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
Oil Availability & Impacts
Healthcare Availability & Quality

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?

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 outcompete, degrade and alter habitats, often depleting native populations and affecting native pollinators and wildlife.

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.

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*

<table>
<thead>
<tr>
<th>Plant</th>
<th>Protein</th>
<th>Fe</th>
<th>Vit. A</th>
<th>Vit. C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth Greens</td>
<td>3.5</td>
<td>3.9</td>
<td>6100</td>
<td>80</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>2.2</td>
<td>2.8</td>
<td>6100</td>
<td>40</td>
</tr>
<tr>
<td>Lambs Qtr.</td>
<td>4.2</td>
<td>1.2</td>
<td>12600</td>
<td>80</td>
</tr>
<tr>
<td>Spinach</td>
<td>2.2</td>
<td>3.1</td>
<td>8100</td>
<td>41</td>
</tr>
<tr>
<td>Swiss chard</td>
<td>2.4</td>
<td>3.2</td>
<td>6900</td>
<td>22</td>
</tr>
<tr>
<td>Purslane</td>
<td>1.7</td>
<td>3.5</td>
<td>2500</td>
<td>25</td>
</tr>
<tr>
<td>Dandelion</td>
<td>2.7</td>
<td>3.1</td>
<td>14000</td>
<td>35</td>
</tr>
<tr>
<td>Head Lettuce</td>
<td>0.9</td>
<td>0.4</td>
<td>330</td>
<td>06</td>
</tr>
<tr>
<td>Yellow Rocket tops</td>
<td>---</td>
<td>---</td>
<td>5067</td>
<td>152</td>
</tr>
<tr>
<td>Nettles</td>
<td>6.9</td>
<td>1.6</td>
<td>6566</td>
<td>76</td>
</tr>
</tbody>
</table>

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](http://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

![Flowers](image)

### A QUICK REFERENCE of HERBS for BODY SYSTEMS

<table>
<thead>
<tr>
<th>Detox/Cleansing</th>
<th>Immune Enhancing</th>
<th>Hormone Balancing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandelion</td>
<td>Echinacea</td>
<td>Wild Yam</td>
</tr>
<tr>
<td>Burdock</td>
<td>Ginseng</td>
<td>Bk &amp; Bl Cohosh</td>
</tr>
<tr>
<td>Yellow Dock</td>
<td>Garlic Wild Onions</td>
<td>Angelica</td>
</tr>
<tr>
<td>Oregon Grape</td>
<td>Goldenseal</td>
<td>Motherwort</td>
</tr>
<tr>
<td>Barberry</td>
<td>Reishi</td>
<td></td>
</tr>
<tr>
<td>Cleavers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chickweed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### More Common Wild Plants for Specific Ailments

<table>
<thead>
<tr>
<th>Anti-Dep/Nervousness</th>
<th>Relax/Sleep</th>
<th>Energy Re-vitalizing Headaches Mind-Clarity</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>St. John’s wort</em></td>
<td><em>Hops</em></td>
<td><em>Ginseng</em></td>
</tr>
<tr>
<td><em>Blue Vervain</em></td>
<td><em>Oat Straw</em></td>
<td><em>Peppermint</em></td>
</tr>
<tr>
<td><em>Rose</em></td>
<td><em>Passion Flr.</em></td>
<td><em>Ginkgo</em></td>
</tr>
<tr>
<td><em>Violet</em></td>
<td><em>Skullcap</em></td>
<td><em>Yellow Poplar Flr</em></td>
</tr>
<tr>
<td></td>
<td><em>Linden (Basswood)</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Chamomile</em></td>
<td></td>
</tr>
</tbody>
</table>

### 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

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

If you Listen, she will teach you!

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
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

<table>
<thead>
<tr>
<th>POOR</th>
<th>RICH</th>
</tr>
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<tbody>
<tr>
<td>Goldenrod</td>
<td>Ginger</td>
</tr>
<tr>
<td>Mullein</td>
<td>Skullcaps</td>
</tr>
<tr>
<td>Chicory</td>
<td>Violets</td>
</tr>
<tr>
<td>Dittany</td>
<td>Goldenseal</td>
</tr>
<tr>
<td>Rubus</td>
<td>Ginseng</td>
</tr>
<tr>
<td>Aspen</td>
<td>Angelica</td>
</tr>
<tr>
<td>Sassafras</td>
<td>White oak</td>
</tr>
<tr>
<td>Serviceberry</td>
<td>Black walnut</td>
</tr>
</tbody>
</table>
SOME OVERLOOKED PLANT PARTNERS for SOIL TYPES

<table>
<thead>
<tr>
<th>DRY</th>
<th>MOIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dittany</td>
<td>Sweet Cicely</td>
</tr>
<tr>
<td>Blackeyed Susan</td>
<td>Ginseng</td>
</tr>
<tr>
<td>Redroot</td>
<td>Goldenseal</td>
</tr>
<tr>
<td>Mullein</td>
<td>Spice bush</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Bladdernut</td>
</tr>
<tr>
<td>Sourwood</td>
<td>Witch hazel</td>
</tr>
<tr>
<td>Chestnut oak</td>
<td>Sugar Maple</td>
</tr>
<tr>
<td>Milkweed</td>
<td></td>
</tr>
</tbody>
</table>

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
► A Natural High: The positive effects of nature on physical health www.academia.edu

► 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
Special Thanks to Paul Strauss, UpS, Dr. James Duke, Jim Menuick

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