

**Are you a...** (answer in the comments section with numbers)

1. Gardener
2. Forager
3. Use of herbal remedies
4. Hiker

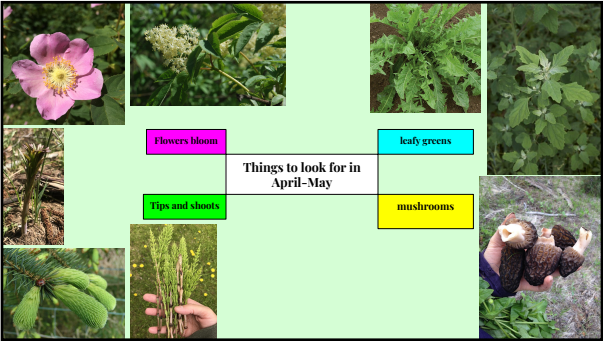
We'll get started at 6:35

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## Conifer Tips!

- Sitka Spruce
- Douglas Fir
- Grand Fir
- Ornamental species
- Each has a different taste!

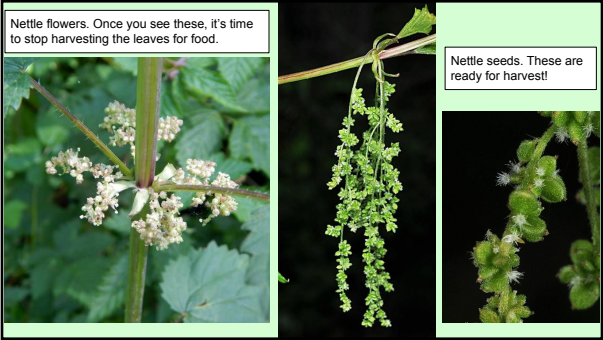
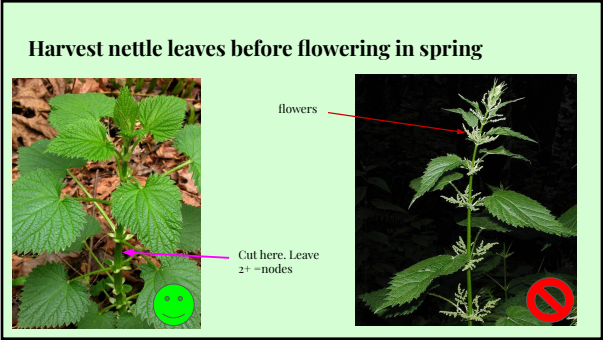
A photograph of a person wearing a blue raincoat and a hooded jacket, standing in a dense forest of evergreen trees. The person is holding up a small branch of a conifer tree, showing the needles. The forest is lush with green foliage, and the person is smiling.

- ## Conifer Tips!
- Sitka Spruce
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- A photograph of a person wearing a blue raincoat and a hooded jacket, standing in a dense forest of evergreen trees. The person is holding up a small branch of a conifer tree, showing the needles. The forest is lush and green, with many trees visible in the background.









## Harvesting Rose petals

- Best flowers are in May
- Choose the most **aromatic** flowers
- Take petals only
- Leave one petal so the bees can still find the flower
- Rosa rugosa is my favorite species—>
  - Flowers are very aromatic and not too astringent
  - bushes grows enthusiastically
  - Often found in parks and city landscaping
- Garden rose varieties are bred for show, so not as aromatic



## What to do with rose petals

- Infused honey
- Hydrosol
- Dry for tea
- conserve/ jam



## Medicinal Attributes of Rose Petals

- Astringent
- reduces inflammation
- High in flavonoids
- Calming
- strengthens vasculature
- Used heavily in skincare
- Used in heart tonics



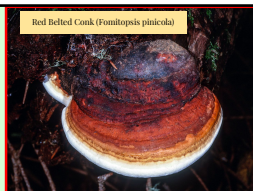
Nootka rose (*Rosa nutkana*)

## Artist's conk *Ganoderma applanatum*

- Relative of reishi mushroom (*Ganoderma lucidum*)
- Immune modulating, anti-tumor
- May also benefit asthma
- Cut up when fresh, then dry.
  - Boil dried pieces in water for **40 minutes**.
- Don't mistake for red belted conk.



