



Soul Gardens

Local, Sustainable, Affordable Herbalism and Foraging

Alewife Reservation Edible Plants Walk

Books on Identifying and Foraging For Wild Plants

- *Newcomb's Wildflower Guide* by Lawrence Newcomb, Little, Brown and Company
- *A Field Guide to Wildflowers of Northeastern and North-Central North America (Peterson Field Guides)* by Margaret McKenny and Roger Tory Peterson
- *The Audobon Society Field Guide to North American Wildflowers: Eastern Region* by National Audobon Society
- *A Field Guide to Edible Wild Plants: Eastern and Central North America (Peterson Field Guides)* by Lee Allen Peterson and Roger Tory Peterson
- *Edible Wild Plants* by Elias and Dykeman, Sterling Publishing Co., Inc.
- *Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places* by "Wildman" Steve Brill with Evelyn Dean, Hearst Books
- *A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America (Peterson Field Guides)* by Steven Foster, James A. Duke and Roger Tory Peterson
- *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*, by Sam Thayer
- *Edible Wild Plants: Wild Foods from Dirt to Plate*, by Dr. John Kallas, 2010
- *Northeast Foraging: 120 wild and flavorful edibles from beach plums to wineberries* by Leda Meredith
- *Wild Plants I Have Known...and Eaten* by Russ Cohen and Stephanie Letendre, 2004

Websites, Blogs

- www.eattheweeds.com
- <https://eattheplanet.org/>
- www.wisebread.com/free-food-in-your-yard-edible-weeds
- www.ediblewildfood.com/edible-weeds.aspx
- www.wildfoodadventures.com/
- www.wildmanstevebrill.com/

Points of information and safety:

1. **Know where** you are picking and harvesting. Make sure it is not polluted or contaminated, and that you have permission to be harvesting there. Be sure that no dogs are using the area for bathroom purposes.
2. **Identify** correctly the *plant* you are harvesting; know the *botanical name (Genus, species)* which is unique to the plant. Know the *parts* you are using, and the *time of year* at which to be using those parts. Make sure that it is edible and/or medicinal or for whatever use you are planning on.
3. **Proceed with caution!** Don't assume that just because it's natural it cannot poison or otherwise harm you. Also don't assume that just because it's natural you can ingest a lot of it. With a new plant, start with a little bit, see how you react, and then if you are fine, go ahead and use it.
4. And **don't overharvest**. Even when there is an abundant stand of plants, make sure to leave enough to reproduce and keep the population going. Know if a plant is endangered or rare, and leave it if it is. Respect the environment and all it offers, and leave enough for others, including the insects and other animals.

Iris's Rule of Safety: If you aren't sure if a plant is safe, don't pick it or eat it: When in doubt, DON'T!

Plants are part of the whole community of life in the environment, so we must treat them with care and respect, and remember that what we do to plants can affect the community and environment of which they are a part.

Some of the plants we may encounter today:

COMMON NAME	BOTANICAL NAME	EDIBLE/ MEDICINAL	PARTS USED
Apples—Wild and Crabapples	Malus spp	E, M	E: Fruit. M: Flowers
Bayberry	Myrica gale	E	E: Berries, leaves
Black Cherry	Prunus serotina	E, M	E: Fruit. M: Inner bark, young twigs
Burdock	Arctium lappa	E, M	E: First year: roots; second year: bloom stalks. M: First year roots, seeds—fall
Cattails	Typha spp		E: Young shoots, immature flower spikes, pollen, sprouts, rootstock
Curly Dock, Broad-leaf Dock	Rumex crispus, R. obtusifolia	E, M	E: Very young leaves and roots, seeds. M: Roots
Dandelion	Taraxacum officinale	E, M	E, M: Roots, leaves, flowers
Daylily	Hemerocallis fulva		E: Buds, flowers, tubers
Evening Primrose	Oenothera biennis	E, M	E: Flowers, leaves and leaf rosettes, roots, seeds M: Flowers, leaves, seeds
Garlic Mustard	Alliaria petiolata	E	M: Leaves, flowers, seed pods
Goldenrod	Solidago spp.	E, M	E: Flowers for tea. M: Flowers
Greater Plantain, Rib-Leaf Plantain	Plantago major, Plantago lanceolata	E, M	E, M: Leaves, seeds
Ground Ivy	Glechoma hederacea	E, M	E, M: Leaves, flowering stems
Japanese Knotweed	Reynoutria japonica	E, M	E: Young shoots. M: Roots
Mugwort	Artemisia vulgaris	E, M	E, M: Leaves, flowers (flowers can cause allergies)
Queen Anne's Lace	Daucus carota	E, M	E: First year roots; leaves, flowers, seeds M: seeds—fall
Raspberries, Blackberries	Rubus spp	E, M	E, M: Fruit—berries, leaves
Red Clover	Trifolium pratense	E, M	E: Flowers, leaves. M: Flowers
Rose—Multiflora Rose	Rosa multiflora	E, M	E, M: Flowers, leaves, fruit—hips
Spruce	Picea spp.	E, M	E: Needles, new-growth tips, M: Needles
St. John's Wort	Hypericum perforatum	M	M: Flowering tops
Sumac—Staghorn, Smooth	Rhus glabra, R. typhina	E, M	E: Red berry-like seeds M: Berries, leaves
Teasel	Dipsacus sp.	M	M: Leaves
Violets	Viola sororia	E, M	E: Flowers, leaves. M: Flowers, leaves, roots
White Pine	Pinus strobus	E, M	E: Needles, new-growth tips, inner bark M: Needles
Willows—Pussy Willows	Salix discolor, S. spp.		M: Bark