½ cup (120 ml) of water

Combine all ingredients in a large skillet over medium heat. Cover and cook for 15-20 minutes or until potatoes are tender. Stir every few minutes and add water if needed!



Toothache Remedy

Bring a pot of water to a boil over the stove. Add in fresh or dried Lamb's Quarters aerial parts and bring down to a simmer for 15 minutes. Strain and pour water into a jar. Swish the water once it cools around your mouth to relieve toothaches. The used aerial parts can also be saved and used as a fresh poultice for skin irritation or wounds.

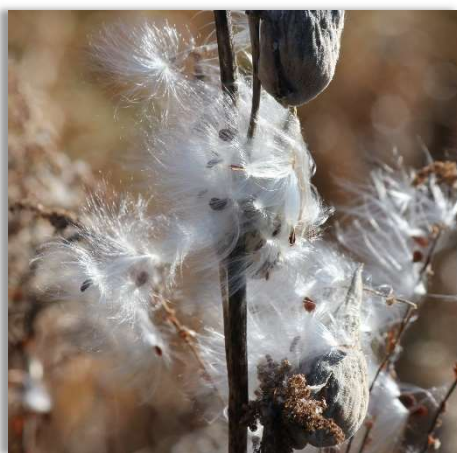


Medicinal Properties

Lamb's Quarters is high in fiber, protein and both Vitamins A and C. Lamb's Quarters is also high in minerals like manganese, calcium, copper and even iron. It is known for its ability to soothe skin ailments and toothaches.

Milkweed (*Asclepias syriaca*)

Milkweed is herbaceous plant native to most of North America and was introduced to Europe in the 1600's as a garden plant for pollinators. Most known for attracting butterflies, milkweed has unique and elaborate blooms of mauvish-pink clusters consisting of small 5-petaled flowers. They have erect stems large oppositely arranged, oblong leaves that grow up to 8 in (20 cm) long. Milkweed grows soft-spiny seed pods 3-4 in (7-10 cm) long that produce a milky substance when squeezed. Plants can grow between 2- 6 ft (60-182 cm) and thrive in open fields.



Edible Parts

Young leaves, shoots, and pods are edible when cooked. All parts of plants are toxic when raw.

Harvesting

Harvest young shoots and leaves before milkweed starts to flower. Take only the top 4-6 in (10-15 cm) of the plant by cutting with shears. Cut off the seed pod after milkweed flowers by pulling it away from the base of the stem and cutting it with either a knife or shears.

Fried Milkweed Pods

Ingredients:

- 1 ½ cup (356 g) breadcrumbs
- ¼ cup (60 g) flour
- 1 tbsp. garlic powder
- 1 tsp. cayenne
- 1 tsp. paprika
- 1 egg
- ½ cup (120 ml) milk
- 15-20 milkweed pods
- Water
- Butter



Bring a pot of water to a boil and blanch milkweed pods for 3-5 minutes. Remove the pods from water and strain. Pour milk into a bowl then let the pods soak in it for 15-20 minutes. In another bowl, combine breadcrumbs, flour, and all spices. Strain milk from the other bowl. Crack the egg into that bowl over the pods and rub it over them as evenly as possible. Melt butter in a frying pan on the stove on medium-high heat. Dip pods in the breading bowl and cover evenly with flour and spices. Cook battered pods in the skillet for 15 minutes or until golden and crispy.

Milkweed Poultice

Collect fresh leaves from milkweed plants.

Crush either with your fingers or finely grind with a mortar and pestle to get a poultice. Apply directly to skin to help with wounds or ailments skin cancer, ringworm, warts or ulcers.



Medicinal Properties

Has been documented for treating a wide range of skin disorders and even wart removal. Internally, infusions of milkweed can help treat swelling, rashes, coughs, fevers and asthma. Chewing a small amount of its raw root is said to help dysentery, but it must be noted that this plant raw is considered toxic.

Mugwort (*Artemisia vulgaris*)

Mugwort is a perennial weed in the daisy family native to Eurasia but naturalized in North America. It is known for its sage-like smell and well-documented use in herbalism. It spreads rapidly along roadsides and other disturbed areas, growing between 2-5 ft (60-152 cm) throughout the spring into fall. Mugwort flowers between July and September producing whitish-purple rayless florets of tiny flowers with thread-like pistils extending out from the center. Basal leaves are elliptic, oblong, deeply lobed, and 2-3 in (5-8 cm). Mugwort is often identified by the smooth, silvery underbelly of its leaves.



Edible Parts

Leaves, roots, stems, flowers.

Mugwort Soup

Ingredients:

- 1 medium onion roughly chopped
- Olive oil
- 4 cups (946 ml) vegetable broth
- 1 potato peeled and chopped
- 4 cups (946 g) tender young chopped Mugwort leaves (roughly chopped and lightly packed)



- ½ cup (120 ml) milk

In a pan, sauté the onion in olive oil until it's soft. In a large pot, combine the cooked onion, vegetable broth, potato, mugwort, leaves and bring to a boil. Simmer until the potato is soft. Add milk and simmer on low for another ten minutes. Process in a blender then serve.

Mugwort Tincture

If you are using fresh mugwort, grind with a mortar and pestle, and place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Mugwort is most known for being a powerful bitter tonic used to flush the digestive system. It has antioxidant, antibacterial, and antifungal properties and its use for anxiety, irregular periods, colic, insomnia, and many other conditions has been well documented across many cultures throughout history.

Mullein (*Verbascum thapsus*)

Mullein is a herbaceous biennial or perennial herb native to the temperate regions of Eurasia and now naturalized in much of North America. Mullein is a rather unique looking plant, growing 2-7 ft (.6-2 m) tall with a single, unbranched stem emerging from thick, velvety leaves. It produces a terminal spike covered in irregular pale-yellow flowers. Its soft, hairy leaves grow in rosettes up the stem of the plant up to 4-12 in (10- 30 cm) long. Mullein can grow in a variety of places but typically prefers disturbed soil and full sun.



