

Welcome!

Class will start at 6:35pm sharp.

This class will be recorded and a link will be sent out to participants after class.

Please keep yourself on mute during class.

PNW Medicinal Plants of Early Spring

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The Adiantum School of Plant Medicine
2022



March 7 off
Highway 2

Spring comes later the
higher the elevation.



Late March on Cougar
Mountain: no green
sprouts!



February Nettles at
sea level







Violet (*Viola spp.*)

- Leaf and flower both used
- Soothing and gently cleansing
- Eczema
- Irritated stomach
- Irritated throat
- Make violet leaf tea
- Make violet flower oil

Viola odorata
Sweet violet
Non-native, cultivated variety

What to do with Violets

Violet liqueur

Violet infused oil

Violet flowers in a wild salad

Viola glabella
Stream violet

Most common native violet species

Viola sempervirens
Evergreen violet

Common Chickweed (*Stellaria media*)

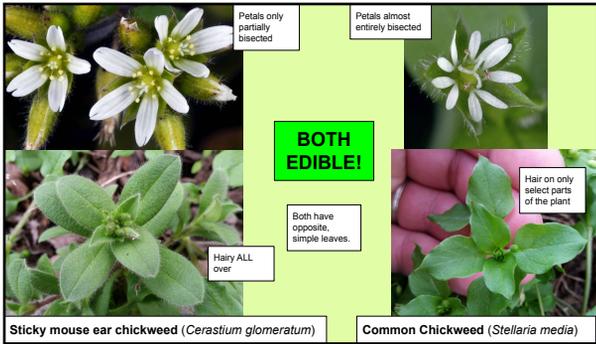
Chickweed grows in matted patches, often at the edge of grassy fields, or in low spots.

Except for extra cold times, it grows all winter in this area.

5 white petals.
Petals are "v" shaped.

Single line of hairs

Common Chickweed (*Stellaria media*)



Medicinal Uses of Chickweed

- Either eat it, or make a tea or juice
- Not as effective dry, best fresh
- Tinctures rarely used
- **Nourishing** (high in EFAs and minerals)
- Gently **detoxifying**
 - Clears out lymph
- GENTLY discourages growths and buildups
 - Used for cysts, growths etc.
 - also used topically as an infused oil for this

Siberian Miner's Lettuce (*Claytonia sibirica*)

Young leaves coming from base are different shaped.

Leaves on flower stalks are paired.

Siberian Miner's lettuce (*Claytonia sibirica*)

Our native species

Grows in the forest

Miner's lettuce (*Claytonia perfoliata*)

Introduced species

Grows in grassy fields

Flowers similar

BOTH EDIBLE!

Mature leaves different

Contains less oxalic acid, therefore more edible

Miner's Lettuce (*Claytonia perfoliata*)

- Introduced
- Weedy habit- loves growing in grassy fields and lawns
- Very edible and delicious
- Less sour than siberian miner's lettuce
- Can be grown from seed in the garden.

Best taste when flowers are new and small, early in the season

Stinging Nettle (*Urtica dioica*)



THE CHEMISTRY OF STINGING NETTLES

Stinging nettles are an unpleasant supplement to country walks. Their stings cause itching, inflammation, and pain that can last for several hours. But what are the chemicals behind their venom, and what topics there to some of the off-suggested remedies to try and reduce the pain of a nettle sting?

STINGING NETTLE VENOM

Stinging nettles are covered in tiny hollow hair-like bristles. When you touch them, they break and release their venom, getting you to feel the pain of the sting. The venom is a mix of several compounds, including histamine, serotonin, and acetylcholine.

HISTAMINE

SEROTONIN

ACETYLCHOLINE

The venom is also a good source of iron, calcium, and potassium. It is also a good source of antioxidants, including flavonoids and polyphenols.

NETTLE STING REMEDIES

ICE CREAM

Ice cream is a common remedy for nettle stings. The cold temperature helps to numb the pain and reduce the inflammation.

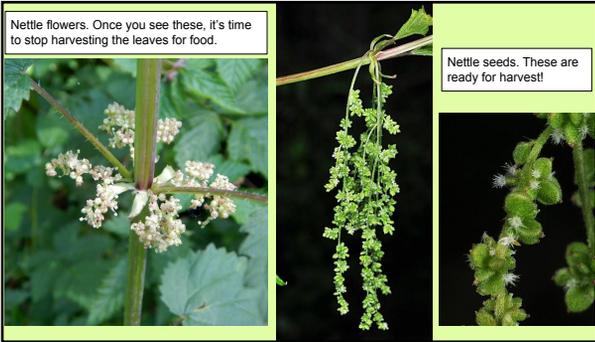
ANTIHISTAMINES

Antihistamines can help to reduce the allergic response to the venom. They work by blocking the histamine receptors on the skin.

OTHER REMEDIES

Other remedies for nettle stings include vinegar, baking soda, and aloe vera. These remedies can help to soothe the skin and reduce the pain.

