

Edible and Medicinal Plants of Bohemia Ecological Preserve



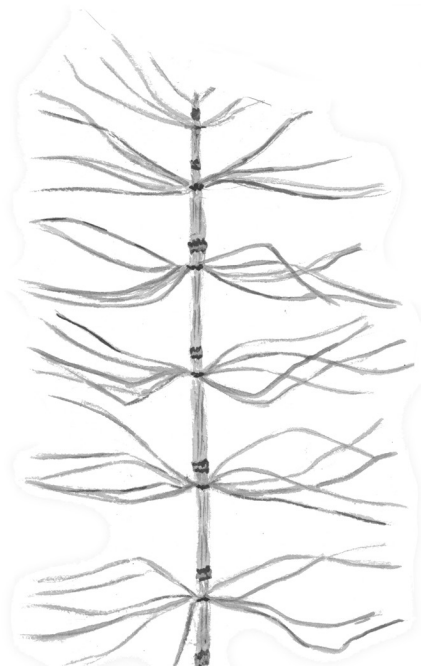
– by Sorrel Allen

“if you listen, they will teach you.” –kevin morgan



a joyful dedication to...

bohemia ecological preserve,
a sanctuary of forests, creeks, and creatures
home to many healing plants, our favorite friends &
teachers
they'll learn you your botany, your whole plant
pharmacy
willow oughta cure your pains, if you got any
pick plantain to soothe a sting
mugwort will color your dreams
sweet cicely fruits to calm your tummy
gather your nettles, for a pesto so yummy
sniff bay laurel if you're feeling faint
yarrow, the ultimate wound healer, is practically a saint.
here i honor all the keepers of traditional knowledge,
past and present.
with a special thanks to the students. the stewards. the
docents.
happy wildcrafting y'all, through the seasons.
when harvesting, remember to exercise good 'ole
common sense and reason.
if stands are abundant, gather only what you need
practice gratitude always, never greed.



Horsetail. *Equisetum* spp.

Parts used: Stems, roots

- **Habitat & form:** Hollow distinctively grooved and jointed stems, leaves that are scale like and whirling around the stem at the joints. Found in moist places, streambanks, and meadows.
- **Collecting:** Harvest in a clear area when the spring green tops are still vibrant green and reaching upward
- **Medicinal uses:**
 - This ancient plant is comprised of many mineral salts, mostly silica. As such a tea of horsetail supports strong structure in the body: bones, cartilage, nails, hair.
 - It supports the skeletal system and builds connective tissues (lungs and sinus).
 - It can be used the treatment of asthma and to heal fractured bones or osteoporosis.
 - Horsetail treats urinary stones, kidney, and bladders stones.
 - It's used for bed wetting and incontinence.
 - Powdered stems were put into moccasins to help foot cramps.
 - Powdered stems can also be used as a tooth powder.
- **Food:** The very young shoots can be eaten like asparagus
- **Culture & craft:** Early settlers used the stems to scour pots “scouring rush” Rough stems used like sand paper on soap stone beads. Horsetail has a variety of anti-fungal uses. For treating fungus in the garden use horsetail as a spray, a small handful of dried herb simmered in a quart of water for 10 minutes will eliminate molds. Biodynamic farmers provide their animals with horsetail tea when they get hoof rot.

