



Musk Mallow

(*Malva moschata*)

Mallow Family (Malvaceae)

Pink, white or lavender flowers (*musk scented*)

June-October

Native of Europe

Edible Parts: Flowers, leaves, seeds.

Leaves - raw or cooked. A mild pleasant flavor. The leaves are mucilaginous and fairly bland, they are used in bulk in summer salads. They make a very good perennial substitute for lettuce in a salad, producing fresh leaves from spring until the middle of summer, or until the autumn from spring germinating plants. Flowers - raw. A very decorative addition to the salad bowl, they have a very mild flavor. Seed - raw. Best used before it is fully mature, the seed has a pleasant nutty taste but it is rather small and fiddly to harvest.

Medicinal Uses

All parts of the plant are **antiphlogistic** (counteracting inflammation), **astringent**, **demulcent**, **diuretic**, **emollient**, **expectorant**, **laxative**, **salve**. The leaves and flowers can be eaten as part of the diet, or a tea can be made from the leaves, flowers or roots. The leaves and flowers are the main part used, their demulcent properties making them valuable as a poultice for bruise, inflammations, insect bites etc, or taken internally in the treatment of respiratory system diseases or inflammation of the digestive or urinary systems. They have similar properties, but are considered to be inferior, to the common mallow (*M. sylvestris*) and the marsh mallow (*Althaea officinalis*) and are seldom used internally. The plant is an excellent laxative for young children.

Other Uses: Dye, fibers.

Cream, yellow and green dyes can be obtained from the plant and the seed heads. A fiber obtained from the stems is used for cordage, textiles and paper making.



Purple Vetch, American Vetch

(Vicia Americana)

Pea Family (Fabaceae)

3-9 purple or violet flowers in the leaf axils.

May-July

Edible Uses: Leaves, Seeds. Seedpod

Young shoots - cooked. The tender seeds are eaten by the N. American Indians. Both the mature seeds and the immature seedpods can be used. The pod is about 3cm long and contains 4 - 7 seed

Medicinal Uses

The leaves have been rubbed in the hands and applied to spider bites. An infusion of the crushed leaves has been used as a bath for treating soreness.

An infusion of the plant has been used as an eye wash

Other Uses: String

The stout roots have been used for tying.



Common Fleabane: Philadelphia Fleabane

(Erigeron philadelphicus)

Sunflower Family (Asteraceae)

Hazards - Contact with the plant can cause dermatitis in sensitive people. Aster-like flower heads with numerous white to pink ray flowers around large yellow disk.

April-August

Generic name, from Greek *eri* (early) and *geron* (old man) refers to the fact the plant flowers early and has a hoar down suggesting an old man's beard

Edible Uses - None known

Medicinal Uses

A tea made from the plant is **astrigent, diaphoretic, diuretic** and **emmenagogue**. It is used in the treatment of chronic diarrhea, gout, gravel, epilepsy and menstrual problems. A poultice of the plant is used to treat headaches and is also applied to sores. It should not be taken by pregnant women since it can induce a miscarriage. A snuff made from the powdered florets is used to make a person with catarrh sneeze.

Other Uses - None known.



Trout Lily, Dogtooth Violet

(*Erythronium americanum*)

Lily Family (Liliaceae)

Brownish mottled leaves, flower yellow inside, bronzy outside with petals curved backward.

March-June

Common names: Dogtooth violet comes from tooth shaped white underground bulb.

Trout lily comes from leaves spotted like a brown or brook trout.

Edible Uses -

Bulb – raw or cooked. A crisp, chewy and very pleasant taste. The bulb is up to 25mm long and is buried quite deeply in the soil. **Leaves** - raw or cooked. Added to salads. Eating the leaves will greatly reduce the vigor of the bulb, so can only be recommended in times of emergency. **Flowers, flower buds and flower stems** - raw or cooked.

Medicinal Uses

All parts of the plant, but especially the bulb and the fresh leaves, are strongly **emetic** and are not used internally. The fresh leaves are also **antiscrofulatic** [Counteracts scrofula. (TB, especially of the lymph glands)] and **emollient** and are used as an infusion or stimulating poultice applied to swellings, tumors and scrofulous ulcers. The juice from crushed leaves has been applied to wounds that are not healing. A **poultice** of the crushed bulbs has been applied to swellings and to help remove splinters. The raw plant, excluding the roots, has been used by native North American young girls to prevent conception.

Other Uses – Ground cover.

Plants spread freely by means of underground stems and make a delightful ground cover in dappled shade. The plants are only in growth from late winter to late spring so the ground cover effect is ephemeral.



Bluets

(Houstonia caerulea)

Bedstraw Family (Rubiaceae)

Pale blue flowers with golden-yellow centers.
Bluets are also called Innocence or Quaker-ladies.

Cherokee Drug (Urinary Aid)
Infusion given for bedwetting.

April-June



Partridgeberry

(Mitchella repens)

Bedstraw Family (Rubiaceae)

White fragrant tubular flowers in pairs.

Fruit: ovaries of the paired flowers fuse to form a red, edible, berry-like fruit.

June-July

Common name implies that the scarlet fruits are relished by partridges, but they do not appear to be of much importance to wildlife.

Indian women drank a tea made from the leaves as an aid in childbirth.

Edible Uses – Fruit (tea)

Fruit – raw. Pleasant and slightly aromatic. Dry and tasteless, with lots of seeds according to another report. A tea is made from the leaves.

Medicinal Uses

Partridge berry was commonly used by several native North American Indian tribes as a **parturient** to hasten childbirth. It was also occasionally used to treat a variety of other complaints including insomnia, rheumatic pain and fluid retention. It is still used in modern herbalism as an aid to childbirth and is also considered to have a tonic effect upon the uterus and the ovaries. The herb is **astringent, diuretic, hypnotic** and **tonic**. Frequent doses of a tea made from the fresh or dried leaves were used by N. American Indian women in the weeks preceding childbirth in order to promote easy delivery. This tea should not be used during the first six months of pregnancy, however, since it can induce a miscarriage. The tea is also used to treat delayed, painful or irregular menses. The tea was also used externally as a wash for hives, swellings, sore nipples, rheumatism etc. The leaves are harvested in the summer and dried for later use. A tea made from the berries has a very definite **sedating effect** on the nervous system.

Other Uses - Ground cover.



Wild Oats, Sessile Bellwort

(*Uvularia sessilifolia*)

Lily Family (Liliaceae)

Creamy-yellow, drooping flowers at top of angled stem having unstalked leaves

Fruit 3-angled capsule similar to a beechnut.

April-June

At one time these plants were thought to be good for treating throat diseases because the drooping flowers resembled the uvula, the soft lobe hanging into the throat from the palate.

Edible Uses Leaves, Roots.

Young shoots – cooked. The shoots are harvested when they are still tender enough to be broken off with a fingernail and are used as an asparagus substitute. Root – cooked or used in diet drinks.

Medicinal Uses – Blood Tonic, Poultice

A tea made from the roots is a **blood purifier** and is used in the **treatment of diarrhea**. It is taken internally to aid in healing broken bones. A **poultice** of the roots is applied to broken bones, boils etc.



Swamp Buttercup, Marsh Buttercup

(Ranunculus septentrionalis)

Buttercup Family (Ranunculaceae)

Swamp buttercup was formerly classified as a separate species (*Ranunculus septentrionalis*), but it is now considered a subspecies of *Ranunculus hispidus*.

Bright glossy yellow flowers on arching or reclining hollow stems. The genus name **Ranunculus** translated from the Latin means “little frog”. Like frogs, buttercup species live near the water. All buttercups possess distinctively shiny, rather waxy looking, bright yellow petals. This phenomenon is due to a special layer of reflective cells beneath the petals’ surface cells.

April-July

A native weak-stemmed buttercup. Pollinated by flies and bees

All *Ranunculus* species are poisonous when eaten fresh by cattle, horses, and other livestock, but their acrid taste means they are usually left uneaten. Poisoning can occur where buttercups are abundant in overgrazed fields where little other edible plant growth is left, and the animals eat them out of desperation. When *Ranunculus* plants are handled, naturally occurring ranunculin is broken down to form protoanemonin which is known to cause contact dermatitis in humans and care should therefore be exercised in excessive handling of the plants. The toxins are degraded by drying, so hay containing dried buttercups is safe.