Edible Parts

Leaves, flowers, and roots.

Harvesting

Leaves can be harvested at any time by simply peeling or cutting them off. Mullein flowers are best picked at the height of their blooming by simply plucking off opened flowers. Leaving some flowers behind can help pollinators and also the plant to reseed. Harvest roots with a spade in the fall after its first or second year of growth when the nutrients are at their peak.

Mullein Jello

Ingredients:

- 2 bunches of mullein leaves
- 1 cup apple juice
- 3 tbsp. honey
- 2 tbsp. lemon juice
- 2 ½ tbsp. gelatin powder

Create a mullein infusion by boiling mullein leaves in a large pot of water for 10 minutes. Strain the infusion and remove all pieces of leaves. Take one cup of the mullein infusion and put it in a large bowl. Add in the honey, gelatin powder, and lemon juice. In another small pan, bring apple juice to a boil. Remove the apple juice from heat and pour it into the bowl with the mullein mixture. Stir thoroughly then pour into an ice cube tray or pan. Place in the fridge for at least an hour to set and solidify.



Mullein Tincture

All parts of mullein can be used in a tincture, leaves, flowers, stem, and roots. Using more parts helps to extract all the medicinal properties of mullein. If you are using fresh mullein parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120



proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.

Medicinal Properties

Mullein has a long history of being used to treat tuberculosis and other conditions of the lungs. It has anti-inflammatory, wound healing, antiviral, anti-tussive, and expectorant properties and is most often used to help coughs and colds. Mullein is also very popular for treating earaches. It is often infused in oil, teas, and tinctures, as well as dried and smoked.

Plantain (*Plantago major*)

Plantain is an herbaceous, flowering perennial with an extensive history of medicinal properties. It is native to Europe and often referred to as “white man’s footprint” in North America, as it was brought by settlers and spread rampantly. It is extremely common and grows in lawns, fields, along roadsides, and other disturbed land. Its leaves are rosettes of lance to egg-shaped leathery leaves that grow 2-8 inches (5-20 cm) long. Smooth and hairless flowering stems can grow up to 1 foot (30 cm) tall. Flowing spikes consist of tiny, dense greenish flower clusters that emerge and emerge from the center of the plant.



Edible Parts

Roots, leaves, seeds, flowers.

Harvesting

Leaves can be harvested at any time during the spring to fall growing season. Fresh inner leaves are the most enjoyable and can simply be pulled or cut from the plant.

Plantain Spinach Dip

Ingredients:

- 2 cups (473 g) fresh picked plantains
- 1 cup (236 ml) sour cream
- ½ cup (120 ml) mayonnaise
- 1 packet of onion soup mix
- 1 tsp. black pepper



Clean and chop plantains. Stir all ingredients together in a bowl or mix in a processor. Chill and let sit for at least 1 hour to allow all flavors to merge. If you prefer your spinach dip warm you can heat it up in a slow cooker or pot on low heat.

Plantain Salve

Infuse dried plantains by filling up a mason jar ⅓ of the way then covering with an oil of your choice (olive, grapeseed, coconut, etc.). Let infuse in a cool dark place for 6 weeks. Strain plantains from oil and discard used plant matter. Pour oil in a double boiler and add in a 50/50 ratio of beeswax (you can use less if you want a softer, creamier salve). Stir until all beeswax is melted. Pour into tins or small jars for use.



Medicinal Properties

Plantain is known for its soothing effects on skin and ability to speed the healing of wounds and insect bites. It contains immune boosting vitamins A and C and has a high tannin content which can ease inflammation. It has a long history of being used for dysentery, indigestion, coughs, and bronchitis.

Purple Dead-nettle (*Lamium purpureum*)

Purple Dead-nettle is a winter annual herbaceous plant native to Europe and Asia that has naturalized in North America. It is a square-stemmed, low growing plant with triangular-ovate leaves and toothed margins 1-3 in (2-7 cm) tall. Tiny pinkish-purple flowers in dense whorls extend from leaf-like brackets. Flowers resemble tiny orchids and help distinguish it from henbit, which it is often confused with. Purple Dead-nettle grows in open forests, fields, lawns, and along roadsides. Its name comes from its leaves resemblance to those of nettle, another member of the Lamium family, which have stinging hairs. However, Purple Dead-nettle lacks those hairs, and thus lacks the sting.



Edible Parts

Leaves and flowers.

Harvesting

It is best to pick before flowering, as the calyx gets tougher and the leaves more hairy. Simply pick or cut off the top $\frac{1}{3}$ of the plant with shears or scissors.

Purple Dead-nettle Pesto

Ingredients:

- $\frac{1}{2}$ cup (120 g) walnuts
- 2-3 cloves garlic

- 3 cups (720 g) fresh purple dead-nettle
- 1 tbsp. lemon juice
- ½ cup (120 ml) olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup (60 g) Parmesan cheese

Combine all ingredients in a food processor and process until smooth. A blender can also be used. Pesto is good for 3-4 days if refrigerated.



Purple Dead-nettle Salve

Infuse dried purple dead-nettle by filling up a mason jar ⅓ of the way then covering with an oil of your choice (olive, grapeseed, coconut, etc.). Let infuse in a cool dark place for 6 weeks. Strain dead-nettle from oil and discard used plant matter. Pour oil in a double boiler and add in a 50/50 ratio of beeswax (you can use less if you want a softer, creamier salve). Stir until all beeswax is melted. Pour into tins or small jars for use.



Medicinal Properties

Purple dead-nettle has astringent, diuretic, diaphoretic and purgative properties. It's also anti-inflammatory, antibacterial, and antifungal. It also has a high amount of vitamin C making it a powerful immune booster.

