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 have been considered common but not troublesome in our environments.
- About 25% (700-800 plants) have been identified as invasive. Appx. 100 are considered aggressive invaders, degrading and altering 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!

Saint John’s Wort
*H. perforatum*
Invasive out West, naturalized here

*H. punctatum*
Native to our woods & wet areas

They're all useful!
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>3.4</td>
<td>1.9</td>
<td>6100</td>
<td>60</td>
</tr>
<tr>
<td>Beet Greens</td>
<td>2.0</td>
<td>1.3</td>
<td>4300</td>
<td>26</td>
</tr>
<tr>
<td>Lamb's Quarters</td>
<td>4.2</td>
<td>2.2</td>
<td>31600</td>
<td>80</td>
</tr>
<tr>
<td>Purslane</td>
<td>1.7</td>
<td>1.7</td>
<td>1500</td>
<td>11</td>
</tr>
<tr>
<td>Dandelion</td>
<td>2.7</td>
<td>3.1</td>
<td>14000</td>
<td>35</td>
</tr>
<tr>
<td>Stinging Nettle</td>
<td>2.9</td>
<td>3.3</td>
<td>1900</td>
<td>35</td>
</tr>
<tr>
<td>Yellow Rocket Tops</td>
<td>0.2</td>
<td>0.4</td>
<td>500</td>
<td>15</td>
</tr>
<tr>
<td>Nettles</td>
<td>6.9</td>
<td>1.6</td>
<td>6506</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.

Wild Foods & 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 you 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

<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></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</th>
<th>Headaches Mind-Clarity</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. John’s wort</td>
<td>Hops</td>
<td>Ginseng</td>
<td></td>
</tr>
<tr>
<td>Blue Vervain</td>
<td>Oat Straw</td>
<td>Peppermint</td>
<td></td>
</tr>
<tr>
<td>Rose</td>
<td>Passion Flr.</td>
<td>Ginkgo</td>
<td></td>
</tr>
<tr>
<td>Violet</td>
<td>Skullcap</td>
<td>Yellow Poplar Flr</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Linden (Basswood)</td>
<td>Lion’s Mane</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chamomile</td>
<td>Lemon balm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wild Lettuce</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lavender</td>
<td></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)

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 15-26% 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
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
► A Natural High: The positive effects of nature on physical health www.academia.edu
How Does Nature Impact Our Wellbeing?

Stanford researchers find mental health prescription: Nature

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!

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

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ohios-wildflowers

http://ohiodnr.gov/invasiveplants