

More than Bounty in Your Backyard

Explore the Bounty, Benefits & Concerns in Nature's Garden

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So... *Why* gather Wild Edible & Medicinal Plants?

- ✿ Free, Fresh & Effective
- ✿ Value-added economic opportunities
- ✿ Habitat & Landscape Restoration
- ✿ Natural Opportunity for Recreation
- ✿ Enhanced Wellness & Sense of Place
- ✿ Re-connect with Nature
- ✿ Political & Ethical



There's a reason for Everyone...

Wildfood & Food Security

What we need to know about Modern Agriculture today...

- Global seed control (patents, terminator, GMO)
- Documented Health Risks
- Produces and promotes *synthetic* fertilizers
- Is fossil fuel driven
- Controls processing and distribution
- Are dependency & subsidy based
- Promotes monocultures
- Promotes the loss of cultural & bio-diversity
- Destroys soil, water, habitat worldwide



More **Reasons** for Wildfood & Medicines -Current Political & Lifestyle Challenges-

Food Cost
& Quality

Healthcare
Availability
& Quality



Oil
Availability &
Impacts

*Get informed, the choice is at your fingertips,
purchase responsibly!*

The Ethical Dilemma of Invasive Species

- ▶ Approximately one-fourth (25%) of the plant species known to occur in Ohio originate from other parts of the continent or the world.
- ▶ So, Just how many plants are there in **Ohio** and what is *Native*? *Naturalized*? *Invasive*?



- ▶ Ohio is home to approximately **3,000 wild** species of plants.
- ▶ About 75 percent are **native**. *Meaning they occurred in Ohio before the time of substantial European settlement, about 1750.*

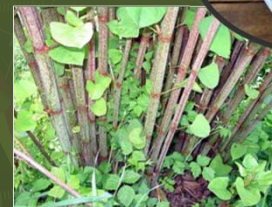


Exotic species *were not* found in Ohio prior to the time of **European settlement**, around 1750.

-Many Exotic species *Naturalized* and are now considered *common* but not *troublesome* in our environments

-About 25% (700-800 plants) have been identified as **Invasive** Appx. 100 are considered '**aggressive**' invaders *and out compete, degrade and alter habitats, often depleting native populations and affecting native pollinators and wildlife*

but they may still be **edible** or **medicinal** so.... If you **can't beat 'em, eat 'em** ...



Resources for Invasive Food & Medicine



- ▶ eattheinvaders.org
- ▶ www.takepart.com/photos/invasive-species-you-should-eat
- ▶ www.opb.org/news/.../eating-invasives-conservation-through-gastronomy
- ▶ www.invasiveplantmedicine.com/
- ▶ bearmedicineherbals.com/in-balance-invasive-species-natives-healing

Garlic Mustard
Alliaria petiolata
an invasive from
Europe, but a
tasty treat for
soups, stews,
sandwiches or
pesto!



They're all useful!

Saint John's Wort

H. perforatum

Invasive out
West, naturalized
here

H. punctatum

native to our
woods & wet
areas



Natives & Common
WEEDS are:

- Tasty
- Healthy
- Beautiful
- Great Insectory & Nectory Plants
- Plentiful



Comparison of **Wild** to Traditional Foods

Just Ask Euell... *Stalking the Good Life* 1966

Plant	Protein	Fe	Vit. A	Vit C
Amaranth Greens	3.5	3.9	6100	80
Beet Greens	2.2	3.3	6100	20
Lambs Qtr.	4.2	1.2	11600	80
Spinach	3.2	3.1	8100	51
Swiss chard	2.4	3.2	6900	32
Purslane	1.7	3.5	2500	25
Dandelion	2.7	3.1	14000	35
Leaf lettuce	1.3	1.4	1900	15
Head Lettuce	0.9	0.4	330	06
Yellow rocket tops	----	----	5067	152
Nettles	6.9	1.6	6566	76

Protein given in grams/100 grams
Fe, Vit. C in milligrams/100 grams
Vit. A in International Units /100 grams
100 grams = ½ cup of raw food.



Wildfoods & Natives: Nutritious, tasty and they make you wild too!

Natives & Wild Food FACTS



► **Rosehips** contain almost 10x's the Vit. C of oranges.

► **Black Walnut** good to eat, a great source of GLA's, and can be used as an anti-fungal and anti-parasitic.



► Lowly little **Ground ivy**, found in many European recipes is also a quality sinusitis herb, high in Vit. C, once known as a cure for Painter's Colic (lead poisoning).

► Can you say **Flavonoids**? Try **Blackberry**, **Raspberry** aid the body's absorption and utilization of Vit. C.



www.naturalhub.com

Wild and Wonderful

Variety is more than just the Spice of Life!

When your Pick from the **Wild & Native** pallet, go for **Color** (phyto-nutrients) and the **Taste Continuum**.

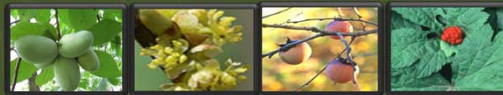
Spicy- affinity for the circulation, sinuses and warmth

Bitter- appetite enhancer, good for liver, bile and digestion

Salty- minerals, affinity for kidneys and water balance

Sweet- affinity for spleen and pancreas, nutritious, filling

Sour- affinity for the stomach, gallbladder



A QUICK REFERENCE of HERBS for BODY SYSTEMS

Detox/Cleansing

Dandelion
Burdock
Yellow Dock
Oregon Grape
Barberry
Cleavers
Chickweed

Immune Enhancing

Echinacea
Ginseng
Garlic Wild Onions
Goldenseal
Reishi

Hormone Balancing

Wild Yam
Bk & Bl Cohosh
Angelica
Motherwort



More Common Wild Plants for Specific Ailments

Anti-Dep/Nervousness

St. John's wort
Blue Vervain
Rose
Violet



Relax/Sleep

Hops
Oat Straw
Passion Flr.
Skullcap
Linden (Basswood)
Chamomile

Energy Re-vitalizing Headaches Mind-Clarity

Ginseng
Peppermint
Ginkgo
Yellow Poplar Flr

Plants *versus* Pharmaceuticals

It's about Chemical Complexity!



