

Foraging for Medicinal Plants in the PNW: Fall and Winter

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Some Ethics/ Sustainability reminders

1. Learn and observe first, harvest second.
2. Take only what you need
3. Harvest what's abundant/ Avoid harvesting rare plants
4. 1 in 10 rule
5. Use clean, sharp tools.
6. Get permits or permission
7. Bring the right equipment
8. Be ready to go home empty handed
9. Tend for future harvests

Latin binomials

Family: *Rosaceae* (rose family)

Genus: *Rosa*

Rosa rugosa (Rugosa rose)

Rosa damascena (Damascus rose)

Rosa spp. (multiple species)

Rosa sp. (species unknown)



What's happening for plants in the fall and winter

- Energy going back down into the roots and bark
- Tree buds forming for next season
- Late fruits ripen and persist: nuts, seeds, berries
- Freezing temperatures convert complex starches into sugars
- Rains come

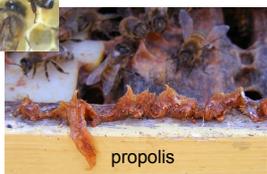


Black Cottonwood (*Populus trichocarpa*)



Cottonwood Bud Medicinal Uses

- Contains salicylic acid and resins (terpenes)
- Expectorant: for wet coughs
- Antimicrobial: for cuts and lung infections
- Pain: topically for sore joints



- Cottonwood is related to willow
- Cottonwood bud resin is one of the things bees use to make propolis
- Cottonwood bud salve was once called "Balm of gilead" and has a long history of use

Cottonwood Bud Infused Oil and Salve

- Fresh buds in olive oil: Hot water bath for 48 hours
- Strain
- Store oil in fridge
- Salve: 100ml oil:17g beeswax



Cottonwood Bud Infused Honey

How to make:

- Put fresh buds and honey in a jar
- Hot water bath: 5 hours
- Strain
- Store in fridge

Medicinal Uses:

- Sore throat
- Phlegmy coughs
- Secondary infection of the lung



Usnea lichen (Usnea spp.)

- Harvest off of fallen alder trees or branches
- Many types of lichens tend to grow together, so you need to be discerning.
- ID test: pull gently to find a rubber like tendon in the middle.
- Should be round not flat.



Usnea longissima Methusela's beard



Usnea lookalikes





Usnea medicine

- Antibiotic properties
- Used for lung and bladder infections
- Effective against gram positive bacteria (like strep and staph), but not against gram negative bacteria (like salmonella and E. Coli)
- Antibiotic compounds are not water soluble, so make an alcohol tincture (use 75% alcohol or more)
- The best tincture should be orange. There are many ways to achieve this (needs to be hot), so do some research.

Barks

- Best bark time is early spring (February/ March) b/c it peels off easily.
- Best to harvest bark when leaves are not present.
- Choose branches that are thicker than your thumb for best medicine
- Use a pocket knife to scrape bark off. Either dry it or make a tincture with the fresh bark.



Make sure the branch you're getting the bark from is alive!

- Is it fragrant?
- Is the bark a little damp when you peel it off?
- Does it have green?



Gleaning Ornamental Barks in your Neighborhood

- Ornamental trees and shrubs in neighborhoods can be a treasure trove of exciting medicine.
- People prune trees/ shrubs in the fall or early spring
- Look in your neighbors' yards and ask them to let you know when they are trimming their medicinal trees.
- Get on buy nothing and post about trees you are interested in
- Inquire about pesticide use, and try to avoid harvesting from trees near VERY busy streets

Some of my favorite ornamental Medicinal bark species

- Mimosa bark (Albizia julibrissin)
- Magnolia bark (Magnolia spp)
- Oregon grape bark
- Barberry bark
- Oak bark (Quercus spp.)
- Tulip poplar bark (Liriodendron tulipifera)
- Cramp bark (Viburnum opulus)
- White pine bark

How do I know what type of tree it is if there are no leaves?

- Look for berries, cones or seeds
- Look for leaves on the ground
- Search google for "*latin name*" twig ID" for closeups like this ---->
- Look at branching, habit
- Identify trees in spring and summer before you need to harvest in the winter



Oregon Grape (*Mahonia spp.*)



Oregon Grape Medicinal Uses

Cramp Bark

Red Alder Bark (*Alnus rubra*)

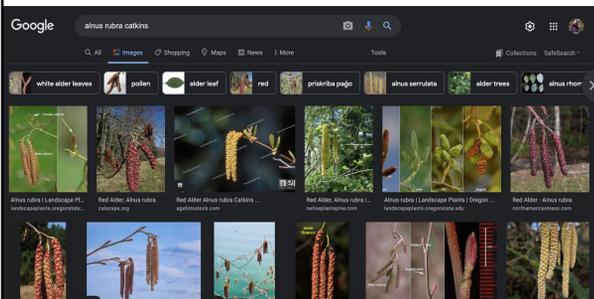
- Turns red when exposed to the air.
- Boil bark in water and use as a wash for acne or other damp, bacterial infections.
- Internally used for cleaning out blood and lymph



Red Alder Bark is traditionally used as a red dye and medicinal by local indigenous tribes



Using Google to help your winter ID game



Roots

HARVESTING AND PROCESSING

- Harvest when upper part of plant is dormant, or at least not in flower
- Use a digging fork to loosen soil around it
- Pull up by the crown
- Spray with high pressure hose
- Scrub with scrub brush
- Chop/ cut and either dry or make medicine





Yellow Dock Root
(*Rumex crispus*)