California Bay. *Umbellularia californica*

Parts used: Fruit, Leaves

- *Habitat & form:* Evergreen tree, leaves leathery and aromatic. A plant of canyon walls, valleys, chaparral, and open slopes. Basically, follows deep or shallow moisture and is fond of steep canyons. *Collecting:* Harvest fruits in the fall when they have turned yellow and fallen on the ground, harvest leaves year round.
- *Medicinal uses:*
 - Effective “smelling salt” for someone who is faint or dizzy, crushed leaves or poultice on forehead also used to treat headaches (note. Too much inhalation can give you sharp sinus headache which passes quickly).
 - Tincture is sometimes an effective treatment for migraines or headaches centered around the forehead or behind the eyes
 - Tea or tincture can be an anodyne (pain killer) or antispasmodic for headaches related to muscle stress
 - Help diarrhea or intestinal cramps that result from being tied up in emotional knots
 - A diluted tincture or strong tea can be used for an antimicrobial wash or strong antifungal (athletes foot)
 - For joint pains or general arthritis a bath can be taken with the tea of a dozen crushed leaves. The bath may leave the skin feel tingly and warm but once you dry off the joints will looser and less painful.
- *Food:*
 - *Leaves:* Gather the fresh leaves from april to late summer and store in a dry paper bag. These dry leaves will work as a cooking spice. They are a substitute Bay Laurel. The two

are related, but our Bay leaves are fresh and strong, and you will need to use a third or half as much as the recipe calls for.

- *Nuts/fruits*: These are a coffee like stimulant. Keep an eye out for these miniature avocado-esque fruits sprinkled along the trail in the fall. The bay nuts are related to the avocado, hence the resemblance. Peel off the green/yellow fleshy skin and dry the nuts out completely for at least a month before roasting. The unroasted nuts will keep for a very long time, unlike the roasted nuts. Roast the nuts in the shells, roasting only what you plan to eat. Roast quickly, stirring often: Roast at 425 to 475 degrees Fahrenheit. Stir the nuts every 2 to 3 minutes without fail for about 20 minutes so that they roast evenly. Set a timer so that you don't forget.
- *Culture/craft*: Kashia pomo used Bay Laurel in ceremony to bring in spirit and clear the energy. Boughs were burned to fumigate sick houses. Used as a hair rinse.

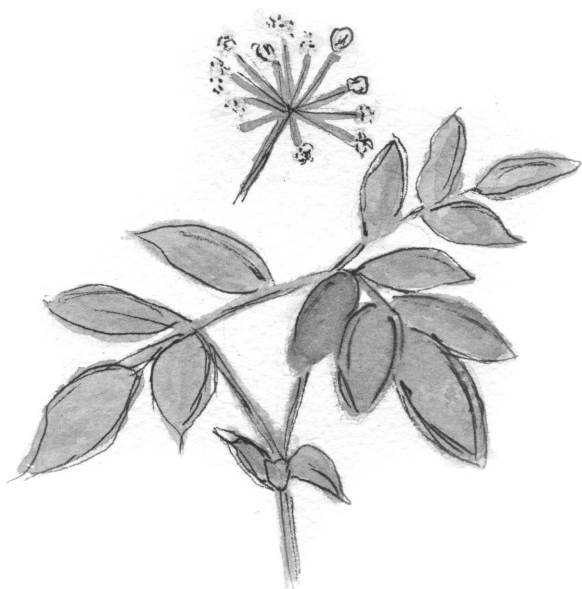
CAUTION: Contains saffrole, a potent liver carcinogen. Tea contains lower concentrations.



Stinging Nettle. *Urtica dioica*, *U. urens*

Parts used: leaves, roots, seeds

- *Habitat & form:* Rich green leaves grow opposite on angled stems, leaf margins coarsely serrated. Prefers moist rich soil. Grows in meadows, near streams, in water, or any moist place.
- *Collecting:* Gather from places you trust. Carefully avoid industrial or agribusiness areas. Best time to harvest spring to spring to early summer, up to the time it begins flowering.
- *Medicine:*
 - Contains calcium, iron, mineral rich vitamins A & D, potassium, and phosphorous.
 - Adds electrolytes and alkali to assist in protecting the body when under stress.
 - Assists in the excretion of blood nitrogen waste products – good for arthritis & eczema.
 - Natural antihistamine for relieving allergies.
 - Most nutritive plant that supports all body systems. Builds blood and tissue
 - Wonderful for uterine bleeding (with shepherd's purse)
 - Moves you out of stuckness/fatigue. Gets you out of a rut. Good for self empowerment
 - Seed- soak in 3x their weight in olive oil for a week, strain & add oil of rosemary – rub in scalp to lessen dryness & stimulate hair growth.
 - Root has a mild prostate affinity
 - Urtication: a lashing treatment with nettles to treat arthritis or paralysis
- *Food:* the dried or cooked leaves do not sting. The powdered leaves are high in chlorophyll. Great for smoothies and salad dressings. (spirulina replacement) add to popcorn or make into pesto! *add a splash of vinegar and lemon to bring out the minerals.
- *Culture/craft:* nettle produces a strong and supple fiber that can be used to make cloth, ranging from coarse to fine.