Whorled Loosestrife

(Lysimachia quadrifolia)

Primrose Family (Primulaceae)

Delicate, yellow, stalked, star-like flowers rise from the axils of the whorled leaves.
June-August

The species name emphasizes the hairy leaf stalks of this wetland plant. The generic name honors Lysimachus, a king of ancient Sicily who is said to have used a member of the genus to pacify a maddened bull. Colonists also fed the plant to oxen so they would work together peacefully.

Edible Uses

The dried leaves have been used as a tea substitute.

Medicinal Uses

The whole plant is **astringent** and **stomachic**. A tea made from the plant is used in the treatment of women's complaints, kidney and bowel problem

NOTE: This is not a member of the Loosestrife Family.



Bladder Campion

(Silene cucubalus)

Pink Family (Caryophyllaceae)

White flowers with deeply notched petals and a globular calyx, in loose clusters. The calyx is inflated and prominently veined. Leaves lanceolate to oblong. The flowers of *S. cucubalus* only last for one day. They typically open at night and wilt when hit by strong sunlight. The petals of the flowers are deeply divided and give the appearance of being 10 petals instead of the actual 5.

April-August

Although no mention of **toxicity** has been seen for this species, it does contain saponins. These substances are very poorly absorbed by the body and so tend to pass through without causing harm. They are also broken down by thorough cooking. Saponins are found in many plants, including several that are often used for food, such as certain beans. It is advisable not to eat large quantities of food that contain saponins. Saponins are much more toxic to some creatures, such as fish, and hunting tribes have traditionally put large quantities of them in streams, lakes etc in order to stupefy or kill the fish

Young shoots and leaves - raw or cooked. The young leaves are sweet and very agreeable in salads. The cooked young shoots, harvested when about 5cm long, have a flavor similar to green peas but with a slight bitterness. This bitterness can be reduced by blanching the shoots as they appear from the ground. When pureed it is said to rival the best spinach purees. The leaves can also be finely chopped and added to salads. The leaves should be used before the plant starts to flower. Some caution is advised; see the notes on toxicity above. As always when collecting young plants or parts of young plants you need to be certain of your identification, so scope out plants in advance or consult an expert.

Medicinal Uses

The plant is said to be **emollient** and is used in baths or as a **fumigant**. The juice of the plant is used in the treatment of **ophthalmia**.

Other Uses

Although no specific mention has been seen for this species, it is most likely that the following use can be made of the plant: The root is used as a soap substitute for washing clothes etc. The soap is obtained by simmering the root in hot water.

The common name refers to the distinctive, balloon-like calyx.



Common Morning Glory

(*Ipomoea purpurea*)

Morning Glory Family

(Convolvulaceae)

A twining vine with hairy stems and funnel-shaped flowers of purple, pink, blue, or white in clusters of 1-5 from the leaf axils. Leaves are heart shaped.

July-October

Originally introduced from tropical America as an ornaments. The plant has since escaped and naturalized.

Medicinal Uses

The seed is **anthelmintic** (Acting to expel or destroy parasitic intestinal worms), **diuretic and laxative**. It is used in the treatment of oedema, oliguria, ascariasis and constipation. The seed contains small quantities of the hallucinogen LSD. This has been used medicinally in the treatment of various mental disorders.

The triangular seeds have some history of use as a psychedelic; they, like *Ipomoea tricolor* contain LSA. It must be noted that the seeds contain several toxins, so any use should be done with caution. Effects are reported to be almost identical to LSD.



Heal-all, Selfheal

(*Prunella vulgaris*)
Mint Family (Lamiaceae)
May-September

Square stem has dense, cylindrical, terminal spikes of purple flowers. Flowers have a two lipped upper arched corolla and a drooping and fringed lower lip. The bracts, leaves and stems are all hairy. Found in many lawns.

Edible Uses – Leaves and Drink

Leaves - raw or cooked. They can be used in salads, soups, stews etc. Somewhat bitter due to the presence of tannin in the leaves, though this can be removed by washing the leaves. A cold water infusion of the freshly chopped or dried and powdered leaves is used as a refreshing beverage. Very tasty.

Medicinal Uses

Self heal has a long history of folk use, especially in the treatment of wounds, ulcers, sores etc. It was also taken internally as a tea in the treatment of fevers, diarrhea, sore mouth, internal bleeding etc. In Korea it is used to treat edema, nephritis, scrofula and goiter. The whole plant is alterative, **antibacterial**, **antipyretic**, **antiseptic**, **antispasmodic**, **astringent**, **carminative**, **diuretic**, **febrifuge**, **hypotensive**, **stomachic**, **styptic**, **tonic**, **vermifuge** and **vulnerary**. It has an antibacterial action, inhibiting the growth of *Pseudomonas*, *Bacillus typhi*, *E. coli*, *Mycobacterium tuberculi* etc. It can be used fresh or dried, for drying it is best harvested in mid-summer. The plant is experimentally antibiotic and hypotensive.

Other Uses

An olive-green **dye** is obtained from the flowers and stems. The plant is a good **ground-cover** in sunny positions or light shade.



Yarrow (Nosebleed plant)

(Achillea millefolium)

Sunflower Family (Asteraceae)

Flat topped clusters of small white flowers on top of grey-green leafy, usually hairy stem.

June-September

Yarrow was formerly used for medicinal purposes to break fever by increasing perspiration, to treat hemorrhaging, and as a poultice for rashes. A tea was used by the Indians to cure stomach disorders by steeping the leaves. The foliage has a pleasant smell when crushed. The plant also has a long history as a powerful 'healing herb' used topically for wounds, cuts and abrasions.

Common yarrow has been used as a salad green, beer additive, snuff, poultice, wound dressing, astringent, antidepressant, stimulant, antispasmodic, fever reducer, blood pressure reducer, perspiration inducer and baldness preventer for centuries. In Roman times it was called *herba militaris* and much valued for treating

wounds. Linnaeus, the father of botanical nomenclature, coined the generic name *Achillea*, in honor of *Achilles*, the Greek hero of the Trojan War in Homer's *Iliad*, who used yarrow to treat his soldiers' war wounds. (But, alas, yarrow couldn't save Achilles himself when he was shot with an arrow through his heel.) Yarrow has been called "nose bleed" because it was used to induce nose bleeding as a way to cure a headache, but it also was used to stop bleeding, including nose bleeds! Held against a wound, yarrow is supposed to stem the bleeding and disinfect. It also has been assigned magical properties and used to determine the nature of another's true love. Yarrow actually may be useful in treating circulatory problems, fever, colds, flu, high blood pressure and hay fever, but, despite its long history of use, there has been surprisingly little research into its efficacy and safety. On the outside, Yarrow, with its mild disinfecting and soothing qualities should be included in your arsenal of external herbs for general rashes and skin irritations. It may work when the others fail on certain irritations.

Yarrow is a diaphoretic; it makes you sweat. Yarrow tincture is a sauna in a bottle. This can be useful for cleaning your skin, and unclogging your pores. This can also be useful in beginning stages of colds and flus. This is good for possibly killing the infection by raising your temperature. The best way to use it is a hot cup of tea followed by a steamy shower, sauna, or bath, then bundle up with lots of blankets in bed for another cup of tea and a couple hours of reading a good book.

WARNING

Some people may develop an allergic reaction from contact with the foliage or sap of yarrow. Prolonged use is said to make the skin sensitive to light.



Hop Clover

(Trifolium agrarium)

Pea Family (Fabaceae)

Small, yellow, pea-like flowers clustered in roundish-oblong heads. Leaves divided into 3 wedge-shaped leaflets.

June-September

From Europe

The name Hop Clover extends from the resemblance of the dried flower heads to dried hops.

Historically in the spring and early summer it was common to see Native Americans amongst a patch of clover collecting the crisp stems for food. There is much debate over the edibility of the leaves in modern times. As a member of the Pea or Leguminosae family, the plant is generally rich in protein and provides a complete protein when mixed with whole grains. This is possibly the reason it was so widely gathered by the Native Americans. As far as taste, the leaves are rather non-descript. The flowers on the other hand can be quite good if found before the bees and other insects feast on the nectar. Tea made from clover flowers in general, are very healthy and quite tasty. Clover tea provides the body with vitamin C, B1, B2, B3, B5, B6, B9 and B12. It is also a good source of magnesium, manganese, zinc and copper. Essentially the healthful effects of this simple tea are numerous. Clover tea also provides a calming effect to the body and many people drink this tea late in the evening to aid their sleep.