Rosemary (*Salvia rosmarinus*)

Rosemary is a small, evergreen perennial member of the mint family native to the Mediterranean and naturalized in temperate regions of the United States and Europe. It grows to about 3 ft (1 m) on average, but under the right conditions can reach up to 6 ft (2 m). It has pine-needle like leaves that are green and shiny with white undersides. Small bluish-purple, two-lipped flowers emerge in circular clusters. Flowers can bloom from January to April and sometimes sporadically in the fall. Rosemary attracts bees, butterflies, and other pollinators.



Edible Parts

Flowers, leaves.

Harvesting

Wait until spring or summer to harvest when the plant is most flavorful and aromatic. Using scissors or shears, simply cut off the top ¼ of rosemary springs.

Dutch Oven Rosemary Bread

Ingredients:

- 3 cups (720 g) all-purpose flour
- 2 tsp. sea salt
- ¾ cup (180 g) fresh rosemary leaves
- ½ tsp. active dry yeast

- 1½ cups (356 ml) water

In a large bowl, mix the flour, sea salt, rosemary, and yeast together. Use a spatula to stir in the water and use a spatula to blend until well mixed.

Cover the bowl with plastic wrap or a clean, damp dish towel and allow it to sit on the counter overnight, at least 12 hours. Preheat the oven to 450°F degrees with a Dutch oven inside. Once the oven is preheated, remove the Dutch oven. Flour your hands and remove the dough from the bowl, kneading or folding it into the shape you want, before placing it in the hot Dutch oven. Place the Dutch oven back in the stove and back for 30 minutes with the lid on, and an additional 15 with it off, or until golden brown.



Rosemary Tincture

Both the leaves and the flowers can be used when making a rosemary tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Rosemary has significant antimicrobial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, antinociceptive, and neuroprotective properties. It has significant positive effects on mood, learning, memory, pain, anxiety, and sleep.

Self-Heal (*Prunella vulgaris*)

Self-heal is a perennial wildflower named for its well-known use as a medicinal plant. This adaptive plant is native to the Northern hemisphere and thrives in moist fields, roadsides, pastures, and along woodlands. Growing only 2 in (5 cm) tall, self-heal is a low growing plant with 1-4 in (2-10 cm) lance-shaped leaves and slender stalks. Tiny hooded flowers are bluish to lavender in a cylinder-shaped head with hairy bracts. Self-heal grows from summer to fall.



Edible Parts

Leaves, shoots, flowers.

Harvesting

Harvest self-heal while it is flowering, simply cut the tops of the plant off with shears or scissors. Because the self-heal is so low to the ground, be careful not to cut and take other desired plants or growth with it.

Self-Heal Tea

Ingredients:

- Self-heal
- Water
- Sugar or honey (optional)

Place dried self- heal in a mug and cover with simmering hot water. Cover with a saucer and steep for 30 minutes to an hour, depending on wanted strength. Sweeten with honey or sugar, if desired.



Self-Heal Salve



Infuse dried purple self-heal by filling up a mason jar $\frac{1}{3}$ of the way then covering with an oil of your choice (olive, grapeseed, coconut, etc.). Let infuse in a cool dark place for 6 weeks. Strain the plant from oil and discard used plant matter. Pour oil in a double boiler and add in a 50/50 ratio of beeswax (you can use less if you want a softer, creamier salve). Stir until all beeswax is melted. Pour into tins or small jars for use.

Medicinal Properties

Self-heal has antidiarrheal, emetic, antiemetic, and blood purifying properties. It can be used as a cold remedy, cough medicine, and gastrointestinal aid. Self-heal can also draw out infections in the case of abscesses, and speed up the healing of wounds, burns, and ulcers.

Valerian (*Valeriana radix*)

Valerian is a climbing perennial native to Europe and Asia that grows in the United States. Growing between 3-5 ft (1-1.5 m), valerian has tall, slender, sparsely-leaved stems covered in tiny hairs. Tiny fragrant white or pale pink flowers arranged in umbels 2-5 in (5-12 cm) across bloom from June through August. River banks, meadows, and disturbed, moist areas are where it thrives. Valerian is known for its pungent smell and sedative effect.



Edible Parts

Leaves, seeds, and roots.

Harvesting

The root is typically harvested in the fall after the plant's second year of growth. It is best to harvest the root after the first frost when the plant sends all its nutrients down into the soil. Carefully dig around the base of the plant and gently loosen the soil to extract the whole root. Leaves can be picked any time during growth.

Valerian Root Tea

Ingredients:

- Valerian root
- Water
- Honey or sugar (optional)

Bring a pot of water to a boil. Place valerian root in water and bring down to a simmer.

Let simmer for at least 20 minutes to ensure medicinal properties are extracted. Remove from heat and add sugar or honey to sweeten if desired.



Valerian Root Tincture

If you are using fresh valerian root, chop the root into small chunks and fill an entire mason jar to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh roots, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Valerian's benefits on insomnia, migraine, fatigue, and stomach cramps have been well documented throughout history. It is often anxiety, depression, premenstrual syndrome (PMS), menopause symptoms, and body aches and pain as well.

Violet (*Viola odorata*)

Violet is a perennial flower native to Europe and Asia that has been introduced to North America. It grows between 4–6 in (10–15 cm) and a spread of 8–24 in (20–61 cm). This species of violet can be found near the edges of forests or in clearings; it is also commonly found spreading across lawns. Violet is known for its sweet scent and its vibrant blueish- purple flowers. Flowers have 5 oval petals and contain beta-ionone, a chemical which temporarily shuts off smell receptors, so you can only smell their sweet scent at first! They bloom at the very beginning of spring as if to signal its arrival.



Edible Parts

Leaves, flowers.

Harvesting

The leaves of violets can be cut or picked at any time during the plant's growth but have more nutritional benefits while smaller. Flowers can also be simply picked or cut.

Violet Syrup

Ingredients:

- 1 cup (236 g) violet flowers
- 1 cup (236 ml) water
- 1 cup (236 g) white granulated sugar

Pick the purple petals off of the calyxes and place in a glass or stainless-steel bowl. In a small saucer bring water to a boil.

