**Foraging**

10/18/2019

**Harvesting Notes**

- Before eating any plants, be sure you have correctly identified them. We have plants on this island that are toxic to humans and/or animals. You would not want to eat these!
- Do not harvest from roadsides or sidewalks close to the road because of proximity to vehicle pollution
- Do not harvest from a past or present industrial lot, or any space where past pollution might have been an issue
- Do not harvest from a field or yard where pesticides and fertilizers have been used
- It is best to harvest from a space where you or a trusted friend knows the history - plants will store toxins in their roots, leaves, and flowers - you would not want to accidentally poison yourself or your family with chemicals!

<table>
<thead>
<tr>
<th>Name</th>
<th>Food</th>
<th>Medicine</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Sheep Sorrel</td>
<td>• Eat the leaves&lt;br&gt;• Source of vitamin C, E, beta-carotene, and other carotenoids&lt;br&gt;• One of the most potent antioxidant herbs known&lt;br&gt;• Healthy addition to salads and soups</td>
<td>• For inflammation, diarrhea, scurvy, and cancer&lt;br&gt;• Helps in treating fevers&lt;br&gt;• Treats kidney and urinary tract diseases&lt;br&gt;• Remedy for intestinal parasites&lt;br&gt;• Maintains normal levels of blood sugar&lt;br&gt;• Topical remedy for eczema and itchy rashes</td>
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<td>Wood Sorrel / Lemon Clovers</td>
<td>• Eat raw leaves, flowers, and seed pods - high in Vitamin C and A&lt;br&gt;• High in oxalic acid so don’t eat too much</td>
<td>• Diuretic properties&lt;br&gt;• Fever reduction&lt;br&gt;• Increases appetite&lt;br&gt;• Reduces inflammation when applied topically</td>
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<td>Mallow</td>
<td>• Whole plant is edible — root, stems, leaves, flowers, and fruits&lt;br&gt;• Mild, almost nonexistent flavor&lt;br&gt;• Highly nutritious - rich in vitamins A, B, and C, along with calcium, magnesium, and potassium&lt;br&gt;• Young leaves have one of the highest amounts of vitamin A in any vegetable&lt;br&gt;• Mucilaginous quality,</td>
<td>• Soothes skin rashes and eases coughs&lt;br&gt;• Used to reduce inflammation in the respiratory and gastrointestinal systems</td>
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<td>Herbs</td>
<td>Uses</td>
<td>Benefits</td>
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| **Peppergrass**    | • Entire plant is edible  
      • Leaves can be used fresh in salads  
      • Seed pods can be used as a substitute black pepper  
      • Leaves contain protein, iron, vitamin A and vitamin C  
      • Entire plant can be blended with turmeric, vinegar, miso, garlic and salt to make wild mustard  
      • Roots can be used as a horseradish substitute | • Used to treat vitamin C deficiency and diabetes, and to expel intestinal worms  
      • American Indians used the bruised fresh plant, or a tea made from the leaves to treat poison ivy rash and scurvy  
      • Used in the treatment of coughs and asthma with excessive phlegm and liquid accumulation in the thoraco-abdominal cavity  
      • A poultice of the bruised roots has been used to draw out blisters                                                                 |
| **Dandelion and Chicory** | • All parts of the plant are edible  
      • Roots have large amounts of iron, manganese, phosphorus, carotenes, and protein  
      • Leaves have large amounts of potassium, carotenes, ascorbic acid, calcium, iron, phosphorus, B-vitamins, and protein  
      • Flowers contain some of the above, just in lesser amounts | • Bitter flavor of leaf and root helps to stimulate digestion and the flow of digestive juices  
      • Diuretic - useful for easing issues associated with retention of fluids  
      • Helps with high blood pressure                                                                                                                                 |
| **Mugwort**        | • Edible leaves  
      • Used dried as a spice for meat  
      • Leaves can be eaten fresh in salads, or cooked in soups  
      • Long history of use in beverages - added to teas and beer | • Aids in all digestive functions  
      • Anti-fungal, anti-bacterial, expectoratorative and anti-asthmatic  
      • Mild purgative abilities for constipation  
      • Diuretic properties - for liver, spleen, and kidney health  
      • Use to promote sleep in cases of insomnia  
      • Use topically on gout and bruises  
      • Treats parasitic infections, such as tapeworm, roundworm, and threadworm; also ringworm skin infection  
      • For gastric disorders, stomach pain, and bowel complaints - also poor appetite, indigestion, motion sickness and stomach acidity |
| **Red clover**     | • Edible leaves and flowers  
      • Leaves can be tossed into a salad or used in a tea  
      • Flowers are considered the | • Allergy relief  
      • Bone and joint health  
      • Hormonal imbalances  
      • Migraines                                                                                                                                 |

| Plantain | Eat leaves and seed pods  
Leaves are rich in iron and vitamins A and C  
May be eaten raw, but adult leaves tend to be stringy, and seed pods are tough  
Boil washed plants until tender, then serve leaves as you would spinach, or the seed pods as you might green beans or asparagus | Contains allantoin, an anti-inflammatory phytochemical that speeds wound healing and stimulates growth of new skin cells  
Leaves and seed heads may be dried for tea or used fresh |
| --- | --- | --- |
| Autumn Olive | Eat fresh berries  
Cook berries down to make jam, fruit leather, or pie  
Freeze for later | Rich in antioxidants  
17x more lycopene (helps slow onset of heart disease and cancer) than tomatoes  
Seeds used to treat coughing  
Oil from the seeds used for lung issues  
Rich in vitamin A, C, and E  
Good source of essential fatty acids |
| Acorns | Choose acorns that are ripe with caps that fall off easily, not blackened, not too cracked, no weevil holes, discard any that float when placed in a bucket of water  
Roast them, make acorn flour - which you can use to make acorn bread and/or cookies  
Drink acorn coffee from steeping roasted acorns in boiling water | Contains many B vitamins to improve the metabolism, also calcium, copper, magnesium, manganese, iron, potassium, and zinc  
Regular blood sugar  
Complex carbohydrates provide long-lasting energy  
Rich source of proteins |