FORAGING WILD PLANTS FOR FOOD AND MEDICINE

FREE FOOD AND MEDICINE – Abby Porter
"If you can't beat 'em, Eat Them!
"Wildculturing"

Hairy Bitter Cress and Garden Cress- Use like watercress - https://britishlocalfood.com/hairy-bittercress/ and https://foragingguru.com/hairy-bittercress/

Purple Dead Nettle - (better cooked than raw-with other greens or in soup) https://www.outdoorapothecary.com/purple-dead-nettle/ Use fresh dead nettle along with chickweed, dandelion greens, and other greens to make a wild greens pesto. Purple deadnettle can also be added to soups, salads, or blended into smoothies. Basically, any way that you would use any other green leafy vegetable or herb.

Dandelion leaves and roots - salad, tea, stir fry, soup additive. Roots-cancer prevention
Chicory leaves and root – salad, tea

Stinging Nettle - young nettle is yummy steamed with just salt, butter and maybe a squeeze of lemon.
https://www.wildedible.com/blog/handmade-nettle-pasta
I make potato nettle soup using potato leek recipe.

Garlic Mustard- salad, soup, pesto- https://vitalibrary.com/garlic-mustard-benefits-applications/
Sheep Sorrel- leaves for salad or cooked. It is one of the ingredients in Essiac- anti-cancer tea
Dames Rocket – young root and leaves
Dock (Rumex)- young leaves before they unfurl, roots
Wild Violet leaves
Wild Onions
Wild Evening primrose (*Oenothera biennis*) - young leaves and roots
Chickweed (*Stellaria media*) -
Purple Dead Nettle- (*Lamium purpureum*)
Creeping Charlie- Ground Ivy (*Glechoma hederacea*)
Mountain Mint
Speedwell- - https://practicalselfreliance.com/speedwell-veronica-sp/
https://healthyfocus.org/benefits-of-speedwell/

Greater Celandine - https://sharingideas.me/chelidonium-majus-l-the-greater-celandine-natures-ancient-remedy-for-skin-growths/
Apply orange sap to **warts or skin tags** 2x a day morning and evening.
until you see the skin growth shrink, dry out, or fall off — usually within 2 to 6 weeks.
Do not apply to open wounds.

APRIL-MAY

BLOSSOMS - Can make jelly, syrup, infused honey, vinegar, garnish for salads, desserts
Redbud, Wild Violet, Forsythia, Lilac, Maple (and seed pods), Dame's Rocket
Late spring-summer-Black Locust, Mimosa, Wild Day Lily, Honeysuckle, Rose, Bee Balm, Calendula, Marigold, Viola,

Hosta Shoots and Fiddlehead Ferns (Ostrich Ferns)
Lemon Balm- antiviral, anti-anxiety
Burdock Root
Poke Greens- https://medicinalherbinfo.org/000Herbs2016/1herbs/poke-weed/
https://herbpathy.com/Uses-and-Benefits-of-Pokeweed-Cid4548

Plantain *(Plantago*) – broad leaf and narrow leaf- best poultice for insect stings

Day Lilly roots and shoots – later flower buds and petals
Heal-All, Self-Heal - https://www.songofthewoods.com/heal-all-prunella-vulgaris/
Ajuga - https://shuncy.com/article/ajuga-benefits

Lambsquarter (*Chenopodium álbum*)- https://terrawhisper.com/herbs/chenopodium-album/medicine/benefits.html
Wild Amaranth (*Amaranthus retroflexus*) "Pigweed", "Red root" - young leaves and seeds
https://www.healthbenefitstimes.com/pigweed/
Purslane *(Portulaca oleracea)*- High in Omega-3 https://plantshospital.com/benefits-of-purslane-how-to-eat/ Poisonous look-a-like- Prostrate spurge (*Euphorbia prostrata*), flat leaves, milky sap
Mallows
Bee Balm *(Monarda)*
Wild white Yarrow *(Achillea millefolium)* medicinal blossoms and leaves
Japanese Knotweed – edible young shoots, medicinal roots
Mullein – medicinal leaves, blossoms, roots- https://health.clevelandclinic.org/mullein-benefits
Tree of Heaven https://www.healthbenefitstimes.com/tree-of-heaven/