Remove and pour water over the flowers. Let it sit for at least 24 hours to extract the pigment. Straight the petals out then pour liquid into a double boiler.

Add sugar and cook until all the sugar dissolves. Let syrup cool until room temperature and transfer into glass jars.



Violet Tincture

If you are using fresh violet, grind with a mortar and pestle, and place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.

Medicinal Properties

Violets are antioxidant, anti-inflammatory, and a blood cleanser. They are good for coughs and colds, as their high levels of vitamin C make them great immune boosters. Violets can also be used topically for skin conditions like eczema, dry skin, bug bites, and varicose veins.

Wild Mint (*Mentha arvensis*)

Native to the temperate regions of North America, wild mint is a herbaceous plant commonly used in the flavoring of food, drinks, and cosmetics. Wild mint commonly grows in arable fields and pastures and is tolerant to damp and marshy habitats and places where water levels fluctuate highly. On average it grows 4-24 in (10-60 cm) tall with creeping rootstock or semi-sprawling squarish stems. Broad, hairy leaves are in opposite pairs, and grow $\frac{3}{4}$ - 2 $\frac{1}{2}$ in (2-6.5 cm) long. Pale purplish pink flowers grow in whorls on the stem at the base of the leaves.



Edible Parts

Leaves, flowers.

Mint Watermelon Salad

Ingredients:

- 1 watermelon
- 1 cup (236 g) of fresh mint
- $\frac{1}{2}$ cup (120 g) feta
- 1 tbsp. chili powder
- 1 lime

Chop watermelon and place in a large bowl.



Cut lime in half and squeeze both halves onto watermelon. Add mint leaves, feta and chili powder. Stir with a large spoon. Serve and keep refrigerated.

Wild Mint Tincture

If you are using fresh mint, grind with a mortar and pestle, and place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Wild mint is known for helping, morning sickness, motion sickness, and stomach aches, soothing indigestion and heartburn. It's also good for relaxing nerves and improving circulation.

Wild Rose (*Rosa acicularis*)

Wild rose is a deciduous shrub that grows throughout the northern regions of Europe and North America. This well-known shrub grows 3-9 ft (1-3 m) tall thriving in thickets, stream banks, rocky bluffs, and wooded hillsides. Wild rose is known for its aromatic properties and striking thorny blooms. Flowers are 5-petaled and 1-2 in (3.5-5 cm) in diameter and can range from pink to red in color. Unlike many domestic variations, wild rose is a naturally occurring species and true “wildflower”. This species of rose produces a fruit called a rose hip, unlike domesticated species, which is well known in herbalism for its powerful medicinal properties. Rosehips range to red pear-shaped fruits without attached sepal lobes and appear in fall.



Edible Parts

Flowers, fruit.

Harvesting

The best time to harvest flowers is late spring to early summer when flowers are their most fragrant. Whole flowers can be pinched off, but this prevents the flower from being able to fruit later on. So instead, simply pluck the petals and leave the center. Rose hips can be gathered in the

early fall before heavy frosts. Rose hips can be plucked or cut with small shears. When harvesting petals or hips, it is recommended to wear thick sleeves or gloves due to the bush's thorns.

Wild Rose Jam

Ingredients:

- 1 ½ cups (356 ml) of filtered water
- 2 oz. wild rose petals
- 2 cups organic sugar cane
- 3 tbsp. lemon juice
- 1 tsp. pectin



Place water and roses in a medium saucepan. Bring to a simmer for 10 minutes, uncovered. Add 1 ¾ cup of sugar to the simmering petals. Stir until sugar dissolves. Add in fresh lemon juice. Simmer for another ten minutes over low heat. In a small bowl, combine the remaining ¼ cup sugar and pectin. Slowly add sugar and pectin into the simmering petals. Simmer for an additional 20 minutes then pour into glass jars. Let cool then store in the fridge for up to two months.

Wild Rose Tincture

Gather fresh or dried rose petals. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Wild roses are mildly sedative, antiseptic, anti-inflammatory, and anti-parasitic. Their antiseptic nature makes them a good ally for healing wounds, rashes, and incisions. They are also known for being a supportive heart tonic.

Wild Strawberry (*Fragaria vesca*)

Wild strawberry is a small-fruited, everbearing wild strawberry that is native to Europe and Asia and species are found in North America both naturalized and introduced. This stemless plant that spreads indefinitely by runners, growing between 1- 3 in (4-8 cm) tall. Numerous, small, 5-petaled white flowers with yellow centers appear throughout summer and leaves are green, trifoliate, coarsely-toothed. Flowers are followed by edible, bright red strawberries ½ in (1 cm) long. Flowers and fruit can appear simultaneously.



Edible Parts

Roots, flowers, leaves, fruit.

Harvesting

Berries can grow under leaves so searching through patches is sometimes necessary. Simply lift up leaves and look for the small berries and pluck them from their vines. All parts of the plant are edible so feel free to harvest the whole plant for more medicinal purposes.

Wild Strawberry Jam

Ingredients:

- 1 ½ cups (356 ml) of filtered water
- 2 oz. wild strawberries
- 2 cups organic sugar cane
- 1 tsp. pectin

Place water and strawberries in a medium saucepan.

Bring to a simmer for 10 minutes, uncovered.

Add 1 ¾ c of sugar to the simmering strawberries. Stir until sugar dissolves.

Simmer for another ten minutes over low heat. In a small bowl, combine the remaining ¼ cup sugar and pectin. Slowly add sugar and pectin into the simmering petals. Simmer for an additional 20 minutes then pour into glass jars. Let cool then store in the fridge for up to two months.



Wild Strawberry Leaf Infusion

Ingredients:

- Wild strawberry
- Water
- Sugar or honey (optional)

Place dried wild strawberry leaves in a jar and cover with simmering hot water. Cover with a lid and steep for at least an hour, depending on wanted strength. Sweeten with honey or sugar, if desired.