Garlic has 33 sulfur compounds, 17 amino acids, and a dozen other compounds.

Yarrow has over 120 different compounds.



Penicillin well, it's just penicillin...



Case Study, the lowly Dandelion

Dandelion herb contains notable nutrients

This humble backyard herb provides (%of RDA/100g)-

9% of dietary fiber,

19% of vitamin B-6 (pyridoxine),

20% of Riboflavin,

58% of vitamin C,

338% of vitamin A,

649% of vitamin K,

39% of iron and

19% of calcium.



(Note: RDA-Recommended daily allowance)

To Be Safe, *Start with the Simple, Tried & True*



Simply *Delicious!*



More safe and simple ideas

Seasonal Favorites *spring*



Summer



Late Summer



Fall Favorites-*Herbaceous, woody, fruits or roots!*



Bring it Home

*You can positively affect your health, your
Environment, your sanctuary*



Grow, Garden, Wildcraft

How, Why, Where

Ethics of Wildcrafting

- ✓ Have permission (from the owner and the plant)
- ✓ Know the area, know the plant
- ✓ Take only what you need
- ✓ Never take all or the biggest and best
- ✓ Leave no trace
- ✓ Give thanks and appreciation

Know Your Niches Full Sun, Part Sun (Edge), Shade.



If you Listen, she will teach you!

Season or Habitat it all helps in ID.

Basic Moisture Regimes

Hydric, Xeric, Mesic



What do these Natives have in common?



Native Woody Favorites of Open Areas and Edge



Shady Specialists

Herbaceous



Woody

Find Your Food & Medicine based on Soil or Site

POOR

Goldenrod

Mullein

Chicory

Dittany

Rubus

Aspen

Sassafras

Serviceberry

RICH

Ginger

Skullcaps

Violets

Goldenseal

Ginseng

Angelica

White oak

Black walnut

SOME OVERLOOKED PLANT PARTNERS for SOIL TYPES

DRY

Dittany
Blackeyed
Susan
Redroot
Mullein
Blueberry
Sourwood
Chestnut oak

MOIST

Sweet Cicely
Ginseng
Goldenseal
Spice bush
Bladdernut
Witch hazel
Sugar Maple
Milkweed

What About Mushrooms?



*Dangerous, Delicious, EZ to find & Grow?
All of the above!*

Edible and Medicinal



► **TURKEY TAILS** *Trametes versicolor* Immune enhancement, hepatic, anti-tumor, anti-viral, bacterial and anti-oxidant. Source of PSK 'Krestin' a popular anti-cancer drug in Asia. TT is probably the best documented medicinal mushroom.

► **REISHI** *Ganoderma lucidum* also called varnished conk or ling zhi. Considered one of the most potent medicinal mushrooms, some research has shown immune-enhancing, anticancer and cholesterol-reducing properties. May also provide liver protection and reduce cell-damaging free radicals

► **MAITAKE** *Grifola frondosa* also called hen-of-the-woods. Anti-cancer, supplement to chemotherapy, being studied as an HIV and diabetes treatment.

If I can find them so can you!



But, keep in mind a few precautions!



More than Food & Medicine; *Nature, Your Prescription for Health*

“Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings...” *University of Minnesota www.takingcharge.csh.umn.edu/*

Heal, Sooth, Restore, Connect...

- ▶ Reduces: Stress, Fear, Anxiety, Blood pressure.
- ▶ Increases: Physical Fitness, Sense of Place, Mindfulness, Positivity
- ▶ Enhances: Feelings of Unity, Belonging, Spirituality, Responsibility

- ▶ [PDF]How Natural and Built Environments Impact Human Health www.human.cornell.edu/outreach/
- ▶ Green is good for you - American Psychological Association www.apa.org › April 2001 Monitor on Psychology
- ▶ Health Benefits of Nature www.asla.org/healthbenefitsofnature.aspx
- ▶ A Natural High: The positive effects of nature on physical health www.academia.edu
- ▶ How Nature Resets Our Minds and Bodies - The Atlantic www.theatlantic.com/health/archive/2013/03/

- ▶ How Does Nature Impact Our Wellbeing? www.takingcharge.csh.umn.edu/.../nature.../how-does-nature-impact-our...
- ▶ Stanford researchers find mental health prescription: Nature <https://news.stanford.edu/2015/06/30/hujubg-mental-health>

Go ahead, Get Happy!

“Happy is He Who Hath the Power to Gain Some Wisdom from a Flower”

Author Unknown....

Let Your Garden be your Sanctuary
Your Pallet for Expression
Your Source of Sustenance, Health & Vitality
Your Escape for Solitude, Adventure & Fun
Let Nature Lead you Astray
Experience Your Backyard & Beyond!

*Get the Green Spark; Plant It, Explore it, Enjoy It,
Share It*



Don't let the chance blow away...

Thanks to You All, *Get the Green Spark*

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<http://wildlife.ohiodnr.gov/species-and-habitats/ohio-natural-heritage-database>

<http://naturepreserves.ohiodnr.gov/natural-features-of-ohio/ohios-wildflowers>

<http://ohiodnr.gov/invasiveplants>