Prickly Lettuce - Luctuca Serriola- (Opium lettuce) pain relief
https://botanicalinstitute.org/wild-lettuce/
https://www.primalsurvivor.net/wild-lettuce/
https://vitalibrary.com/prickly-lettuce-health-benefits/

Artemesia Annua
https://vitalibrary.com/garlic-mustard-benefits-applications/
https://botanicalinstitute.org/artemisia-annua/

Homeopathy – video
https://www.youtube.com/watch?v=GkD0gC1XBO0

Fermented Elderberry Honey

(This is the same process for flower infused honey)

Ingredients:

- 1 cup fresh black or blue elderberries (do not use red elderberries)
- 1-1.5 cups raw honey

Put the elderberries into a pint-sized mason jar, then add the honey to cover the berries leaving at least an inch of head space at the top of the jar.

Cap the jar with a plastic storage lid or use a piece of parchment paper underneath the metal lid. Invert the jar for about 30 minutes or longer to make sure that all of the elderberries are coated with honey.

Turn the jar upright again. After the elderberries and honey have settled and all of the air bubbles are gone you may need to add a bit more honey to cover the berries.

Loosen the lid to allow air to escape during fermentation and place the jar somewhere out of the way. For the first 2-3 days it is helpful to invert the jar daily then turn it upright again. Be sure to tighten the lid before inverting then loosen again once upright.

Within about 2-3 days (could be longer in cooler temperatures) you should begin to see small bubbles on the surface and the honey will be noticeably runnier. After one or two weeks you will see a lot of bubbles! Give it a stir now and then and it will really bubble up.

The honey is ready at any point after this and will continue to slowly ferment for weeks and months. Strain out the elderberries before consuming.

Take a spoonful two to three times per day when you feel a sickness coming on to shorten the duration of a cold or flu.

LINKS

- My favorite site for recipes and ferments: **Grow, Forage, Cook, Ferment** - https://www.growforagecookferment.com/start/
- Forager Chef - https://foragerchef.com/
- Rosemary Gladstar - https://scienceandartofherbalism.com/
- Edible Alchemy - https://ediblealchemy.co/edible-invasive-plants-japanese-knotweed/
- 12 Southeast Plants video - https://www.youtube.com/watch?v=h3syHIeRqdw

“Fairy Vinegar” Spring Tonic

Mineral rich and cleansing for liver, kidney, digestive, and lymph function

Ingredients:

- Violet, leaf and flowers (Viola spp.)
- Dandelion, leaf and flowers (Taraxacum officinale)
- Stinging nettles, leaf (Urtica dioica)
- Cleavers, leaf and stem (Galium aparine)
- Chickweed, herb (Stellaria media)
- Plantain, leaf (Plantago spp.)
- Purple dead nettle, leaf and flowers (Lamium purpureum)
- Mint, leaf (Mentha sp.)
- Garlic mustard, leaf (Alliaria petiolata)

Wash your fresh herbs, chop them coarsely, and combine them in a sterilized glass jar (choose any size based on how much vinegar you’d like to make).

Note that the proportions are not exact; the tighter you pack the herbs, the stronger the vinegar will be flavored.

Top off with your vinegar of choice — (*I prefer Apple Cider Vinegar with the Mother for its health benefit*) Completely cover the herbs with vinegar. It may be helpful to tamp them down with a sterilized kitchen instrument.

Cap with a plastic lid or a regular mason jar lid lined with natural wax paper (to avoid corrosion of the lid by the vinegar).

Label the jar with the name of the herb(s), date, and type of vinegar. Cover the label with clear packing tape.

Place in a dark cabinet for four to six weeks.

Strain through a cloth—either muslin cloth, tighter-weave cheesecloth, cotton gauze fabric, or a clean old T-shirt. Be sure to press out all the vinegar when you strain by either wringing out the herbs in the cloth or pressing out the plant material with a potato ricer or similar press.

Pour the strained vinegar into a sterilized jar with a plastic lid, and label with the ingredients and date.

Store in the refrigerator and use within six months to one year.

https://chestnutherbs.com/violet-springtime-fairy-vinegar/?inf_contact_key=0322ecfb440a0d92ccdee114d5a707711b0a3f0fd3ee5d9b43fb34c6613498d7