Broadleaf Dock (*Rumex obtusifolium*) **Yellow Dock (*Rumex crispus*)**

Yellow Dock Medicine

- Yellow dock tincture
- Iron syrup with Nettle, alfalfa and rose hip
- Used internally for eczema with dandelion root
- High in iron and other minerals
- Cleans up large intestine, clears liver

Fall and Winter Fruits and Nuts

- Hawthorn berry (October/ November)
- Blue Elderberry (October)
- Apple (September- Early November)
- Rose Hips (September- December)
- Quince
- Crab apple (September-October)
- Chestnuts (September - October)
- Horse Chestnuts (September- Early November)

Blue Elderberry Harvest, October 10, 2021

Blue Elderberry
Sambucus cerulea

- Found east of the Cascades mostly
- Immune tonic and anti viral!
- Not as many dark pigments as black elderberries
- Toxic in large doses when raw
- Ripens September/ October



Recipe for elderberry syrup

Hawthorn Berry (*Crataegus monogyna*)

- Harvest berries early October to mid November
- Avoid berries that have lots of black mold on surface
- Freeze or dry to store
- Make jellies, jams, chutney, ketchup, syrup, oxymel, tincture etc etc.
- Hawthorn berry medicine:
 - Helps strengthen blood vessels
 - Reduces cardiovascular inflammation
 - Strengthens heart muscle



Hawthorn Cordial Recipe - from Rosalée de la Forêt

What you'll need...

- 1 cup dried hawthorn berries (80 grams)
- 1 apple, chopped, seeds removed
- zest of 1 lemon
- 1 teaspoon minced fresh ginger
- 3 cardamom pods, crushed
- 1 vanilla bean, cut in half lengthwise
- 1 cinnamon stick
- 2 tablespoons dried hibiscus
- 1/3 cup unsweetened 100% pomegranate juice
- 1/2 cup honey, or to taste
- 2 cups brandy



Rose hips (Rosa spp.)

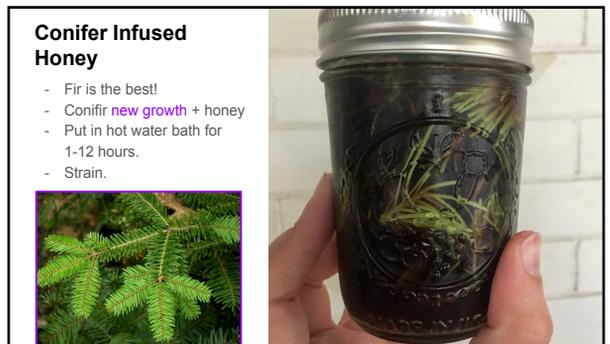
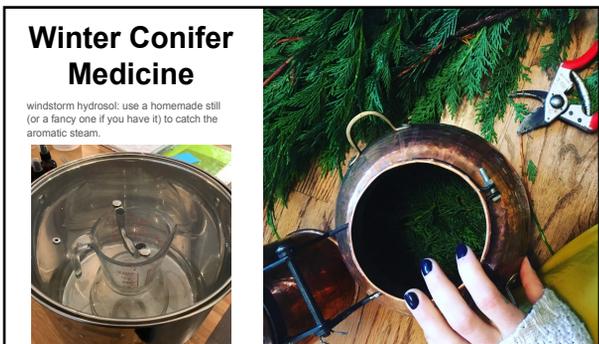
- HARVEST: September-November
- Common in parks and landscaping
- Many different species ----->
- Check for mold on the outside and/ bugs inside
- Flesh should be orange not green or white.
- High in vitamin C and flavonoids
- Make tea or jam
- Very sour in taste



Rosa rugosa hips. These ripen first and are the most fleshy and tender.

Several species of rose have these oblong, harder hips that last well into December.





Pine Resin

- harvest from any tree in the pine family (firs, hemlocks, doug fir, pines, etc)
- winter resin is less sticky and harder
- Resin melts into oil!
- Use traditionally to seal baskets, affix arrowheads and other glue-like uses.
- Do not pick out of a tree wound, as it opens the tree to pathogens

Medicinal properties (TOPICAL OIL)

- Antimicrobial
- pro-inflammatory



Greens in the Fall and Winter

It doesn't freeze so much in Western Washington, so there are still edible and medicinal greens! They are often tender and sweet during this season.

- Chickweed
- Nettle
- Cleavers
- Bittercress
- Nipplewort
- dandelion



Chickweed is delicious! Especially during warm spells it sprouts up in the winter.

Bittercress (Cardamine spp.)

- Related to mustard
- Slightly spicy
- Eat raw ----->
- Is a weed probably growing in your yard



February
Nettle!
Spring is
beginning.



Winter Watercress

- Grows in ditches, streams
- Cast seeds into a suitable place to establish a patch
- Prefers running water
- Tastiest to harvest in winter
- Does not freeze because of moving water



Upcoming Online Classes

- November 16, 6:30-8:30pm PST: **DIY Herbal Throat Spray Make Along**
- December 9, 6:30-8:30pm PST: **An Herbalist's Perspective on Aging and Longevity**
- January 6, 6:30-8:30pm PST: **A Forager's Year in Washington**
- January 13, 6:30-8:30pm PST: **Sustainable Foraging 101**
- January 20, 6:30-8:30pm PST: **Ten Wild Plant Medicines of Washington**
- January 27, 6:30-8:30pm PST: **Five Poisonous Plant of WA**

Thank



Adiantum School
of Plant Medicine

you!

I offer online classes, in person plant walks, medicine making classes,
and private foraging walks.

Follow my facebook page or go to my website for more info:

www.adiantumschool.com

Put your email address in the chat window if you'd like to be added of
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