Modern Uses: Although alien, hop clover can be a valuable food source for wildlife, livestock, and humans, since they are a good source of protein. The flowers and leaves of the Hop Clover can be eaten raw, or cooked, drunk as a tea, or the flower heads can be dried and ground into a nutritious flour.



Fringed Loosestrife

(*Lysimachia ciliate*)

Primrose Family (Primulaceae)

Erect stem, simple or branched, bearing yellow flowers (petals coming to a sharp point) rising on stalks in the axils of opposite leaves with leaf stalks fringed with spreading hairs. June-August

The species name emphasizes the hairy leaf stalks of this wetland plant.



Common Milkweed

(*Asclepias syriaca*)

Milkweed Family (Asclepiadaceae)

Tall downy plant with slightly drooping purplish to pink flower clusters

Fruit a rough-textured pod that splits open on one side, filled with many overlapping seeds, each covered with a tuft of silky hairs. Like the majority of the milkweeds, this species bleeds a profuse amount of milky sap when injured. The plant is toxic if ingested.

June-August

The plant contains cardiac glycosides, allied to digitalins used in treating some heart disease. These glycosides, when adsorbed by monarch butterfly larvae (sole diet) make the larvae and adult butterfly toxic to birds and other predators.

According to Hartwell (1967–1971), the leaves and/or latex are used in folk remedies for cancer, tumors, and warts. Reported to be alterative, anodyne, cathartic, cicatrisant, diaphoretic, diuretic, emetic, emmenagogue, expectorant, laxative, and nervine. Milkweed is a folk remedy for asthma, bronchitis, cancer, catarrh, cough, dropsy, dysentery, dyspepsia, fever, gallstones, gonorrhea, moles, pleurisy, pneumonia, rheumatism, ringworm, scrofula, sores, tumors, ulcers, warts, and wounds

One reported Mohawk antifertility concoction contained milkweed and jack-in-the-pulpit, both considered contraceptive.

Cherokee used the plant for backache, dropsy, gravel, mastitis, venereal diseases, and warts. In homeopathy, the rhizome is used as an antiedemic and emmenagogue, in dropsy and dysmenorrhea.



Orange Hawkweed, Devil's Paintbrush

(Hieracium aurantiacum)

Sunflower Family (Asteraceae)

Orange dandelion-like flowers on leafless hairy stalk,
June-August

European introduction. Farmers, who saw it as a troublesome weed, named it Devil's Paintbrush. The name Hawkweed derives from an old belief that hawks ate the flowers to aid their vision.

Orange hawkweed's native range is in Europe. The ancient Greeks reputedly coined the term 'hawkweed' because they thought that hawks ate the sap of these plants to sharpen their eyesight.

Orange hawkweed is also known as 'devil's paintbrush', 'red devil' and 'grim-the-collier'. Hawkweeds are aggressive competitors of pasture and range plant species. Orange hawkweed is unpalatable and this crowds out more palatable species.



Yellow Hawkweed, King Devil
(*Hieracium pratense* = *Hieracium caespitosum*)
Sunflower Family (Asteraceae)

Hairy, mostly leafless stalk bears several heads of bright yellow ray flowers.
May-August

European introduction. Spreads by runners.

For a time, King Devil and other European hawkweeds were used as an herbal remedy for healing eyesight. Pliny reported, in ancient Greece, that hawks ate it to see better.



Pointed Blue-eyed Grass
(*Sisyrinchium angustifolium*)
Iris Family (Iridaceae)

Small blue or violet-blue flowers with yellow centers at the top of a long, flat twisted stalk that is usually branched. Species separated by branching habit and leaf width. (*S. montanum*) similar with unbranched stalks and slightly wider leaves (over ¼ inch).

Edible Uses

Leaves - cooked. They are mixed with other greens.

Medicinal Uses

The root is astringent. An infusion is used to treat diarrhea in adults and children. The leaves are eaten as a cooked green to regulate the bowels. An infusion of the plant has been used to treat stomach complaints and stomach worms.



Oxeye Daisy

(*Chrysanthemum leucanthemum*)

Sunflower Family (Asteraceae)

White and yellow flower

June-August

The **oxeye daisy** (*Leucanthemum vulgare*, [syn.](#) *Chrysanthemum leucanthemum*) also known as the **marguerite** is a widespread flowering plant native to Europe and the temperate regions of Asia. It is one of a number of plants to be called by the common name daisy. It is also sometimes called moon daisy or dog daisy. This species – the “day’s eye” – is disliked by farmers because it can

produce an unwanted flavor in milk if eaten by cattle. Another European introduction. Infestations not readily grazed due to disagreeable taste.

Edible Uses

Leaves - raw or cooked. The young spring shoots are finely chopped and added to salads. Rather pungent, they should be used sparingly or mixed with other salad plants. **Root** - raw. Used in spring. The **un-opened buds** can be marinated and used in a similar way to capers.

Medicinal Uses

The oxeye daisy is mildly aromatic, like its close cousin, chamomile. The leaves and flowers are edible, though palatability may vary. A tea of the plant is useful for relaxing the bronchials. It is diuretic and astringent, useful for stomach ulcers and bloody piles or urine. Also used as a vaginal douche for cervical ulceration. The daisy is aromatic, used as an antispasmodic for colic and general digestive upset.

The whole plant, and especially the flowers, is **antispasmodic, antitussive, diaphoretic, diuretic, emmenagogue, tonic and vulnerary**. It is harvested in May and June then dried for later use. The plant has been employed successfully in the treatment of whooping cough, asthma and nervous excitability. Externally it is used as a lotion on bruises, wounds, ulcers and some cutaneous diseases. A decoction of the dried flowers and stems has been used as a wash for chapped hands. A distilled water made from the flowers is an effective eye lotion in the treatment of conjunctivitis.



Smaller Pussytoes

(Antennaria neodioica)

Sunflower Family (Asteraceae)

Densely grouped low plants with a slender, erect wooly stem bearing a terminal cluster of fuzzy white flowers

Basal leaves arranged as a rosette

May-July

Flower heads are crowded together to resemble a cat's paw. Male and female flowers are on different plants and the male flowers are rare. Spread by runners.



Sweet Everlasting, Catfoot, Fragrant life everlasting, rabbit-tobacco, fussy-gussy, life-of-man, Indian-posy, sweet balsam.

(*Gnaphalium obtusifolium*)
Sunflower Family (Asteraceae)

Gnaphalium: derived from Greek *gnaphalon*, "a lock of wool," describing these plants as floccose-wooly. **obtusifolium:** from Latin *obtus* meaning "dull or blunt," and *folium* meaning "leaf;" referring to rounded leaf tips and flower heads. Erect cottony stem bears branched clusters of whitish-yellow, round, fragrant flower heads. Leaves whitish-wooly beneath, narrow, pointed, stalk less; not mostly at base as in Pussytoes.

August-November

Medicinal Properties: Astringent, antispasmodic, sedative.

Leaves and flowers (chewed or in tea) traditionally used for sore throats, pneumonia, colds, fevers, upset stomach, abdominal cramps, asthma, flu, coughs, rheumatism, leucorrhea, bowel disorders, mouth ulcers, hemorrhage, tumors; mild nerve sedative, diuretic, and antispasmodic. Fresh juice considered aphrodisiac. Can be smoked for respiratory ailments or made into a relaxing tea. A common tobacco substitute used by young boys in rural areas.

The whole plant is **anaphrodisiac, antiphlogistic, astringent, diaphoretic, expectorant, vermifuge**. It is used internally in the treatment of throat ulcers, chest complaints, intestinal and respiratory catarrh etc and is also applied externally as a poultice to bruises, indolent tumors etc. A tea made from the leaves and flowers is a mild nerve sedative, diuretic and antispasmodic. The fresh juice is considered to be aphrodisiac. It is anaphrodisiac according to another report. The aromatic dried flowers are used as a filling for pillows, having a sedative effect which is beneficial to consumptives. A homeopathic remedy is made from the plant. This has proved to be of benefit in the treatment of sciatica, lumbago and some forms of arthritis.