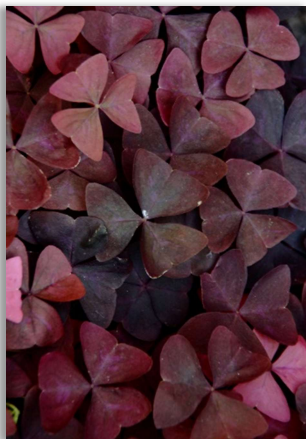


Medicinal Properties

Wild strawberries can be smashed and rubbed on teeth to remove stains. Infusion made from wild strawberry leaves has been traditionally used to treat diarrhea, indigestion, and dysentery.

Wood Sorrel (*Oxalis triangularis*)

Wood sorrel is a perennial herb native to most temperate regions with a long laptop and multiple stems that sprawl upon the ground. This plant never roots and typically stays low to the ground but can grow up to 9 in (23 cm) tall. Stems are smooth and slightly hairy and its 3 heart-shaped leaves are alternate and bunched together. They look very similar to clover but can be distinguished by the larger spaces between each leaf. Flowers are yellow with five petals and about 3/8 inches 1 cm in height. The fruit is a hairy, ribbed capsule $\frac{3}{4}$ to 1 in (2 to 2.5 cm) long. Wood sorrel grows in a variety of habitats from open forest to fields and gardens.



Edible Parts

Leaves, flowers, stems, and seed pods.

Harvesting

Due to their lack of roots, wood sorrel can be easily pulled up or picked from the ground throughout the summer.

Wood Sorrel Soup

Ingredients:

- 3 tbsp. unsalted butter
- ½ cup (120 g) finely chopped shallots or onions
- 4 cups (946 g) of wood sorrel
- 4 cups (946 ml) vegetable stock
- ½ cup (120 ml) cream
- A pinch of salt



Sauté onions and butter in a pan on medium-low heat. Pour the stock into the pot and bring to a simmer. Turn the heat back to medium, add the sorrel leaves and a pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to low. Cover and cook for an additional 10 minutes. Stir occasionally. Whisk in the cream and stir on low for 5 more minutes before removing to cool. This soup can be served hot or cold.

Wood Sorrel Tincture

All parts of the plant can be used in tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medical Properties

Wood sorrel is diuretic, antiscorbutic and refrigerant. It can be used to treat liver and digestive disorders as well as to break a fever and speed up the healing of wounds.

Yarrow (*Achillea millefolium*)

Yarrow is a highly medicinal herb native to North America that has naturalized throughout most of the Northern Hemisphere. Yarrow gets its Latin name from the myth of Achilles as it is what he used on the battlefield to stop the bleeding of wounded soldiers. Yarrow grows to 3 ft (91 cm) tall with branches only at the top. The leaves are alternate, 3-5 inches (7-12 cm) long, with many leaflets on each side of the midrib, giving them a fern-like appearance. Flower heads are arranged in large, compact clusters at the top of the stem. The flower head has 20-25 yellowish-white, sometimes pink, ray flowers. Yarrow thrives in fields, along roadsides, and other disturbed areas.



Edible Parts

Flowers, leaves, roots, stems.

Harvesting

Yarrow should be harvested throughout the summer at the height of flowering. The top $\frac{1}{3}$ of the plant can be cut off with either shears or scissors. Roots can be gently dug up during autumn before the first frost.

Yarrow Bitters

Ingredients:

- 4 fluid ounces (118 ml) Everclear 151

- 1 ounce (29 g) fresh yarrow root chopped
- ½ ounce (14 g) fresh yarrow tops
- ½ ounce (14 g) fresh or frozen seasonal fruit

Combine the Everclear, yarrow root, yarrow leaves, and fruit in a glass jar. The alcohol should cover all plant material. Cover the jar and let it sit away from direct sun for at least two weeks. Shake the jar once a day. After the allotted time, strain plant matter from the jar with a cheesecloth into a separate jar or bowl. Measure the strained alcohol and put it aside. Pour twice as much water as you have alcohol into a small saucepan, add the strained solids, then bring the mixture to a boil. Reduce the heat and allow the liquid to simmer for ten minutes. Remove the liquid from the heat, cover, and let it sit overnight. Then strain off the solids, and throw them away. Add sugar, amount as desired depending on sweetness. Gently warm and whisk to dissolve the sugar, then remove the liquid from the heat and allow it to cool. Store in a jar.



Yarrow Tincture

All parts of the plant can be used in tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Yarrow has antispasmodic, styptic and antimicrobial properties. It is most known for its ability to stop bleeding when applied topically to wounds. Yarrow can also be used for loss of appetite, indigestion or heartburn, to increase urine flow, amenorrhea (irregular menstrual cycle), menstrual cramps and pain, muscle spasms, inflammation, and to fight infection.

Yellow Dock (*Rumex crispus*)

Yellow dock is a small, leafy plant that grows wild throughout the world. It has yellowish-brown roots, which is where its common name comes from. The stem is 1-3 ft (0.3-0.9 m) high and branched. Yellow dock is also known as curly or curled dock because of its long lance shaped leaves that are slightly ruffled along its edges. The leaves are 6-10 in (15-25 cm) long. The roots are 8-12 in (20-30 cm) long, about 0.5 in (1.27 cm) thick, fleshy, and usually not forked. Yellow dock is closely related to rhubarb and sorrel. It grows in overwatered soils or areas of standing water and in irrigation ditches. It is also found along roadsides and in wasteland, on cultivated farmland, and in pastures.



Edible Parts

Leaves, stems, seeds.

Harvesting

Leaves of yellow dock need to be harvested in the early spring when they are still young and tender and still curled tightly. To get seeds and stems, simply pick the entire stem using a knife or clippers. Then strip the seeds from the stem over a paper bag or large bowl.