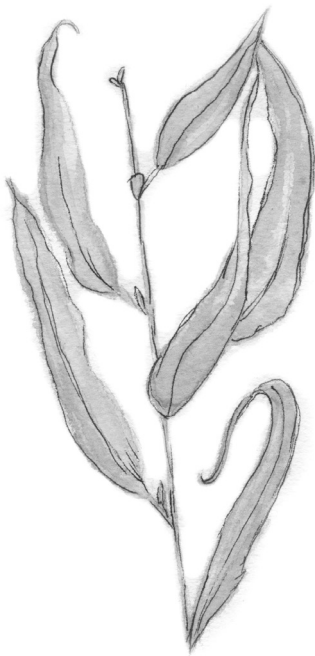


California Spikenard (Elk clover)

Aralia californica

Parts used: roots, berries

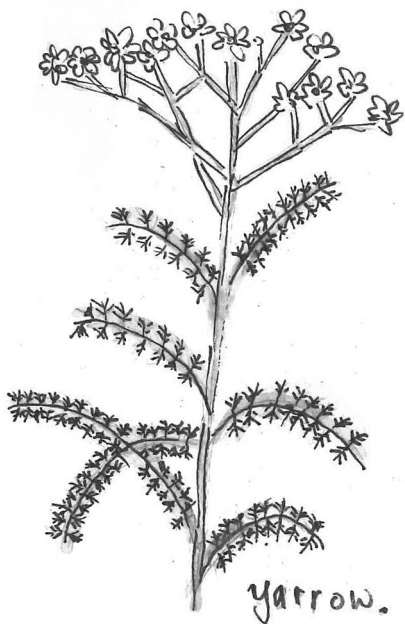
- *Habitat & form:* big compound leaves, crushed leaves smell balsamic, roots are brown on outside and yellow-beige on inside. Thick outer bark honeycombed with resinous glands. The plants forms stands of individuals in streams, creeksides, and shady niches
- *Medicinal uses:*
 - Excellent respiratory tonic and soothing expectorant for people with moist cold or for chronic smokers.
 - Syrup is great for beginning sore throat with a dry hard cough or lung irritation. Tonic for long time smokers.
 - Tinctures of roots and berries act as tonics to physical stress and limbic system (similar to other ginsengs).
 - When backpacking you can chew on root to keep your mouth moist, lungs clear, and mind free to wander with wild companions.
 - Root is a great topical anti-inflammatory – a fresh pulp can be applied to shingles, herpes, rashes, general skin stuff!
- *Food:* fleshy roots taste balsamic & bittersweet. Add to honey or make a syrup



Willow. *Salix spp.*

Parts used: Inner and outer bark

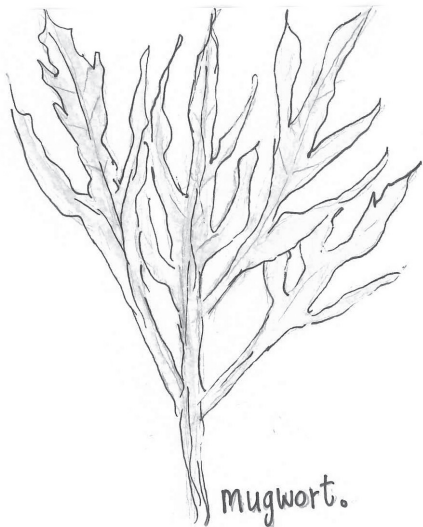
- *Habitat & form:* Narrow-leaved shrub species with distinct catkins (male flowers) and buds Found beside streams, near water or in areas where moisture remains in the soil for a long period of time.
- *Collecting:* Plant medicine is most concentrated in the spring. Clip off fresh willow twigs and peel back bark.
- *Medicinal uses:*
 - The entire plant bark contains aspirin-like salicylate contents and pain relieving properties. The highest medicine is in the inner bark (cambium). Used in tea the bark will lower fever, reduce pain, reduce inflammation. It's not as strong as aspirin. The leaves can be used as a poultice for painful stings and bites.
- *Food:* young leaves and inner bark are a survival food, they are apparently very bitter.
- *Culture/craft:* Basket making. Living fences and structures. Salicylic acid, a natural plant growth hormone can be used for rooting new cuttings (tea)