The plant is used as an insect repellent, it is placed in bed mats, books etc and in the linen cupboard. The flower heads are used as a stuffing material for mattresses.



Common Strawberry
(*Fragaria virginiana*)
Rose Family (Rosaceae)

Small white flowers and 3-parted long-stalked basal leaves
The common idea that the word Strawberry is derived from the habit of placing straw under the cultivated plants when the berries are ripening is quite erroneous. The name is older than this custom, and preserves the obsolete preterit 'straw' of the verb 'to strew,' referring to the tangle of vines with which the Strawberry covers the ground.

April-June

The edible portion of the strawberry is actually the central portion of the flower (receptacle) which enlarges greatly with maturity and is covered with the embedded, dry seed-like fruit, usually eaten raw, but they also can be dried or frozen. The leaves are often steeped in boiling water to make tea. The leaves are high in vitamin C.

Edible and medicinal value:

Indians ate wild Strawberries for colds even before vitamin C was known. Juice from the wild Strawberry was mixed with water and used to bathe reddened eyes. This juice was also squeezed into inflamed sores and often showed healing effects. It was also used to relieve sunburn. A tea made from dried leaves was used for kidney trouble and relieving stomach trouble.

Minutemen from the American Revolution were saved from scurvy by drinking a tea made from the fresh green foliage of the wild Strawberry.

Indians would make bitters from wild Strawberry roots and use it as a tonic and blood purifier after a long cold winter. Wild Strawberries were mashed into a paste to remove tartar and clean teeth and was also used for toothaches.

The root is astringent and used in diarrhea. The leaves have the same property, and a tea made from them checks dysentery. The Strawberry is a useful dentifrice and cosmetic. The fresh fruit removes discoloration of the teeth if the juice is allowed to remain on for about five minutes and the teeth are then cleansed with warm water, to which a pinch of bicarbonate of soda has been added. A cut Strawberry rubbed over the face immediately after washing will whiten the skin and remove slight sunburn. For a badly sun burnt face it is recommended to rub the juice well into the skin, to leave it on for half an hour, and then wash off with warm water to which a few drops of simple tincture of benzoin have been added; no soap should be used.



Birdfoot Trefoil, bloomfell, cat's clover, crow toes, garden bird's foot trefoil, garden-birdsfoot-trefoil, ground honeysuckle
(*Lotus corniculatus*)
Pea Family (Fabaceae)

Note 5-part leaves (4 clover-like leaflets and 2 more at base). Flowers in clusters of 3-6, yellow to red.
June-September

Slender pod suggests bird's foot.

All parts of the plant are poisonous, containing cyanogenic glycosides(hydrogen cyanide. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death. This species is polymorphic for cyanogenic glycosides. The flowers of some forms of the plant contain traces of prussic acid and so the plants can become mildly toxic when flowering. They are completely innocuous when dried.

It has been cultivated for cattle fodder because it does well in very poor soils and has a high protein content.



Alsike Clover

(Trifolium hybridum)

Pea Family (Fabaceae)

Dense, rounded head-like masses of white-pink pea-like flowers on an erect hairy stem with leaves divided into 3 oval leaflets

Leaves lack the lighter, V-shaped pattern near the middle. The flowers are axillary, not terminal as in red clover, and are pink to white in a clover head.

May-September

European introduction. It stores nitrogen in its root nodules and is used in crop rotation to improve soil fertility.

The plant is high in protein but can cause skin irritation in some people.

Edible Uses

Leaves and flower heads - raw or cooked. Boiled, or after soaking for several hours in salty water.

A delightful and healthful tea is made from the dried flower heads. They are usually mixed with other teas.

The dried flower heads and seeds can be ground into nutritious flour.



Purple Trillium, Wake Robin, Beth root or Stinking Benjamin, (*Trillium erectum*)

Lily Family (Liliaceae)

Solitary, reddish-brown, nodding flower with an unpleasant odor, rising on a stalk above a whorl of 3 leaves with net-veining, not parallel-veined as is typical of most of the members of this group. Wake-robin usually has dark reddish-purple flowers, but occasionally they are white. More rarely, the flowers are pinkish or

greenish. White-flowered wake-robin can be confused with large-flowered trillium, but wake-robin has a purple ovary (in the middle of the flower), and its petals are narrower and do not overlap at the base.

April-June

The bad smell is to attract carrion flies that act as pollinators. Early herbalists used it to treat gangrene, since according to the doctrine of Signatures plants were used to treat the ailments they resembled.

The leaves contain calcium oxalate crystals and crystal raphides, and should not be consumed by humans.

Edible Uses

Leaves - raw or cooked. Used in spring, the young unfolding leaves are an excellent addition to the salad bowl, tasting somewhat like sunflower seeds [Leaves can also be cooked as a potherb.]

Medicinal Uses

Beth root was traditionally used by various native North American Indian tribes as a woman's herb to aid childbirth, as a treatment for irregular menstrual periods, period pains and excessive vaginal discharge. Modern research has shown that the root contains steroidal saponins, which have hormonal effects on the body. These saponins are being used in gynecological and obstetric medicine. This herb should not be taken during pregnancy except under professional supervision. The root is antiseptic, aphrodisiac, astringent, expectorant, tonic, uterine tonic. It is used internally in the treatment of a wide range of women's complaints including hemorrhage from the uterus, urinary tract and lungs, and also to curb excessive menstruation. It has proved to be of value in stopping bleeding after parturition. Externally, it is used to treat excessive vaginal discharge, ulcers (especially varicose), skin complaints, gangrene, insect bites and stings. It is also used as a wash for sore nipples. The root is harvested in late summer, after the leaves have died down, and is dried for later use. The whole plant is used as a poultice for tumors, inflammations and ulcers.



Red Clover

(*Trifolium pratense*)

Pea Family (Fabaceae)

Dense, rounded head-like masses of magenta pea-like flowers on an erect hairy stem with leaves divided into 3 oval leaflets. Leaves with a **lighter, V-shaped pattern** near the middle.

May-September

European introduction.

Edible Uses - Leaves and young flowering heads - raw or cooked. The young leaves are harvested before the plant comes into flower, and are used in salads, soups etc. On their own they can be used as a vegetable, cooked like spinach. The leaves are best cooked. They can be dried, powdered and sprinkled on

foods such as boiled rice. The leaves contain 81% water, 4% protein, 0.7% fat, 2.6% fiber and 2% ash. The seed can be sprouted and used in salads [a crisp texture and more robust flavor than alfalfa (*Medicago sativa*)]. The seeds are reported as containing trypsin inhibitors. These can interfere with certain enzymes that help in the digestion of proteins, but are normally destroyed if the seed is sprouted first. **Flowers and seed pods** - dried, ground into a powder and used as a flour. The young flowers can also be eaten raw in salads. **Root** - cooked. A delicate sweet herb tea is made from the fresh or dried flowers. The dried leaves impart a vanilla flavor to cakes etc.

Medicinal Uses - Red clover is safe and effective herb with a long history of medicinal usage. It is commonly used to treat skin conditions, normally in combination with other purifying herbs such as *Arctium lappa* and *Rumex crispus*. It is a folk remedy for cancer of the breast, a concentrated decoction being applied to the site of the tumor in order to encourage it to grow outwards and clear the body. Flavonoids in the flowers and leaves are estrogenic and may be of benefit in the treatment of menopausal complaints. The flowering heads are alterative, antiscrofulous, antispasmodic, aperient, detergent, diuretic, expectorant, sedative and tonic. It has also shown anticancer activity, poultices of the herb have been used as local applications to cancerous growths. Internally, the plant is used in the treatment of skin complaints (especially eczema and psoriasis), cancers of the breast, ovaries and lymphatic system, chronic degenerative diseases, gout, whooping cough and dry coughs. The plant is normally harvested for use as it comes into flower and some reports say that only the flowers are used. **The toxic indolizidine alkaloid 'slaframine' is often found in diseased clover (even if the clover shows no external symptoms of disease)**. This alkaloid is being studied for its antidiabetic and anti-AIDS activity.

