



Essentials for foraging wild plants safely

- 1) Use a regional field guide to identify local plants and weeds
- 2) Harvest the plant at the right time for optimal potency
 - a. Harvest the leaves in _____
 - b. Harvest the seeds in _____
 - c. Harvest the root in the fall, after frost
 - d. Harvest flowers when they are in their prime
- 3) Dry the plants out of direct sun, at low temperatures

A Dozen Ways to preserve the plant for maximum potency

- 1) Dehydrator or air dry protected from sun
- 2) Tincture in alcohol
- 3) Tea blends
- 4) Infuse in oil
- 5) Make salve
- 6) Infuse in Vinegar
- 7) Make an oxymel by adding honey to infused vinegar
- 8) Make a glycerite
- 9) Dry powder / capsules
- 10) Poultices
- 11) Wound sprays
- 12) Liniment

5 Plants that have medicinal virtue that are considered weeds

Homework: Look at your local plants and weeds that you can already identify. What 5 plants stand out to you right now that are a) in your yard, garden, or area; b) unsprayed; c) have medicinal value d) **that you can easily identify (important!)**

Think about: Dandelion, plantain, burdock, hawthorn, lambs quarters, stinging nettles, chickweed, comfrey, ox eye daisy, echinacea, brown eyed Susan, wild rose, bee balm, wormwood, St. John's wort, etc.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____