Yellow Dock Crackers

Ingredients:

- 1 cup (236 g) crushed yellow dock seed
- 1 cup (236 g) flour of your choice
- 1 tsp. sea salt
- Water

In a bowl mix together the crushed yellow dock seeds, flour and salt. Add in water very slowly until the dough is pliable.

On a well-floured surface roll dough thinly. Cut into desired shapes. Then transfer them onto a well-greased baking sheet. Bake 10-12 minutes at 375°F or until crisp.



Yellow Dock Tincture

The leaves, seeds, and taproots are recommended to be used in this tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Yellow dock helps overactive digestion, excessive appetite, excessive hydrochloric acid with reflux and burning, and an overabundance of saliva. Yellow dock is considered to be one of the best herbs for the entire digestive system.

Red Clover (*Trifolium pretense*)

Red clover is a well-known herbaceous wildflower native to Europe that has naturalized throughout much of the northern hemisphere. With a variation in size, this plant can grow between 8–31 in (20–80 cm) tall with a deep taproot. The leaves are alternate, trifoliate with a pale crescent coloration on the upper half. The flowers are dark pink with a paler base, 0.5–0.6 in (12–15 mm) long, produced in a dense inflorescence. Red clover is very persistent and grows best in old fields, lawns, along roadsides and in all other similar environments.



Edible Parts

Flowers, leaves.

Harvesting

Harvest red clover by picking the flower heads and small top leaves before any part of the flower begins to turn brown.

Red Clover Jam

Ingredients:

- 1 ½ cups (356 ml) of filtered water
- 2 oz. red clover
- 2 cups organic sugar cane
- 3 tbsp. lemon juice

- 1 tsp. pectin

Place water and red clover in a medium saucepan. Bring to a simmer for 10 minutes, uncovered.

Add 1 $\frac{3}{4}$ cup of sugar to the simmering petals. Stir until sugar dissolves. Add in fresh lemon juice. Simmer for another ten minutes over low heat. In a small bowl, combine the remaining $\frac{1}{4}$ cup sugar and pectin. Slowly add sugar and pectin into the simmering petals. Simmer for an additional 20 minutes then pour into glass jars. Let cool then store in the fridge for up to two months.



Red Clover Salve

Infuse dried plantains by filling up a mason jar $\frac{1}{3}$ of the way then covering with an oil of your choice (olive, grapeseed, coconut, etc.). Let infuse in a cool dark place for 6 weeks. Strain red clove from oil and discard used plant matter. Pour oil in a double boiler and add in a 50/50 ratio of beeswax (you can use less if you want a softer, creamier salve). Stir until all beeswax is melted. Pour into tins or small jars for use.



Medicinal Properties

Red clover is used to ease menopausal symptoms, reduce bone loss, treat prostate cancer, and decrease cholesterol to support heart health. It also helps skin disorders such as psoriasis and eczema, whooping cough, and mastitis.

Stinging Nettle (*Urtica dioica*)

Stinging Nettle is a perennial herb growing nearly worldwide. It grows in moist areas along streams, meadow, and ditches, on mountain slopes, in woodland clearings, and in disturbed areas. Stinging nettle grows in deep, rich, moist soil and doesn't do well in areas of drought. Nettle grows 3-9 ft tall (91-274 cm) and is known for its stinging hairs that cause raised, itchy red bumps when they come into contact with the skin. Tiny green or white flowers are borne in dense whorled clusters in the leaf axils and stem tips. Leaves are ovate with a heart-shaped base and a pointed tip covered with stinging hairs.



Edible Parts

Roots, seeds, stems and young, tender leaves.

Harvesting

It is best to harvest nettle in the spring when the leaves are young and tender and have the highest levels of vitamins and minerals. Due to the stinging nature of nettles, it is best to have your body fully covered with thick clothing and wear gloves. Cut off the top ⅓ of the plant with shears or scissors and put them in a bag or basket to avoid being stung when transporting.

Nettle Pesto

Ingredients:

- ½ cup (120 g) walnuts
- 2-3 cloves garlic
- 3 cups (720 g) nettle
- 1 tbsp. lemon juice
- ½ cup (120 ml) olive oil
- ½ tsp salt
- ¼ tsp. pepper
- ¼ cup (180 ml) Parmesan cheese



Combine all ingredients in a food processor and process until smooth. A blender can also be used. Pesto is good for 3-4 days if refrigerated.

Nettle Tincture



All parts of the plant can be used in tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.

Medicinal Properties

Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia as it is a great source of iron. It is also useful for a variety of inflammatory conditions such as arthritis and chronic myalgia. The leaves can be applied topically so that the things stimulate blood flow and decrease inflammation.

Wild Garlic (*Allium ursinum*)

Wild garlic is a bulbous perennial that is native to damp shaded woods in Europe that is now a naturalized plant in much of temperate the United States. Leaves appear in late winter, small yellow flowers bloom in spring, and seeds mature by mid-summer at which point the plants die back and go dormant until the following late winter. Wild garlic grows between .5-1 ft (15-30 cm) tall. Each plant bears 2-3 distinctive, elliptic, linear, deep green basal leaves. It is most recognizable by its strong onion/garlic-like aroma. Wild garlic thrives in shady moist woodland areas.



Edible Parts

Leaves, flowers, bulbs, and seeds.

Harvesting

It is best to harvest wild garlic in the early spring before leaves begin to wilt. This plant is endangered in certain regions. If it is where you are harvesting, simply cut the tops of the leaves off of a small portion of the plant population. If it is in abundance, it is okay to pull up the entire bulb but use ethical discretion.

Wild Garlic Salt

Ingredients:

- Wild garlic leaves
- Salt

Remove leaves from the stems. Chop them finely with a knife or put them in a food processor.

Spread them out over a baking sheet covered in parchment paper. Sprinkle on salt. Place the tray somewhere safe and let it sit for 3-4 days. Store in a jar once dry and use to add flavor to various dishes.



