



Soul Gardens

Local, Sustainable, Affordable Foraging and Herbalism

Woonasquatucket Greenway Plant 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
- *A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America (Peterson Field Guides)* by Steven Foster and James A. Duke
- *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*, by Samuel Thayer
- *Edible Wild Plants: Wild Foods from Dirt to Plate*, by Dr. John Kallas
- *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
- *The Healing Trees* by Robbie Hanna Anderman

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. **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.
2. **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.
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. Plants are part of the community of nature and have lives and uses beyond our human knowing.

Remember: When in doubt, don't!

PLANT LIST: Some plants we may meet today

COMMON NAME	BOTANICAL NAME	PARTS USED	EDIBLE, MEDICINAL, OTHER
Beech Tree	<i>Fagus grandifolia</i>	Sap, Nuts, Leaves	E: Sap, nuts M: Leaves
Elderberry, Black	<i>Sambucus nigra</i>	Flowers, Berries	E, M: Flowers, berries (<i>must</i> be cooked)
Autumn Olive		Berries	E: Berries
Burdock	<i>Arctium lappa</i>	Roots, Leaves, Seeds, Young flower stalks	E: Roots, leaves, young flower stalks M: Roots, leaves, seeds
Cattails	<i>Typha spp.</i>	Young shoots and stalks, Immature flower spikes, Pollen, Sprouts, Rootstock	E: All mentioned parts M: Roots, Seed down Crafts
Clover, White	<i>Trifolium repens</i>	Flowers, Leaves	E, M: Flowers, Leaves
Dock, Broadleaf	<i>Rumex obtusifolia</i>	Roots, Leaves, Seeds	E: Very young leaves and roots, seeds. M: Roots
Evening Primrose	<i>Oenothera biennis</i>	Flowers, Roots, Leaves, Seeds	E: Flowers, leaves and leaf rosettes, roots, seeds M: Flowers, leaves, seeds
Goldenrod	<i>Solidago spp.</i>	Flowers, Upper leaves	Tea, M: Flowers, upper leaves
Japanese Knotweed	<i>Reynoutria japonica</i>	Young shoots, Roots	E: Young shoots. M: Roots
Milkweed	<i>Asclepias</i>	Young shoots, Buds, Flowers, Young pods	E: Young shoots, Buds, Flowers, Young pods
Jewelweed	<i>Impatiens capensis</i>	Above-ground plant, Seeds	E: Seeds M: Above-ground plant
Mugwort	<i>Artemisia vulgaris</i>	Flowers, Leaves	M: Flowers, leaves Tea, Flavoring, Crafts, Magic
Mullein	<i>Verbascum thapsus</i>	Flowers, Leaves	M: Flowers, leaves
Oak	<i>Quercus spp.</i>	Acorns, Inner bark	E: Acorns; M: Inner bark Crafts, Dyeing
Plantain --Greater Plantain, Rib-Leaf	<i>Plantago major, Plantago lanceolata</i>	Leaves, Seeds	E: Young leaves, seeds M: Leaves, seeds
Pokeweed	<i>Phytolacca americana</i>	Young shoots, Roots	E: Young shoots, M: Roots (toxic)
Purslane	<i>Portulaca oleracea</i>	Flowers, Buds, Leaves, Seedpods, Young stems	E: Flowers, buds, leaves, seeds, seedpods, young stems
Queen Anne's Lace	<i>Daucus carota</i>	First year roots, Leaves, Flowers, Seeds	E: First year roots; leaves, flowers, seeds; M: Seeds
Raspberry/Blackberry	<i>Rubus spp.</i>	Fruit, Leaves, Roots	E: Fruit M: Leaves, roots
St. John's Wort	<i>Hypericum perforatum</i>	Flowering tops	M: Flowering tops
Maple--Sugar, other Maples	<i>Acer saccharum, Acer spp.</i>	Buds, Flowers, Young leaves, Bark, Sap	E: Buds, Flowers Sugar Maple—E: Young leaves, seeds, inner bark; M: Leaves, seeds, bark
Sumac	<i>Rhus typhina</i>	Berries, Leaves	E: Red berry-like seeds M: Berries, leaves Dye plant
Sycamore Tree	<i>Platanus occidentalis</i>	Sap,	
Tansy	<i>Tanacetum vulgare</i>	Flowers, Leaves	M: Flowers, leaves Ant Repellant, Dyeing
Thistle	<i>Cirsium spp.</i>	Leaves, Young stems	E: Leaves, young stems
Wood Sorrel	<i>Oxalis stricta</i>	Flowers, Leaves, Seedpods	E: Flowers, buds, leaves, seedpods
Yarrow	<i>Achillea millefolium</i>	Flowers, Leaves	E, M: Crafts Flowers, leaves, Magical/Energetic, Dye plant
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Bittersweet (Oriental)	<i>Celastrus orbiculatus</i>		Introduced, invasive
Poison ivy	<i>Toxicodendron radicans</i>	Whole plant—poisonous Don't touch	Magical/Energetic Native All parts can cause rash, even in winter!
Virginia Creeper	<i>Parthenocissus quinquefolia</i>	Leaves, Roots	Native M: Leaves, roots Broken leaves and stems can cause rashes in sensitive people