A yellow dye is obtained from the flowers. The plant makes a good green manure, it is useful for over-wintering.



Wild Basil, Cushion Calamint

Clinopodium vulgare (*Satureja vulgaris*)

Mint Family (Lamiaceae)

Rose-purple flowers, mingled with hairy bracts that give them a wooly appearance, are in dense rounded clusters at the top of the square, hairy stems and in smaller clusters in the upper leaf axils.

June-September

European introduction. The dried leaves can be used as a seasoning but are milder than commercial Basil.

Edible Uses: Edible leaves - used fresh or dried as a flavoring in cooked foods or fresh as a flavoring in salads. A sweet and aromatic herb tea is made from the fresh leaves.

Medicinal Uses

The plant is aromatic, astringent, cardio tonic, carminative, diaphoretic and expectorant. An infusion of the plant helps to overcome weak digestion.

Other Uses

A yellow and a brown dye are obtained from the leaves.



Morrow's Honeysuckle

(Lonicera Morrowii)

Honeysuckle Family (Caprifoliaceae)

Hollow-branched, erect shrub with white flowers which turn yellow with age.

May-June

Edible Uses

Fruit - raw. There is a question mark as to whether this fruit might be **poisonous**, or perhaps cathartic and emetic. The fruit is about 7mm in diameter.

Medicinal Uses

The fruit is cathartic and emetic.



Deptford Pink Also known as "grass pink."

(*Dianthus armeria*)

Pink Family (Caryophyllaceae)

Deep pink flowers in flat-topped clusters. Flower petals have jagged edges and tiny white spots.

May-September

This European introduction somewhat resembles Sweet William. Closely related Maiden Pink (*D. deltoideus*) has larger solitary flowers.

The plant was given its English name by the 17th century herbalist Thomas Johnson in a celebrated case of mistaken identity. In fact, what Johnson found and described in 1633 was probably maiden pink *Dianthus deltoideus*. As the first name given to a plant is generally the one botanists stick to, the East End of London is 'famous' for a species that has not grown there in historical times, and possibly not at all.



Canada Mayflower, Bead Ruby, Canada Beadruby, False Lily-of-the-Valley, Wild Lily-of-the-Valley, Squirrel Berry (Finland), Two Leaf Solomon's Seal, Muguet (*Maianthemum canadense*)
Lily Family (Liliaceae)

Short, often zigzag stem has a small dense cluster of tiny white star-shaped flowers at its top and 1-3 ovate leaves, heart-shaped at the base.
May-August

This is an unusual member of the lily family because it has only 2 petals and 2 sepals and 4 stamens instead of the usual 3-3-6 pattern

This low plant spreads via the roots forming dense stands. The fruit is a favored food of grouse.

Lore: The root may have been used as a good luck charm.

Edible Parts – Fruit. We have no more details except a warning that the fruit should be used with caution. The fruit is about 6mm in diameter. Although the berries are edible,, they tend to be bitter and may induce diarrhea.

Medicinal Uses

A tea made from the plant has been used in the treatment of headaches and as a kidney tonic for pregnant women. It is also used as a gargle for sore throats and as an expectorant.



Yellow Goatsbeard, Salsify
(*Tragopogon dubius*)
Sunflower Family (Asteraceae)

Smooth stem has grass-like leaf blades and single yellow flower heads that open in the morning and usually close by noon. The cross section of the plant's foliage is triangular, and when torn the plant emits a milky sap. The generic name *Tragopogon* is derived from the Greek language where *Tragos* means goat and *pogon* means beard. Thus *Tragopogon*, or goat beard, was applied due to the plant's large feathery seed heads.
May-August

Edible Uses

The basal leaves of this plant can be eaten raw in salads or as cooked greens. Root - raw or cooked. Fleshy. Young stems, when 5 - 10cm high, and the bases of the lower leaves - raw or cooked. Used as a potherb.

Medicinal Uses

None known.



Canadian Dwarf Cinquefoil

(*Potentilla canadensis*)

Rose Family (Rosaceae)

Low spreading plant with silvery, downy stems and yellow flowers blooming singly on long stalks rising from the axils of palmately 5-parted leaves.

March-June

Species is an indicator of impoverished soil.

Natives used a tea made from the pounded roots of this species as a treatment for diarrhea. This and other members of the genus are considered astringents. The *herb* five-finger was at one time in high repute as a medicine, and was accredited with almost miraculous powers; but it is only a mild astringent with tonic powers, nearly resembling the leaf of the raspberry, and usable for the same purposes. The common mode of exhibition is by infusion.

Five-finger grass makes a good gargle and mouthwash and a good remedy for diarrhea. The powdered root or bark of the root can be used, as well as the leaves. The root bark has also been recommended for stopping nosebleed and other internal bleeding.



**Ground Pine, Rare Clubmoss, Tree Clubmoss,
Round Branched Clubmoss**

(Lycopodium obscurum)

Club Moss Family (*Lycopodiaceae*)

An evergreen, rhizomatous club moss with the appearance of tiny, thickly branched pine tree with oversized cones. Ground Pine, from resemblance of vertical stem to miniature pine tree.

Lycopodium, from the Greek, lukos (*lukos*) "wolf", and podos (*podos*) "foot"; "wolf's foot", a reference to the resemblance of the branch tips to a wolf's paw. *obscurum*, from the Latin, "dark, shady, obscured" .

The plant is considered a glacial relic that was trapped in a microclimate as the glaciers receded with the present global warming period.

Club-mosses have been boiled in water to make a medicinal tea that was cooled and used as an eye wash. At one time, fresh plants were put on the head to cure headaches and worn on clothing to ward off illness. Ground-pines stay green all winter, and they are often used in Christmas decorations.

The plant contains lycopodine, which is poisonous by paralyzing the motor nerves. It also contains clavatine which is toxic to many mammals. The spores, however, are not toxic.

Medicinal Uses

The plant is analgesic, antispasmodic, blood tonic, diuretic and tonic. A decoction has been used as a herbal steam in the treatment of rheumatism. The spores of this plant are dusted on wounds or inhaled to stop bleeding noses. They can also be used to absorb fluids from injured tissues. The spores can be used as a dusting powder to prevent pills sticking together.

Other Uses

The following uses are for *L. clavatum*. They quite possibly also apply to this species. The spores are water repellent and can be used as a dusting powder to stop things sticking together. They are also used as a talcum powder and for dressing moulds in iron foundries. They can also be used as explosives in fireworks and for artificial lightning. The plant can be used as a mordant in dyeing. The stems are made into matting.



Butter-and-eggs, Common Toadflax

(Linaria vulgaris)

Snapdragon Family (Scrophulariaceae)

Yellow, 2-lipped, spurred flowers in a terminal cluster on a leafy stem

May-October

European introduction. The orange “path” on the lower lip serves as a “honey guide” for insects. Experiments have shown that if this “guide” is cut off and placed on other flowers, insects are still attracted. They even try to stick their tongues into flowers that are pressed between glass sheets.

Edible Parts: Leaves

Young shoots - cooked. Use with caution, one report suggests that the plant might be slightly toxic.

Medicinal Uses

Yellow toadflax has a long history of herbal use. It acts mainly on the liver and was once widely employed as a diuretic in the treatment of edema. It is little used now, but undoubtedly merits investigation. The whole plant is antiphlogistic, astringent, cathartic, detergent, depurative, diuretic, hepatic, ophthalmic and purgative. It is gathered when just coming into flower and can be used fresh or dried. The plant is especially valued for its strongly laxative and diuretic activities. It is employed internally in the treatment of edema, jaundice, liver diseases, gall bladder complaints and skin problems. Externally it is applied to hemorrhoids, skin eruptions, sores and malignant ulcers. The plant should be used with caution. It should preferably only be prescribed by a qualified practitioner and should not be given to pregnant women. Dosage is critical; the plant might be slightly toxic. The fresh plant, or an ointment made from the flowers, is applied to piles, skin eruptions etc. The juice of the plant, or the distilled water, is a good remedy for inflamed eyes and cleaning ulcerous sores. A homeopathic remedy is made from the plant. It is used in the treatment of diarrhea and cystitis.

Other Uses

A yellow dye is obtained from the whole plant. It is obtained from the flowers according to other reports. A tea made from the plant has been used as an insecticide.