Check out the cinnamon-like spores!



Red Belted Conk (*Fomitopsis pinicola*)



Why it's called "artist's conk"

## Violet leaf and flower

- Find near streams, on the edges of the forest and in wet areas.
- Small amounts in salad
- Make an oil for eczema
- Dry and make tea to cool and soothe the GI tract
- Lots of other species!



Stream violet (*Viola glabella*)





Stream violet (*Viola glabella*)



False lily of the valley  
(*Maianthemum dilatatum*)

Don't mistake violet for false lily of the valley. Can you spot the difference?

## Herbal Green Sauce

- Green herbs, stems removed (mint, parsley, rosemary, thyme etc)
- Lemon juice
- Salt
- Garlic
- Olive oil



## Fireweed Shoots



Edible raw or cooked



Fireweed as it appears later in the season

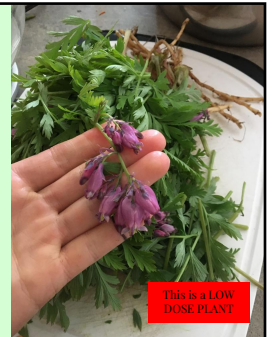


## Bleeding Heart (*Dicentra formosa*)



## Medicinal Uses of Bleeding Heart

- TOXIC in larger doses
- Related to poppy
- Central nervous system sedative
- Used for pain and shock in smaller doses
- Make a tincture (1:3) and take 5-10 drops.



This is a LOW DOSE PLANT

### Mullein Leaf (*Verbascum thapsus*)

- Harvest leaves anytime before flowering.
- Dry before using
  - Slice down the midrib to dry without molding
- Tea of dried mullein leaves
  - For a dry, unproductive cough with stuck phlegm.
  - The leaves moisten the bronchioles and gently encourage expectoration.
- mullein flowers, roots and seeds are also used medicinally.



### MULLEIN HAIR

- You Need to strain tiny hairs out with coffee filter or fine mesh metal strainer.
- When processing large amounts of mullein, wear a mask to avoid breathing them in.



Foxglove



Mullein lookalike:  
Foxglove.



Mullein



Foxglove



Mullein



Foxglove



alamy stock photo



Mullein





### Narrow leaf plantain *Plantago lanceolata*

vs

### Broadleaf plantain *Plantago major*



### Plantain Poultice

- Chew a few leaves and apply to the area.
- Rashes
- Stings
  - Nettle
  - Bee
- Bites
- burns



### Plantain leaf tea

- Plantain is also an INTERNAL would healer
  - Soothing, healing, anti-inflammatory
- Drink plantain leaf tea for....
  - Ulcers
  - Diverticulitis
  - Inflammation in the GI tract
  - irritated cough
  - Reflux



### Dry plantain leaf properly!

- Use a dehydrator
- Don't harvest on wet days
- Black, squidgy spots appear if dried too slowly.



### Red Elder (*Sambucus racemosa*)

- Starts Blooming in April
- Harvest flowers
- Make cordials, syrups, oxymels, tinctures.
- Difficult to dry flowers, use dehydrator
- Often medicine turns brown, that's okay.
- Make medicine immediately or it the flowers will start to smell
- Bugs love to hide in the flowers



Red elder  
*Sambucus racemosa*



blue elder  
*Sambucus cerulea*



### Elderflower medicine

- Cooling
- Diaphoretic (makes you sweat, opens your pores)
- Hay fever
- Sinus irritation
- Vent rashes



### Watch out!

Veratrum



### Recommended Books



### Horsetail *Equisetum* spp.

- Harvest in May
- High in silica
- Strengthen hair teeth and nails
- Strengthens bladder
- Dry and make tea





Thank



you!

I offer online classes, in person plant walks, yearlong programs and private foraging walks.

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

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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.