Wild Pesto

(adapted from *Marvelous Meals* by Joyce Wardwell)

2 cups wild greens, lightly packed—one or more of any of these: lamb's quarters leaves, amaranth leaves, young violet leaves
½ cup young dandelion greens (or other bitter green)
4 large cloves garlic
Chopped garlic chives (optional)
½ cup wild carrot (Queen Anne's lace) leaves, or parsley
½ cup olive oil—extra virgin, organic, cold-pressed if possible
½ cup nuts— one or more of any of these: pine nuts, walnuts, pecans, almonds
½ cup grated parmesan cheese (optional)
Salt and pepper to taste

In a blender or food processor, place all the leafy ingredients, garlic (cutting the cloves into chunks helps them blend better), nuts, and olive oil. Process until well blended. Add cheese and blend again. You can freeze this pesto in small containers and defrost when you want to use it. If freezing, leave out the cheese; add it when you have defrosted the pesto.

Adding a few nasturtium leaves gives a nice pepperiness. A few yarrow leaves add their own flavor, as well.

This makes a great dressing for pasta, cracker spread, base for complex soups, or delicious soup garnish.

Call of the Wild Roots Stir Fry

2 cups cleaned, coarsely chopped wild roots—one or more of any of these: Jerusalem artichokes, burdock roots, daylily tubers, dandelion roots, wild carrot (Queen Anne's lace) first year roots
¼ to ½ cup evening primrose roots, coarsely chopped
½ cup chopped wild onions or domestic onion
2 large cloves garlic, minced or sliced
¼ cup olive oil
Herbs to taste: sage, oregano, mugwort leaves, wild carrot (Queen Anne's lace) seeds, fresh peppergrass seeds, yarrow leaves
Chopped ginger (optional)
Chopped fresh turmeric root (optional)
Salt and pepper to taste

Saute onion and garlic in the olive oil for 5 minutes, then add root vegetables and ginger and turmeric, if using. Cook, stirring frequently, until vegetables have reached desired level of doneness. Add any seasoning and let cook a couple minutes more. Serve over brown rice or pasta, or as a side dish for mashed potatoes and meat, or other meals.

Other root vegetables that can be added or substituted are parsnips and cultivated carrots.

Recipe by Iris Weaver

Wild Greens and Mashed Potato Casserole Au Gratin

1 cup cooked mashed potatoes
½ cup cooked mild wild greens—a combination of any or all of the following: lamb's quarter's, violet leaves; a few dandelion leaves
1 cup shredded or grated sharp cheese of your choice
1 egg
¼ cup chopped black olives
salt to taste
¼ cup grated cheese

Mix all ingredients except ¼ cup of cheese together. Place in greased casserole dish and bake at 350° for 40 minutes until done. *Recipe by Iris Weaver*

Rainbow Salad

(From *My Wild Friends* by Blanche Cybele Derby)

“Make your salad greens sparkle with the addition of these or any edible flowers...In the spring you can use black locust, chickweed, dandelion, linden, maple, violet, and wisteria; and later on in the season, red and white clover, daisy, day lily, elderflower, milkweed, mint, nasturtium, and pansy.”

Sumacade

(from *My Wild Friends* by Blanche Cybele Derby)

15 or so ripe heads of smooth and/or staghorn fruit clusters
2 quarts water
¼ cup or more honey or maple syrup

Strip the clusters from the stems as well as you can. Cover with water and vigorously press with a potato masher to release the acidic flavor. Let sit until juice turns rosy pink. Strain juice through several layers of cheesecloth or clean muslin to filter out any hairs or other debris.

Add honey or maple syrup if you like a sweeter taste. To mix in honey, you will have to heat the sumacade slightly to get honey to dissolve thoroughly.

Spiced Sumacade

(from *My Wild Friends* by Blanche Cybele Derby)

4 cups unsweetened sumacade
¼ cup or more of honey or maple syrup
Several orange and lemon slices
1 stick cinnamon
3 whole cloves
Scant ½ t. allspice
Dash of nutmeg

Place all ingredients in pot on stove and simmer for 15 minutes. Serve with a sprig if you like. This is also excellent as a chilled cold drink in summer.

Apple Crisp

(adapted from *The Tassajara Bread Book*)

4 to 5 cups chopped wild apples or sweet crab apples, cored, with peels left on if desired
2-4 T. lemon juice
1 teaspoon cinnamon
1/8 teaspoon ground nutmeg
¼ teaspoon ground ginger (optional)
¾ cup sugar or honey
½ cup whole grain flour (wheat, buckwheat, other)
½ cup rolled oats
½ cup (1 stick) butter or margarine, softened, preferably salted

Cube apples into large or small pieces, cutting out any bad spots. Place in greased casserole dish. Sprinkle with lemon juice, sprinkle on spices.

In mixing bowl cut butter into remaining ingredients, using a pastry blender or 2 table knives, until well blended. Pat over surface of apples in baking dish. Bake in 375-degree oven, covered for ½ hour. Remove cover and let brown for another 15 minutes or so. Serve warm or cold with cream or other topping of your choice.

Can also be made with other fruits, in combination or alone, such as pears, peaches, and cranberries.