Tall Meadow Rue

(*Thalictrum polygamum*)

Buttercup Family (Ranunculaceae)

Tall plant with plummy clusters of white flowers, sepals greenish- white, falling early; petals lacking. Male and female flowers on the same plant.

June-August.

The nickname Muskrat Weed was given to the Tall Meadow Rue by people who found the tall plant frequently at muskrat ponds. Pliny the elder wrote many books on subjects ranging from history and military tactics to of course, natural history. The 37 books he wrote *Historia Naturalis* still remains. In one of those many books he mentions the Genus *Thalictrum*. He said that *Thalictrum* "prevents hair falling out, or if it has already done so, restores it." What Pliny the elder did not know was that some members of the genus contain thalictrine, which is a very potent cardiac poison according to the United States Dispensatory. The always curious student Pliny the elder (he had a young nephew: Pliny the younger) met his fate in the year, 79 when he went to investigate mount Vesuvius after it erupted, dying from inhaling the fumes.

Edible Uses - None

Medicinal Uses

The crushed stem and leaf juice has been used as a wash in the treatment of headaches. A poultice of the pounded plant has been applied to sprains.

Other Uses – A bright yellow dye is obtained from the whole plant.



Cut-Leaved Water-Horehound

(Lycopus americanus)
Mint Family (Labiatae)

Lower lip has three lobes, upper lip two. Small flowers in clusters on leaf axils. Leaves deeply cut, almost oak-like lobes on lower leaves. Square stems. Water horehound is in the mint family, but it does not have aromatic leaves. The large, rounded teeth on the leaves distinguish this plant from other species in the genus *Lycopus*.

July-October

Edible Parts: - **Root** - raw or cooked. This contradicts with the report in that the plant does not form tubers on its rhizomes.

Medicinal Uses

The whole plant is used as an astringent, hypoglycemic, mild narcotic and mild sedative. It also slows and strengthens heart contractions. The plant has been shown to be of value in the treatment of hyperthyroidism, it is also used in the treatment of coughs, bleeding from the lungs and consumption, excessive menstruation etc. It should not be prescribed for pregnant women or patients with hypothyroidism. The plant is harvested as flowering begins and can be use fresh or dried, in an infusion or as a tincture.

Other Uses

Dye - The juice gives a permanent color to linen and wool and does not wash out. The color is not mentioned.

The nutlets are eaten by waterfowl.



Spreading Dogbane

(*Apocynum androsaemifolium*)
Dogbane Family (Apocynaceae)

Bushy plant with numerous small pink, nodding bell-like flowers, fragrant and striped inside with a deeper pink. Milky juice extrudes from broken stems and leaves and is an identifying characteristic of this plant. June-August

The flowers of the plant can be deadly for insects ⚠ when touched, scales in the throats of the flowers spring inwards, trapping the intruder. Skin contact with the sap may cause a rash in hypersensitive individuals; the sap is also considered toxic to livestock. The name "dogbane" derives from the root's reputed value as a remedy for the bites of mad dogs.

Medicinal Uses:

Toxic glycosides in the milky sap can raise blisters on sensitive skin. These toxins help protect the plant from browsing animals. Its medicinal use has resulted in sickness and death. Spreading dogbane is an unpleasantly bitter stimulant irritant herb that acts on the heart, respiratory and urinary systems, and also on the uterus. It was widely employed by the native North American Indians who used it to treat a wide variety of complaints including headaches, convulsions, earache, heart palpitations, colds, insanity and dizziness. It should be used with great caution, and only under the supervision of a qualified practitioner if taking this plant internally. The root contains cymarin, a cardio active glycoside that is toxic to ruminants.

The root has properties that are tonic for the heart, strong laxative, induce perspiration, and that produce urine, induce vomiting and coughing. It has a powerful action in slowing the pulse and also has a very strong action on the vaso-motor system, it is rather an irritant to the mucous membranes though, so some people cannot tolerate it. The juice of the fresh root has been used in the treatment of syphilis. The sap of the plant has been applied externally to get rid of warts. The roots were boiled in water and the water drunk once a week in order to prevent conception. The green fruits were boiled and the decoction used in the treatment of heart and kidney problems and for the treatment of dropsy. However, this preparation can irritate the intestines and cause unpleasant side effects.

Other Uses:

The tough fibers from the bark of the stems of dogbanes were rolled against the leg to make thread, which was said to be stronger and finer than cotton thread. It was also used to make rabbit nets used in communal rabbit hunts. It can be harvested after the leaves fall in the autumn but is probably at its best as the seed pods are forming. The plant yields a latex, which is a possible source of rubber. It is obtained by making incisions on the stem and resembles India rubber when dry.



Red Osier

(*Cornus stolonifera*)

Dogwood Family (Cornaceae)

Flat-topped clusters of small, creamy-white flowers and deep red, smooth twigs with a white pith

May-August

This is the most showy of the red-twigged dogwoods. Genus name cornu (horn) alludes to the hardness of the wood. A European species is used for making butchers' skewers: hence the common name Dogwood, derived from the Old English word dagge (dagger). Dogwood Family (Cornaceae). The young branches are called "osiers".

Edible Parts: Fruit - raw or cooked. Juicy. Bitter and unpalatable according to some reports, it was

mixed with other fruits such as juneberries (*Amelanchier* spp) and then dried for winter use by native North Americans. The fruit can cause nausea. The fruit is up to 9mm in diameter. **Seed.** No more details are given, but the seeds are quite small and woody, looking rather less than edible. An edible oil is obtained from the seed.

Medicinal Uses

Red osier dogwood was widely employed by several native North American Indian tribes who valued it especially for its astringent and tonic bark, using it both internally and externally to treat diarrhea, fevers, skin problems etc. It is little used in modern herb-alism. The bark and the root bark are analgesic, astringent, febrifuge, purgative, slightly stimulant and tonic. Drying the bark removes its tendency to purge. A decoction has been used in the treatment of headaches, diarrhea, coughs, colds and fevers. Externally, the decoction has been used as a wash for sore eyes, styes and other infections and also to treat skin complaints such as poison ivy rash and ulcers. The bark shavings have been applied as a dressing on wounds to stop the bleeding. A poultice of the soaked inner bark, combined with ashes, has been used to alleviate pain. The plant is said to have cured hydrophobia.

Other Uses

A fiber obtained from the bark is used as cordage. The bark can be twisted into a rope. The powdered bark has been used as a toothpowder to preserve the gums and keep the teeth white. An oil obtained from the seed burns well and can be used in lighting. A red dye can be obtained from the bark mixed with cedar ashes. The branches are pliable, they are used as rims in basket making. The stem wood is very tough and flexible. Indians and early settlers smoked the inner bark, stem scrapings, and leaves, which have a slightly narcotic effect.



English Plantain

(*Plantago lanceolata*)

Plantain Family (Plantaginaceae)

Basal rosette of long, narrow, strongly ribbed leaves with a floral stalk with dense, cylindrical to cylindrical head of tiny, spirally-arranged, greenish-white flowers.

May-October

Edible Uses

Young leaves - raw or cooked. They are rather bitter and very tedious to prepare, the fibrous strands are best removed prior to eating. The very young leaves are somewhat better and are less fibrous. **Seed** -

cooked. Used like sago. The seed can be ground into a powder and added to flours when making bread, cakes or whatever.

Medicinal Uses

Ribwort plantain is a safe and effective treatment for bleeding, it quickly staunches blood flow and encourages the repair of damaged tissue. The leaves contain mucilage, tannin and silic acid. An extract of them has antibacterial properties. They have a bitter flavor and are astringent, demulcent, mildly expectorant, haemostatic and ophthalmic. Internally, they are used in the treatment of a wide range of complaints including diarrhea, gastritis, peptic ulcers, irritable bowel syndrome, hemorrhage, hemorrhoids, cystitis, bronchitis, catarrh, sinusitis, asthma and hay fever. They are used externally in treating skin inflammations, malignant ulcers, cuts, stings etc. The heated leaves are used as a wet dressing for wounds, swellings etc. The root is a remedy for the bite of rattle snakes, it is used in equal portions with *Marrubium vulgare*. The seeds are used in the treatment of parasitic worms. Plantain seeds contain up to 30% mucilage which swells up in the gut, acting as a bulk laxative and soothing irritated membranes. Sometimes the seed husks are used without the seeds. A distilled water made from the plant makes an excellent eye lotion.

