

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	6100	31
Swiss chard	3.1	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 = 1/2 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	Immune Enhancing	Hormone Balancing
<i>Dandelion</i>	<i>Echinacea</i>	<i>Wild Yam</i>
<i>Burdock</i>	<i>Ginseng</i>	<i>Bk & Bl Cohosh</i>
<i>Yellow Dock</i>	<i>Garlic Wild Onions</i>	<i>Angelica</i>
<i>Oregon Grape</i>	<i>Goldenseal</i>	<i>Motherwort</i>
<i>Barberry</i>	<i>Reishi</i>	
<i>Cleavers</i>		
<i>Chickweed</i>		



More Common & Wild Plants for Specific Ailments

Anti-Dep/Nervousness	Relax/Sleep Pain	Energy Re-vitalizing Headaches Mind-Clarity
<i>St. John's wort</i>	<i>Hops</i>	<i>Ginseng</i>
<i>Blue Vervain</i>	<i>Oat Straw</i>	<i>Peppermint</i>
<i>Rose</i>	<i>Passion Flr.</i>	<i>Ginkgo</i>
<i>Violet</i>	<i>Skullcap</i>	<i>Yellow Poplar Flr</i>
	<i>Linden (Basswood)</i>	<i>Lion's Mane</i>
	<i>Chamomile</i>	<i>Lemon balm</i>
	<i>Wild Lettuce</i>	
	<i>Lavender</i>	



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)

How about Nettle?

- ▶ **six isolectins** are found in the rhizomes, roots, and seeds, (but not in the leaves and stems) which show both antifungal and insecticidal activity and acts synergistically with **chitinase** in inhibiting fungal growth.
- ▶ shown to directly **inhibit cell** proliferation and block the binding of epidermal growth factor to its receptor on a tumor cell line.
- ▶ potent & selective **inhibitor of HIV virus and shows anti-prostatic activity** by interfering with sex-hormone binding globulin (SHBG). Nettle influences hormones through its wealth of **lipids** including *triglycerides, fatty acids, tocopherols, sterols, and galactosyldiglycerides*.





What about nutrition?

- ▶ **seeds** contain *linoleic acid and linolenic acid as well as vitamins C, E, and B6, thiamin, riboflavin, niacin, iron, zinc, copper, calcium, phosphorous, magnesium, manganese, sodium, potassium, and selenium.*
- ▶ **Leaves** average *22% protein, 4% fats, 37% non-nitrogen extracts, 9-21% fiber, and 19-29% ash* as well as *about 4.8 mg chlorophyll per gram of dry leaves*
- ▶ **dried leaf** of nettle contains *40% protein.* They are one of the highest known sources of protein in a leafy green, and of superior quality than many other green leafy vegetables, The fresh leaves contain *vitamins A, C, D, E, F, K, P, and b-complexes as well as thiamin, riboflavin, niacin, and vitamin B-6, all of which act as anti-oxidants.*

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
Ramps

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 u/.../nature.../how-does-nature-impact-our...](http://www.takingcharge.csh.umn.edu/u/.../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*

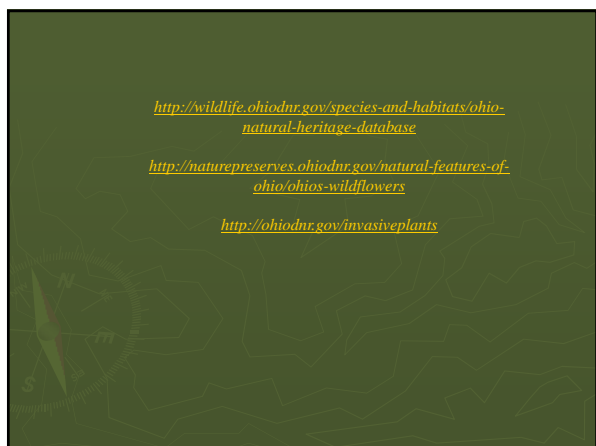


Don't let the chance blow away...

Thanks to You All, Get the Green Spark
Special Thanks to Paul Strauss, UpS, Dr. James Duke, Jim Menuick

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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>