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Medicinal Uses of Stinging Nettle

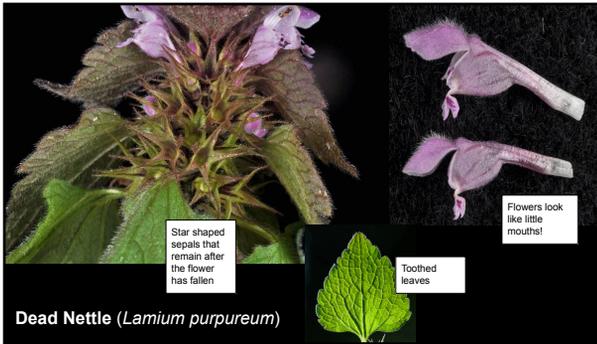
- "Self urtication"
- Hay fever
- High allergic response
- Diuretic
- Minerals (iron, silica)
- BPH
- Blood sugar regulation
- Eczema
- Asthma (Allergic)

Nettle cold infusion is the best way to get minerals!

Nettle tincture is nice for allergies, but does not have the mineral content.

Make your Own Stinging Nettles Tincture





Uses of purple dead nettle

- Stops bleeding when used topically (styptic)
- tea for hay fever
- Young leaves are edible.

Sometimes leaves are very purple, sometimes very green.



Medicinal Uses of Cleavers

- Cleavers juice
- Cleavers is a gentle lymphatic mobilizer
- Used as a spring detox tonic
- Also clears pelvic stagnation (BPH etc)
- Put in bladder formulas to clean up bladder



Medicinal Uses of Dandelion

- ROOT
 - Clears liver
 - Digestive bitter
 - Eczema
 - Hormonal imbalance
- LEAF
 - Strongly diuretic
 - Clears kidneys
- MILKY SAP
 - Rub on warts to get rid of them

Dandelion and its lookalikes

Dandelion
(*Taraxacum officinale*)

Smooth hawk's beard
(*Crepis capillaris*)

Hairy cat's ear
(*Hypochaeris radicata*)

Leaf comparison

Dandelion
(*Taraxacum officinale*)

Smooth hawk's beard
(*Crepis capillaris*)

Hairy cat's ear
(*Hypochaeris radicata*)

Indian plum, Oso berry (*Oemleria cerasiformis*)

distribution

Tiny leaves are edible. As they get older they get more bitter and acid.

One of the first flowers of spring. Blooming now!

Giant Horsetail (*Equisetum spp.*)

Fertile and vegetative shoots

Vegetative shoots are used for medicine

Fertile shoots are edible!

Giant Horsetail vs Common horsetail

Equisetum telmateia

Equisetum arvense

Medicinal Uses of horsetail

- Very high in silica, which helps calcium absorption
- strengthens the bladder
- Strengthen connective tissue (teeth, hair, nails)
- Helps calm allergic reactions (high in quercetin)
- DRY GREEN PARTS BEFORE USING.
- Hair rinse, nail bath

HAIR RINSE:
Make a strong tea and pour over your hair after a shower.

Red Elder (*Sambucus racemosa*)

- Our native elder species in western WA!
- Starts blooming in March.
- Flowers can have lots of bugs in them
- Harvest flowers when freshly opened and most aromatic
- Reduce stems in things you make (some people extra sensitive)
- Flavor different than black elderflowers



Elderflower cordial

A classic european beverage!

- Pour hot simple syrup over elder flowers and lemon slices
- Let sit for several hours
- Strain
- Store in fridge
- Combine with sparkling water

This version is alcohol free!



Big Leaf Maple *Acer Macrophyllum*

Maple flower fritters



Harvest the flowers when they are still opening. They get tough and fibrous quickly!

Japanese knotweed *Fallopia japonica*

Shoots start coming up in March and grow QUICK. Shoots are edible like rhubarb.

DO NOT drop pieces of this plant or propagate it. It is **HIGHLY** invasive.

Be wary of herbicide contamination. This is a commonly sprayed plant.



It's invasive, so harvest to your heart's content!



It's strong enough to break through concrete.

It can ruin foundations.





Upcoming Plant Walks

- Foraging for Medicinal Plants in Early Spring
 - March 12, 10am-12pm:
 - Harvey Manning Trailhead at Cougar Mountain in Issaquah
- Foraging for Medicinal Plants in Early Spring
 - March 26, 10am-12pm
 - At Discovery Park in Seattle
- What to Forage in Spring: Wild Medicinal and Edible Plants (online)
 - April 13, 2022 6:30pm PST

Thank  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 my mailing list to receive updates about classes and programs.

Interesting articles

<http://arcadianabe.blogspot.com/2013/07/red-elderberry-experiment-1.html>

<http://arcadianabe.blogspot.com/2012/03/rules-for-foraging-on-public-land.html>

<http://wildfoodsandmedicines.com/harvesting-tips/>