



Eat Your Weeds!

Wildcrafting Ethics + Cooking















Wildcrafting Checklist by Howie Brounstein

Do you have the permission or the permits for collecting at the site? Do you have a positive identification?

Are there better stands nearby? Is the stand big enough?

Are you at the proper elevation?

Is the stand away from roads and trails?

Is the stand healthy?

Is there any chemical contamination?

Is there any natural contamination?

Are you in a fragile environment?

Are there rare, threatened, endangered, or sensitive plants growing nearby at any time of the year?

Is wildlife foraging the stand?

Is the stand growing, shrinking, or staying the same size?

Is the plant an annual or a perennial?

Is tending necessary and what kind?

How much to pick?

Time of day? Time of year?

What effect will your harvest have on the stand?

Do you have the proper emotional state?

Move around during harvesting.

Look around after harvesting. Any holes or cleanup needed?

Are you picking herbs in the proper order for a long trip?

Are you cleaning herbs in the field?

Do you have the proper equipment for in-field processing?





Wildcrafting Considerations

Northeast School of Botanical Medicine

1. Please don't over-harvest. Be considerate of the land from which you are gathering. Consider this piece of earth from many perspectives. Contemplate it

from the perspective of the animals living there, from the humans who visit, and from the perspective of the plants

themselves in their ecological niche.

2. Leave an area as beautiful as you found it. Before you gather anything, let your eyes sweep in the terrain and consider how you can leave the least amount of impact.

3. If there is a lot of trash from a given gathering area, gather some of this too.

4. Learn which plants not to gather, including endangered, over-harvested and scarce plants. With current sprawling development coupled with a popular resurgence of herbal medicine, many plants are currently threatened. Check resources such as native plant societies, conservation groups, United Plant Savers, regional groups, and state environmental departments for guides to endangered plants. Also, check it out for yourself. Which plants are proliferating in your area and

which plants are disappearing? With an eye towards the future, consider not gathering plants that are not yet in jeopardy, but are becoming scarce, or may be so in the future as more plants are harvested for the burgeoning herbal

market.

5. Teach responsible wildcrafting ethics. Teach by example and let other folks know why you don't harvest particular plants or gather from specific locales. Help instruct other gatherers whom you feel may be over-harvesting. Let buyers know why you won't gather or sell certain plants. Speak up at conferences, workshops and meetings.

6.Learn about the most prolific plants, especially the common weeds. Many of these have well established uses and

can be harvested readily. They generally easily reestablish themselves.

- 7. Learn how to make accurate plant identification. It is important to know how to accurately identify plants to the species level. Books based on floral plant keys are the primary source of this information.
- 8. Learning how to use a plant identification key will help in a number of ways. It will assist you in the identification of uncommon plant species, which may otherwise be indiscriminately gathered or trampled on. And it can also be instructive in finding species analogues of overharvested plants.
- 9. Be discreet when showing people your wildcrafting locations. If one person tells one person, who tells one person, etc., an area can easily be over-harvested. When demonstrating and teaching wildcrafting skills, take people to places that can handle a group of gatherers and gather the common plants.
- 10. Rescue plants from areas that are going to be developed or destroyed. Besides

gathering these plants as medicine, you can also help reloc

ate the less common ones to

similar habitats and gardens.

- 11. Bring medicine making equipment (see list) on wildcrafting forays so you can prepare fresh plant medicines on your travels.
- 12. Wildcrafting and the law: Since most land is either privately owned, sate or federally controlled, you may want to obtain permission before gathering. Since wildcrafters may be eyed with suspicion (not a typical sight) make sure your 'papers' are in order, i.e., car registration and insurance, personal identification, appropriate cash, etc.

Gather seeds and replant them.

14. While gathering roots and rhizomes, replant root crowns and rhizome pieces, especially if there is a bud present to help the plant regrow.