Other Uses

A good fiber is obtained from the leaves, it is said to be suitable for textiles. A mucilage from the seed coats is used as a fabric stiffener. It is obtained by macerating the seed in hot water. Gold and brown dyes are obtained from the whole plant.

Seeds are often eaten by songbirds and are used for feeding caged birds. Leaves are a favorite food of rabbits.



Lesser Stitchwort

(Stellaria graminea)

Pink Family (Caryophyllaceae)

Petals the flowers so deeply cleft that they often seem to have 10 petals. Small narrow leaves and flower stalks at the top of the stem. Stems are smooth.

May-October

Member of the chickweeds.

It is a nectar source for bees and flies.



Brambles

Rubus

Rose Family (Rosaceae)

Most of the plants of the genus *Rubus* are woody, prickly, or bristly shrubs. Most are problems even for the specialists to identify with 206 species in the area. Probably a red (*R. idaeus*) or black (*R. occidentalis*) raspberry since the stems are rounded and usually white-powdered. Leaves are white beneath. If more than 3 leaflets in a compound leaf,

red has them arranged at right angles to leaf stalk, while black has them arranged like spokes on a wheel

Blackberries are green beneath the leaf.

May-July

The name of the bush is derived from *brambel*, or *brymbyl*, signifying prickly. We read of it as far back as the days of Jonathan, when he upbraided the men of Shechem for their ingratitude to his father's house, relating to them the parable of the trees choosing a king, the humble bramble being finally elected, after the olive, fig-tree and vine had refused the dignity. The ancient Greeks knew Blackberries well, and considered them a remedy for gout.

The **Fruit** is edible either raw or cooked.

Medicinal

The bark of the root and the leaves contain much tannin, and have long been esteemed as a capital astringent and tonic, proving a valuable remedy for dysentery and diarrhea, etc. The root is the more astringent.

The fruit contains malic and citric acids, pectin and albumen. If desiccated in a moderately hot oven and then reduced to a powder, it is a reliable remedy for dysentery.



Common St. Johnswort

(*Hypericum perforatum*)

St. Johnswort Family (Guttiferae)

Bright yellow flowers in broad, branched terminal clusters. Petals have black dots on edges and leaves have translucent spots on edges. Leaves are opposite.

June-September

'Hypericum' is Greek meaning 'over an apparition' referring to the ancient use of the herb to protect one from evil spirits. The name 'perforatum' likely referred to the perforated look of the leaves. The common name 'St. Johnswort' may be in reference to the time of flowering, which generally occurs around St. John the Baptist's Day (June 24).

Edible Uses:

The herb and the fruit are sometimes used as a tea substitute. The flowers can be used in making mead.

Medicinal Uses

St. John's wort has a long history of herbal use. It fell out of favor in the nineteenth century but recent research has brought it back to prominence as an extremely valuable remedy for nervous problems. In clinical trials about 67% of patients with mild to moderate depression improved when taking this plant. The flowers and leaves are analgesic, antiseptic, antispasmodic, aromatic, astringent, cholagogue, digestive, diuretic, expectorant, nervine, resolvent, sedative, stimulant, vermifuge and vulnerary. The herb is used in treating a wide range of disorders, including pulmonary complaints, bladder problems, diarrhea and nervous depression. It is also very effectual in treating overnight incontinence of urine in children. Externally, it is used in poultices to dispel hard tumors, caked breasts, bruising etc. The flowering shoots are harvested in early summer and dried for later use. Use the plant with caution and do not prescribe it for patients with chronic depression. The plant was used to procure an abortion by some native North Americans, so it is best not used by pregnant women. **Skin contact with the sap, or ingestion of the plant, can cause photosensitivity in some people.** A tea or tincture of the fresh flowers is a popular treatment for external ulcers, burns, wounds (especially those with severed nerve tissue), sores, bruises, cramps etc. An infusion of the flowers in olive oil is applied externally to wounds, sores, ulcers, swellings, rheumatism etc. It is also valued in the treatment of

sunburn and as a cosmetic preparation to the skin. The plant contains many biologically active compounds including rutin, pectin, choline, sitosterol, hypericin and pseudohypericin. These last two compounds have been shown to have potent anti-retroviral activity without serious side effects and they are being researched in the treatment of AIDS. A homeopathic remedy is made from the fresh whole flowering plant. It is used in the treatment of injuries, bites, stings etc and is said to be the first remedy to consider when nerve-rich areas such as the spine, eyes, fingers etc are injured.

Other Uses

Yellow, gold and brown dyes are obtained from the flowers and leaves. A red is obtained from the flowers after acidification. A red dye is obtained from the whole plant when infused in oil or alcohol. A yellow is obtained when it is infused in water. The plant is said to contain good quantities of tannin, though exact figures are not available



Common Speedwell, Common Gypsy weed
(*Veronica officinalis*)
Snapdragon Family (Scrophulariaceae)

Prostrate, mat-forming plants have spike-like clusters of pale lavender or blue flowers rising from the leaf axil. Leaves and stems downy or hairy with the leaf having a toothed edge.

May-July

Native to the U.S.A., British Isles, Europe and Asia. Name means “of the shops” which is probably a reference to it at one time being sold for its diuretic and astringent properties. The stems leaves and roots are used. Considered to be an astringent, expectorant and diuretic it was used to treat coughs, stomach and urinary disorders, rheumatism and as a general tonic. The Cherokee used it thusly and treated earache with the juice. Tannins, bitters, essential oil and the glycoside aucuboside along with vitamin C are responsible for the medical effects. The plant is also rich in vitamins, and tannins.



False Hellebore, Indian Poke

(*Veratrum viride*)

Lily Family (Liliaceae)

A stout plant with large leaves clasping a stem that bears a branched cluster of greenish, star-shaped, hairy flowers.

May-July

The ribbed, yellow-green leaves of this wetland plant are conspicuous in spring. The plant withers away before summer. Roots are poisonous as are the leaves. The leaves have a burning taste and are avoided by animals. It can be lethal. It is said that some Indian Chiefs were selected only if they survived eating this plant.

It is known for being extremely toxic, and for this reason is considered a pest plant by farmers with livestock.

Taken in moderate doses, *Veratrum Viride* reduces the pulse rate in a marked degree, which becomes extremely rapid and feeble on any exertion; this condition is followed by severe nausea and vomiting, together with muscular weakness. Taken in a poisonous dose these symptoms are increased in severity, the pulse becomes almost imperceptible, the skin cold and clammy together with vomiting, retching, hiccough, faintness, dizziness, blindness and unconsciousness. These symptoms indicate that the drug is a powerful spinal and cerebral depressant.

If you're interested in trying Veratrum, consider this: It is said to have been a favorite ingredient for poisoning daggers and arrows in pre-industrial Europe. It kills by paralyzing the heart.

Although *veratrum* is a powerful poison, it is so regular and uniform in its action, and so devoid of erratic and unaccountable or uncontrollable influences, that it can be given within the limits of its maximum dosage with safety.

Indian poke is a highly toxic plant that was widely employed medicinally by several native North American Indian tribes who used it mainly externally in the treatment of wounds, pain etc. It is rarely used in modern herbalism, though it is of potential interest because it contains steroidal and other alkaloids and chelidonic acid. Some of these alkaloids lower blood pressure and dilate the peripheral vessels - they have, for example, been used in conventional medicine to treat high blood pressure and rapid heart beat. Any use of this plant should be carried out with great caution and preferably only under the supervision of a qualified practitioner. Even when applied externally to unbroken skin it has been known to cause side-effects. The root is analgesic, diaphoretic, emetic, expectorant, febrifuge, narcotic and sedative. It has been used in the treatment of acute cases of pneumonia, peritonitis and threatened apoplexy. A decoction of the root has been used in the treatment of chronic coughs and constipation. A portion of the root has been chewed, or a decoction used, in the treatment of stomach pain. The roots are harvested in the autumn and can be dried for later use. The root has been used to make a skin wash and compresses for bruises, sprains and fractures. The powdered root has been applied as a healing agent to wounds and as a delousing agent. The stems have been scraped and the powder snuffed to induce sneezing. An infusion of the leaves has been used as a wash to treat aches and pains. The plant is used in homeopathic preparations to slow the heart rate.