Wild Garlic Tincture

All parts of the plant can be used in tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about $\frac{1}{3}$ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

The free radical activity in wild garlic can lower the risk of cancer and other chronic diseases, such as heart disease or even arthritis. Wild garlic can help detoxify and purify the body and also contains high levels of vitamin C.

Lemon Balm (*Melissa officinalis*)

Lemon balm is a bushy herbaceous perennial of the mint family that is native to southern Europe, but has escaped gardens and naturalized in many parts of the U.S. Lemon balm is typically grown in herb gardens and border fronts for its lemon-scented leaves. Medium green leaves are wrinkled and ovate and grow up to 3 in (7 cm) long. They appear in pairs on square stems rising up to 2 ft (60cm) tall. Tiny, indiscreet, two-lipped, white flowers appear in the leaf axils throughout summer.



Edible Parts

Leaves.

Harvesting

Harvest leaves at any point in the summer growing season by simply plucking them from the stems.

Lemon Balm Pesto

Ingredients:

- 2-3 cloves garlic
- 3 cups (720 g) lemon balm
- 1 tbsp. lemon juice



- ½ cup (120 ml) olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup (60 g) Parmesan cheese

Combine all ingredients in a food processor and process until smooth. A blender can also be used. Pesto is good for 3-4 days if refrigerated.

Lemon Balm Tincture

All parts of the plant can be used in tincture. If you are using fresh parts, break down the plant as much as you can with either a grinder, blender, or mortar and pestle. Place in a mason jar, filling all the way up to the top. If you are using dried, fill the jar about ⅓ of the way. Cover with vodka or brandy. Alcohol should be within 40-60% (80-120 proof). When working with fresh plants, it is better to go with a higher percentage to account for the present water content. Store in a cool, dark space for at least 6 weeks. Strain before use.



Medicinal Properties

Lemon balm is considered a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic).

Garlic Mustard (*Alliaria petiolata*)

Garlic mustard is an upright, herbaceous biennial native to Europe that is now considered an invasive species in much of the United States. Garlic mustard grows up to 3 ft (1 m) tall and is known and named for its garlicky smell. Flowers bloom from April to June and are numerous, small, and white in color. Their 4 petals usually appear in clusters at tops of stalks or in leaf axils. Leaves are alternate, triangular, toothed. Lower leaves rounded with cordate bases and palmate venation. They grow up to 4.75 in 12 cm long. Garlic mustard grows upland and floodplain forests, savannas, along trails, roadsides and disturbed areas.



Edible Parts

Flowers, leaves, stems, roots, seeds.

Harvesting

It is best to harvest wild garlic in the early spring before leaves begin to wilt. Due to their invasive nature it is best to harvest the whole plant, including the roots. To harvest, grasp the stem as close to the soil as possible and simply pull straight up.

Sauteed Garlic Mustard

Ingredients:

1 lb. (453 g) garlic mustard shoots and leaves

1 tbsp. (14.8 ml) avocado oil

4 minced cloves of garlic

½ tsp. salt

Bring a large pot of water to a boil. Add in garlic mustard and cook for 3 minutes. Drain the garlic mustard and squeeze out excess water. Heat avocado oil in a frying pan over medium high heat. Add in minced garlic cloves and stir until fragrant. Add in garlic mustard and salt and stir for 4 minutes or until tender.



Garlic Mustard Poultice

An inflammation reducing healing poultice can be made by combining equal parts flour and dry garlic mustard powder. This mixture can ease muscle pain and spasms or to speed up wound healing. Simply mix them together then add a bit of water to create a paste. Spread the paste over the affected area then cover with a large band aid or towel.



Medicinal Properties

Garlic mustard is antiseptic, anti-inflammatory, and a diuretic. It is rich in vitamins A, B, C, and E and high in chlorophyll and enzymes. It is also good to help control weight.

Foraging in the Past and Present

The act of gathering wild plants, fungi, and other natural resources for food and medicine holds significant importance for humans, both historically and today. Foraging is our birthright, an inherent skill that has been passed from generation to generation, not only for our survival as a species, but as a constant opportunity to connect with our environment.

In prehistoric times, our nomadic hunter-gatherer ancestors relied on foraging to keep themselves fed and alive. Foraging went hand in hand with nomadic lifestyles, as humans followed the seasons and the cyclical availability of resources. Not only were plants and fungi foraged for, but animals were hunted, and it was these practices that allowed for early humans to meet their basic nutritional needs. The act of foraging meant that our ancestors were constantly exposed to a diverse range of foods that prevented nutritional deficiencies from arising. Additionally, plants were gathered for medicine, shelter, tools, and clothing.

Historically, foraging was also a crucial building block of cultural identity. Cultures were built around the knowledge that was required to identify various plants, fungi, and animals. Foraging has continued to preserve cultural traditions today, especially among indigenous communities.

In order to forage successfully, communities needed to learn how to cooperate with each other and their environment. The long-term survival of a diverse range of plant and fungi species was dependent on how humans interacted with and cared for the ecosystems surrounding them. It was imperative that they deeply understood the cycles and rhythms of nature so as to not disturb the abundance of resources that was naturally provided to them.

Foraging also gave rise to various tools that were critical to our evolution as a human species. The development of tools like sharpened stones, and later, fish hooks, spears, and bow and arrows, were the basis for technological advancements that led to humans thriving.

Around 10,000 BC, with the dawn of the Neolithic Revolution, humans began to transition from small groups of nomadic hunter-gatherers to agricultural settlements that laid the foundation for

the first civilizations. During this time, humans began to cultivate plants and breed animals for food. As people settled into communities and farming became the way of life, foraging played a smaller role in people's diet. Nonetheless, gathering wild food remained an important resource for underprivileged people.

With the advent of industrialization, modern life, and increased standards of living, foraging became a leisurely activity in many parts of the world and it was no longer necessary for survival or diet supplementation.

Although most people no longer rely upon foraging for survival, it continues to be an invaluable practice for the modern-day human. Foraging encourages mindfulness when interacting with the natural world which fosters a strong connection to our environment. As people develop a deeper understanding of the ecosystems and living beings around them, they are encouraged to protect and care for them.