15. Gather and sell wildcrafted plants locally. Encourage the use of locally common plants as medicine.

16. Wildcraft from organic gardens and farms. These places often have an abundance of medicinal plants such as dandelion, burdock, alfalfa, and red clover. Also support local organic farmers in helping them grow and market medicinal plants.

17. Leave some of the strongest and most lush plants from an area you are wildcrafting. These are important to continue the local health and survival of a species.

- 18. Be respectful of the plants you are gathering. This means gathering thoughtfully as if you were working in a garden including careful pruning, and not leaving big gaping holes in the ground.
- 19. Be careful not to gather from polluted areas. These include roadways, railroad tracks, industrial and agricultural runoff, urban areas, sewage zones, oil spills, and places heavily sprayed with pesticides and/or herbicides.
- 20.It is important to initially learn all the poisonous plants growing in an area you may be wildcrafting to be absolutely sure that you have not harvested these.
- 21. International borders: Many plants are not allowed through foreign borders and may be confiscated, such as in Mexico and Canada. Keep this in mind while gathering or bringing plants into or back from other countries.

Resource List

Books:

- *Botany in A Day by Thomas J. Elpel
- *Plants of the Mountain West by Michael Moore
- *Plants of the Pacific Northwest Coast by Pojar

Websites:

- *http://www.ryandrum.com/wildcrafting.htm
- *http://botanicalstudies.net/wildcrafting/wildcrafting-for-beginners/
- *https://theherbalacademy.com/10-tips-for-wildcrafting-medicinal-herbs/

Instagram Accounts:

- @alltogethernow_us
- @wildfoodlove
- @pascalbaudar
- **@**thegreatko<mark>sm</mark>ickitchen

















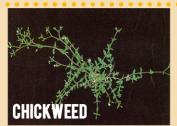


Scientific name: Cardimine spp

Nutrition: It is rich in Vitamins A and C and contains calcium, phosphorus and magnesium. Edible, greens can be used in salads. The young leaves can be eaten raw while older, larger leaves can be cooked like traditional mustard greens.

Medicinal use: It is a stimulating herb with diuretic and expectorant properties.

Poisonous look alikes: none.



Scientific name: Stellaria media

Nutrition: Chickweed tea is an old remedy for obesity, according to Culpepper, and wise women and herbalists still drink teas of fresh chickweed as one of the classic spring tonics to cleanse the blood.

Medicinal use: Typically used to treat irritated skin. May sooth itchiness where all other remedies have failed. It is often used to relieve eczema, An infusion of the fresh or dried may be added to a bath, where the herb's emollient properties will help reduce inflmmation- and encourage tissure repair/

Poisonous look alikes: none

Precautions: If taken in excessive doses, chickweed may cause diarrhea & vomiting. Do not take during pregnancy



Scientific name: Galium aparine

Nutrition: It has flavonoids (antioxidants), sterols (they block the absorption of dietary cholesterol into the body), tannins (which can bind up fluids and possibly relieve inflammation), phenolic acids (which have antioxidant and antimicrobial activities), and iridoid glycosides (which have antioxidant and antibacterial effects). Cleavers seed is one of the best coffee substitutes, it merely needs to be dried and lightly roasted and has much the same flavor as coffee.

Medicinal use: Lymphatic tonic & diuretic. The fresh plant or juice of Cleavers herb is used as a medicinal poultice for wounds, ulcers and many other skin problems. An infusion has shown of benefit in the treatment of glandular fever, tonsilitis, hepatitis and cystitis. The infusion is also used to treat liver, bladder and urinary problems.

Poisonous look alikes: none.



Scientific name: Malva neglecta

Nutrition: Historians have traced Melva neglecta's use as a vegetable back almost 3,000 years. The ancients used leaves and shoots as cooking greens and salad ingredients, while the seeds were used to accent dishes or as snecks. Very high in minerals, vitamins A & C, and protein. It's mature leaves are rarely eaten fresh as they are stiff and rough and have a bland taste that is easy covered by others flavors. A popular way of consuming this plant is to dry it then crumble it into smoothies, soups, stews, or other foods with sauces.

