



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!

Name	Food	Medicine	Notes
<p>Sheep Sorrel</p> 	<ul style="list-style-type: none"> • Eat the leaves • Source of vitamin C, E, beta-carotene, and other carotenoids • One of the most potent antioxidant herbs known • Healthy addition to salads and soups 	<ul style="list-style-type: none"> • For inflammation, diarrhea, scurvy, and cancer • Helps in treating fevers • Treats kidney and urinary tract diseases • Remedy for intestinal parasites • Maintains normal levels of blood sugar • Topical remedy for eczema and itchy rashes 	
<p>Wood Sorrel / Lemon Clovers</p> 	<ul style="list-style-type: none"> • Eat raw leaves, flowers, and seed pods - high in Vitamin C and A • High in oxalic acid so don't eat too much 	<ul style="list-style-type: none"> • Diuretic properties • Fever reduction • Increases appetite • Reduces inflammation when applied topically 	
<p>Mallow</p> 	<ul style="list-style-type: none"> • Whole plant is edible — root, stems, leaves, flowers, and fruits • Mild, almost nonexistent flavor • Highly nutritious - rich in vitamins A, B, and C, along with calcium, magnesium, and potassium • Young leaves have one of the highest amounts of vitamin A in any vegetable • Mucilaginous quality, 	<ul style="list-style-type: none"> • Soothes skin rashes and eases coughs • Used to reduce inflammation in the respiratory and gastrointestinal systems 	

	<p>similar to okra, and can be used to thicken soups and stews</p>		
<p>Peppergrass</p> 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	
<p>Dandelion and Chicory</p> 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	
<p>Mugwort</p> 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Aids in all digestive functions • Anti-fungal, anti-bacterial, expectorant 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 	
<p>Red clover</p>	<ul style="list-style-type: none"> • Edible leaves and flowers • Leaves can be tossed into a salad or used in a tea • Flowers are considered the 	<ul style="list-style-type: none"> • Allergy relief • Bone and joint health • Hormonal imbalances • Migraines 	

	<p>tastiest of all clovers - recommended to eat in moderation as some may experience bloating</p>	<ul style="list-style-type: none"> • Skin healing and rejuvenation • Skin conditions such as eczema, psoriasis, and other skin irritations that crack and ooze • Used to counteract fevers, inflamed lungs, and bronchitis 	
<p>Plantain</p> 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	
<p>Autumn Olive</p> 	<ul style="list-style-type: none"> • Eat fresh berries • Cook berries down to make jam, fruit leather, or pie • Freeze for later 	<ul style="list-style-type: none"> • 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 	
<p>Acorns</p> 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	