Other Uses

The dried and powdered root is used as an insecticide and a parasiticide. It is also effective against caterpillars and mammals so great caution is advised. The roots have been grated, then added to the laundry water and used to clean clothing. A fiber obtained from the stem is used for weaving wallets etc.



Yellow Loosestrife, Swamp Candles

(Lysimachia terrestris)

Primrose Family (Primulaceae)

Lysimachia: probably for Greek king Lysimachus or maybe from Greek *lysis* for "a release from" and *mache* for "fighting or strife"

terrestris: in Latin means "on land"

Slender spike of small starlike flowers. Note the circle of red spots on the petals. Leaves are usually paired. Found in wet bogs, shores, shallows. (At the camp side of the bridge to the Octagon)

June-September

NOTE: This is not a member of the Loosestrife Family



Meadowsweet

(*Spiraea latifolia*/*Spiraea alba*)

Rose Family (Rosaceae)

June-September

A shrub that is easily mistaken for a wildflower, Meadowsweet is a common plant in the Northeast. It has clusters of dry fruit, each a tiny pod arranged in groups of five, at the twig tips.

A 2-5' woody shrub with an angled, reddish-brown stem. The broadly elliptic leaves are coarsely toothed. The 1/4" white to pinkish flowers are in terminal pyramidal clusters and have 5 petals, 5 sepals and numerous stamens. Blooms June-September in moist areas. Some insects that feed on the nectar of meadowsweet flowers include bumblebees and spring azure butterfly caterpillars. White-tailed deer feed on the twigs.

* The name Meadowsweet has its origin not in the word 'meadow', but in 'mead-wort', because the flowers of a similar species were once used to flavor mead, or honey wine.

* Meadowsweet leaves have also been used in tea and as a tonic treatment for intestinal problems, and the plant was once strewn across the floors of homes.

Spiraea species are used as food plants by the larvae of some Lepidoptera species including Brown-tail, Emperor Moth, Grey Dagger, *Hypercompe indecisa* and *Setaceous Hebrew*.

Related to garden spirea and can be used for naturalizing.



Lance-Leaved Loosestrife
(*Lysimachia lanceolata*)
Primrose Family (Primulaceae)

Narrow leaves to the bases and yellow flowers on stalks rising from the axils of opposite leaves. Hairy leaf stalks are characteristic of these wetland plants.

June-August.

NOTE: This is not a member of the Loosestrife Family.



Whorled Loosestrife

(Lysimachia quadrifolia)

Primrose Family (Primulaceae)

June-August

Delicate, yellow, stalked, star-like flowers rise from the axils of the whorled leaves. Whorled loosestrife grow to heights of 1-3 feet and are easily identified by their 1/2 inch star-shaped flowers and whorls of usually 4 leaves with non-fringed petioles (leaf stems), which led to the name "quadriflora."

The species name emphasizes the hairy leaf stalks of this wetland plant. The generic name honors Lysimachus, a king of ancient Sicily who is said to have used a member of the genus to pacify a maddened bull. OR, *Lysimachia* is a classical plant name. It comes from either the Greek *lusimakhos*, 'ending strife,' or from the name of a king of Thrace, *Lysimakhos*, or from both of these words. Colonists also fed the plant to oxen so they would work together peacefully.

In Massachusetts, Whorled Loosestrife has been called Liberty-Tea or Wild-Tea. Why? In 1898, the *Essex Antiquarian* printed an explanation. "With the Revolution came the refusal to drink the tea of commerce, and our four-leaved loosestrife, being dried and steeped was used in its stead. This was known as 'Liberty-Tea' "

Edible Uses: The dried leaves have been used as a tea substitute.

Medicinal Uses – The whole plant is astringent and stomachic. A tea made from the plant is used in the treatment of women's complaints, kidney and bowel problems. A tea made from the roots is diuretic and emetic.

NOTE: This is not a member of the Loosestrife Family.



Shining Clubmoss

Huperzia lucidula

Huperzia, for Johann Peter Huperz (d. 1816) a German fern horticulturist
lucidula, from the Latin, "shining"

Shining Clubmoss, a reference to its bright green color

Other common names include Trailing Evergreen Clubmoss, Huperzie Brillant, Lycopode Brillant (Qué)

A bright evergreen, rhizomatous clubmoss, growing in loose tufts to 6" tall.

Roots from creeping, branching, underground rhizome

Shoots erect with few branches, becoming decumbent, with long, trailing, senescent portion turning brown; apparent indentation from bands of shorter leaves marks annual growth. Bulblet forming branchlets produced at end of each annual growth cycle;



Wolf's Claw Club-moss: creeping perennial; also known as Running Clubmoss.

(Lycopodium clavatum)

Variously called running pine, wolf's claw clubmoss, staghorn clubmoss, or common clubmoss, *Lycopodium clavatum* Linnaeus is a circumboreal species at home on rocky slopes, thickets and brushland, and woodlands of temperate and subarctic zones of Europe, Asia, and North America.

The plant contains lycopodine, which is poisonous by paralyzing the motor nerves[21, 218]. It also contains clavatine which is toxic to many mammals[218]. The spores, however, are not toxic[21].

Medical Uses - A decoction of the plant is analgesic, antirheumatic, carminative, mildly diuretic, stomachic and tonic. It is used internally in the treatment of urinary and kidney disorders, rheumatic arthritis, catarrhal cystitis, gastritis etc. It is applied externally to skin diseases and irritations. The plant can be harvested all year round and is used fresh or dried. The spores of this plant are antipruritic, decongestant, diuretic and stomachic. They are applied externally as a dusting powder to various skin diseases, to wounds or inhaled to stop bleeding noses. They can also be used to absorb fluids from injured tissues. The spores are harvested when ripe in late summer. The spores can also be used as a dusting powder to prevent pills sticking together. A homeopathic remedy is made from the spores. It has a wide range of applications including dry coughs, mumps and rheumatic pains.

Other Uses

The spores are water repellent and can be used as a dusting powder to stop things sticking together. They are also used as a talcum powder and for dressing molds in iron foundries. They can also be used as explosives in fireworks and for artificial lightning. The plant can be used as a mordant in dyeing. The stems are made into matting.



Staghorn or Wolf's Claw Clubmoss , Running Ground Pine

(Lycopodium complanatum)

Lycopodium, from the Greek, lukos (*lukos*) "wolf", and podos (*podos*) "foot"; "wolf's foot", a reference to the resemblance of the branch tips to a wolf's paw.

clavatum, from the Latin, "club shaped"

A broad spreading, evergreen clubmoss. Height to 10" **Horizontal stems** on substrate surface; branching, interlacing, covering large area. It has leafy stems that creep across the forest floor. At intervals stems grow upwards branching like a stag's horn (or wolf's claw). Cones develop on slender stalks on these upright stems.

Club Moss was used in folk medicine as a treatment for digestive, bladder, kidney, and menstrual complaints, and for disorders that arise from excess uric acid. It was also used for inflammation of the skin and mucous membranes, for joint pain and sore throat, and as a remedy for enlarged prostate and impotence. Although Club Moss was documented in official medical literature as recently as the mid-twentieth century, its value has not been verified in human studies. It is seldom used today by Western herbalists, except in a highly diluted homeopathic form. Club Moss is valued medicinally for the spores, which are collected in late summer by shaking them loose from the cone shaped flower. The raw spores, which are odorless and water resistant, were sometimes used to treat wounds and skin conditions, or as a dusting agent in medical and pharmaceutical products.

Undiluted Club Moss has a diuretic effect. The spores contain flavonoids, which are strong antioxidants, as well as a number of other ingredients that may prove beneficial after further study.

Medical Uses - The plant is hypnotic. Chewing three stems is said to induce mild intoxication while eight can cause unconsciousness.

Other Uses - The spores are water repellent and can be used as a dusting powder to stop things sticking together. They are also used as a talcum powder and for dressing molds in iron foundries. They can also be used as explosives in fireworks and for artificial lightning. The plant can be used as a mordant in dyeing. The stems are made into matting.