Today, foraging is also a source of community building and cultural preservation. Although one can forage on their own, foraging with others encourages shared learning and shared experiences. Likewise, it helps honor and preserve cultural traditions so they continue to persevere through the future. For those that are new to foraging, it can serve as an educational tool to connect them with their community and the botany and ecology that surrounds them.

Beyond the positive benefits for communities and their environment, foraging for food and medicine diversifies our diet, which increases our exposure to more nutrients and phytochemicals that promote robust health. Foraging, when properly done, is a sustainable method of eating that inspires the consumption of fresh, local, and seasonal food.

The practice of foraging for food and medicine has persisted for thousands of years because of what it offers humans. Foraging provides humans with food that is lower in cost and nutritionally superior to its cultivated counterparts, it provides accessible medicine, and it provides the chance to reconnect with the natural world while learning how to nurture the ecosystems surrounding us.

It is only right then that we continue to protect the foraging knowledge that has so valiantly been cared for and passed onto us.

Wild plants and fungi contribute to food security and health in many parts of the world. They play an essential role in providing a food source for food-insecure families and are important in both rural and urban areas. According to Lulekala et al., about one billion people globally use wild foods daily. As food prices and the cost of living continue to rise, foraging for wild food can be done at no cost.

Whether you are foraging for your own food or purchasing wild food from another forager, these foods are often local and in season which often means that they are more affordable than produce from a grocery store which has been transported from distant locations. Additionally, any surplus of foraged foods can be preserved, fermented or stored for future use. Not only does this reduce food waste, but it extends the shelf life of your harvest.

Besides lowering your grocery bill, foraging for food encourages a more nutritious diet. According to many sources, the nutritional content of wild foods is generally greater than cultivated foods. All cultivated foods originated from wild foods, but as civilizations became settled and devoted to agriculture, foods began to be selected for their size and resilience as opposed to their nutritional value. This has led to plants that produce larger yields, but that have fewer nutrients than their wild ancestors. Additionally, as food has been cultivated for thousands of years, the wide diversity of food that is available in the wild has been reduced. A homogenous diet will lack the powerful nutritional profile of a diversified diet.

There are also many issues with the way that our food is grown, transported, and stored. Many cultivated foods are grown in monocrop agricultural systems that deplete the soil of nutrients and lead to crops that are also nutritionally devoid. To make matters worse, those crops tend to be transported over long distances and stored for a great period of time which further exhausts their nutritional content. In contrast, wild foods are typically eaten soon after gathering if not immediately.

Wild plants and fungi also provide medicine that is affordable and accessible. Medicinal plants have been relied upon for thousands of years and there is now a growing body of modern medical research that supports these traditional uses. Wild plants contain phytochemicals like polyphenols, terpenoids, and polysaccharides that are beneficial for human health.

Today, a large portion of the global population continues to depend on plant medicine for their healthcare needs. Different regions grow different plant species that all have unique medicinal compounds. Foraging for local medicine allows people to connect to and harness the power of their local environment. Educating yourself on the medicinal plants growing around you can contribute to long-term health and foster a sense of self-sufficiency as you are able to prepare your own remedies and rely less on expensive, commercial products.

Beyond improving our nutrition and health, foraging has additional benefits. In our modern world, it is easy to become disconnected from nature, unaware of where our food comes from and stranger to the land we live on. Foraging provides an opportunity to rebuild a relationship with our environment by engaging in meaningful and sensory-rich interactions with it.

When we begin our foraging journey, we start by observing the environment around us, noticing details like plant colors, patterns, shapes, and textures. As we slow down and become more mindful of these nuances, our mind becomes present and we can engage multiple senses. In nature, our sight, sense of smell, hearing, and taste can all be of use as we explore the natural world. As we become more acquainted with the subtleties that nature has to offer, our interest in our local ecology grows.

In order to be a successful forager, we must learn about the plants and fungi growing around us, their habitats, and their roles within a particular ecosystem. We also must become aware of the seasons and how they affect the plants and fungi that cycle through them. It is this awareness that helps cultivate an overarching sense of connection and stewardship between humans and their environment. Eventually, we may even begin to sense an emotional or spiritual connection between

ourselves and the natural world. Many people find that foraging improves their wellbeing and creates a space to explore their spirituality.

In a world that prioritizes convenience and speed, foraging encourages us to slow down and appreciate the world around us. As we develop a better appreciation for nature, we are encouraged to care for and intentionally manage our local ecosystems so that they are able to thrive. An important aspect of managing ecosystems is managing invasive species. Foraging can help keep invasive species in check by gathering those that are edible or medicinal. With invasive plants, it can be beneficial to take as much as possible. Beyond overseeing the balance between native and non-native plants, foragers can advocate for the use of green spaces in urban areas, which supports habitat diversity and native pollinators.

As we relearn how to care for our environment and combat its neglect, it is of the utmost importance that we always forage in an ethical manner. We can do this by focusing on plants that are plentiful and avoiding rare plants. United Plant Savers is a trustworthy resource for evaluating whether a plant or mushroom is endangered or at-risk.

It is also important to take into consideration the demand for a plant. If there is a high demand, even if it is widespread, it can disappear quickly. Take only what you need and leave plenty of food behind for animals and insects. Upon finding a wild food or medicine, look for multiple patches of the plant. If there is only one patch available, do not take any. Many foraging experts suggest only taking up to $\frac{1}{3}$ of what is found. Sustainable foraging practices like those mentioned ensure the protection of ecosystems, promote biodiversity, and conserve cultural heritage.

For thousands of years, foraging has provided humans with deep nutrition, accessible medicine, and a space to connect with their own wildness. Today, foraging remains as important and valuable as it was for our ancestors. By safeguarding foraging knowledge and embracing ethical foraging practices, humans can rely on wild food and medicine for years to come.