Medicinal use: All parts of common mallow are astringent, laxetive, urine-inducing, and have agents that counteract inflammation, that soften and souther the skin when applied locally, and that induce the removel (coughing up) of nucous secretions from the lungs. The Cherokee Indians put the flowers in oil and mixed them with tallow for use on scres. The Iroquois Indians made a compound influsion of plants applied as pollutice to swellings of all kinds, and for bricken bones. They also applied it to bablies' swellnes stated at rose takes. The Mahuna Indians used the plant for painful congestions of the stomech. The Navaja, Ramah Indians made a cold infusion of plants taken and used as a lotion for injuries or swellings. The plant is also an excellent laxetive for young children.

Poisonous look alikes: Creeping Buttercup

Precautions: When grown on nitrogen rich soils (and particularly when these are inorganic), the plant tends to concentrate high levels of nitrates in its leaves



Scientific name: Taraxacum officinale

Nutrition: The fresh spring leaves contain Vitamin C, almost as much iron as spinach, and four times the Vitamin A. Dandelion leaves and root together contain trace vegetable protein, fat, and significant complex carbohydrates bound in the fiber. Its minerals are mainly calcium, phosphorus, iron, magnesium, and sodium.

Medicinal use: Insulin-dependent diabetics can benefit from dandelion since the root and leaf together support stabilized blood sugar levels. Dandelion root is best collected before flowering in spring when they are most tender. Alternatively, roots collected after one makes a wish on the white, fluffy seed head in the autumn contain a higher inulin content. Inulin is the plant starch that is one constituent shown by research to help lower high blood sugar. As a stimulant to liver and gall bladder function, one of the main uses of root is to relieve the symptom of constipation without the drastic effects of harsh laxatives.

Poisonous look alikes:

Precautions: Avoid collecting dandelion from roadsides of places where pesticides and herbicides may have been used. This is because the plant "detaxifies" the soil, concentrating chemicals in its plant parts.



Scientific name: Lamium purpureum

Nutrition: high in fiber, iron, and vitamins. Its flowers can be used to decorate salads or desserts and the entire aerial portion is very easy and palatable to be blended into smoothies.

Medicinal use: It has been used in traditional herbal medicine to reduce allergic reactions and as anti-inflammatory. Its most known medicinal uses in traditional herbalism are as astringent, diuretic, diaphoretic and purgative. Its leaves can be used fresh, squeezed and applied on the skin to help stop bleeding and heal cuts and wounds.

Poisonous look alikes: none

*Know your source. Don't collect plants where you are unsure if they have been treated with chemicals. Also don't collect near busy roadsides as plants will collect all of the nasty emissions. Watch out for animal scat, and be sure to wash all wildharvested material!

*Be sure of your identification. If in doubt, THROW IT OUT!

*It's best to try a small amount of new foods first to see if you react. A food sensitivity can take up to 3 days to present symptoms.

- SOURCES: 1. Dandelion the Backyard Herball Remody, Dandelion the Backyard Herball Remody Comments 2013. Available at: http://www.blesse.drebts.com/leau/coss/dall.

 - 3. Welcome to Montana Plant Life! Montana Plant Life. Available at: http://montana.plant-life.org/. Accessed March 24, 2016 4. Foraging Texas. Foraging Texas. Available at: http://www.foragingtexas.com/. Accessed March 24, 2018.

 - 6 Alfs M. 300 Herbs. Their Indications & Amp. Contrandications, a Materia Medica & Amp. Repertory, with insights from American Exlectic Medicine. Physic Medicalism. Thomsonianism. Appalachian Folk Herbal Traditions, Uhani Tipp, Traditional Chinese Medicine, & Amp. Ayuvedic Medicine a Manual for Herbal Students and Practitioners. New Brighton, MN. 01d Theology Book House; 2003.