Yarrow. *Achillea millefolium*

Parts used: flowers, aerial parts, root

- *Habitat & form:* feathery leaves and a flat cluster of tiny white or slightly pink flowers
- *Collecting:* Either harvest the whole plant (from ground up) while it's in flower, or harvest the leaves just before the plant flowers. The leaves are medicinally strongest just before flowering and the flowers are stronger than the leaves
- *Medicinal uses:*
 - Treats acute fevers, those that start as a head cold or flu. Great in cold remedies.
 - Helpful hemostat/astringent. For internal bleeding: hemorrhoids, nosebleeding, stomach ulcers.
 - Good for uterine tonic, prolapse, fibroids.
 - Topically apply to cuts or scraped knees or elbow, blood blisters, bruises.
 - Vascular tonic. Poultices are good for varicose veins or capillary fragility (pregnancy) anti-inflammatory, good for sore muscles (as poultice or both) and antimicrobial.
Powder & pack in a puncture wound. Yarrow "will heal your sorrows before tomorrow," healing from the bottom up.
 - Supports healthy energetic "boundaries"
 - Root can be chewed for toothache & gum problems, especially when dipped in whiskey or rum.
 - For kids: teaspoon of yarrow, chamomile, anise or fennel
 - Tincture fresh or dried plant, or drink in tea.
 - Combines well with elder, ginger, peppermint, cayenne. Try yarrow infused honey!
- *Culture/craft:* The genus name *Achillea* honors the Greek hero Achilles, who is said to have used yarrow on the battlefield to staunch the bleeding of his men's wounds. It's used as a hair rinse, insect repellent, steam for complexion, the leaves in compost are a catalyst for fermentation. Heightens consciousness. Said to revive coma.



Mugwort. *Artemesia spp.*

Parts used:

- **Habitat & form:** stands of hundreds of individuals connected by rhizomes, underground stems. The leaves cleft like little mice feet, soft, and strongly aromatic – sage like! Little button flowers extend from the leaf axils. Grows in open to shady areas, fields, forest edges, stream banks.
- **Collecting:** Gather in summer & fall. Dry and remove leaves from stem. Store leaves whole.
- **Medicinal uses:**
 - Tea (cold infusion) is great for chronic gastritis or gastric ulcers. Antioxidant for cooling fat metabolism & curing fat cravings ;)
 - Tea (hot infusion) is a diaphoretic (breaking fevers) or expelling mucus from the sinuses.
 - It will stimulate menstruation. This can be good if you need it but it can cause you to start way out of cycle or overstimulate a normal flow.
 - Tea is antifungal and antimicrobial, can be used for a variety of first aid situations. A tea or acetum (vinegar infusion) can be used as a liniment for sprains or bruises.
 - Topical analgesic with mild anti-inflammatory properties. Traditionally used for arthritis, backpain and headache. Heated leaf was held over babies severed umbilical cord and steam baths were used during difficult labor.
 - Used to treat gallbladders stones and spasms.
- **Culture/craft:** Used in Chinese moxabustion. This was a magical plant to a number of American Indian tribes, used to enhance dreaming and worn to keep ghosts away. Dried leaves make a good tinder bundle for hand friction fire making.

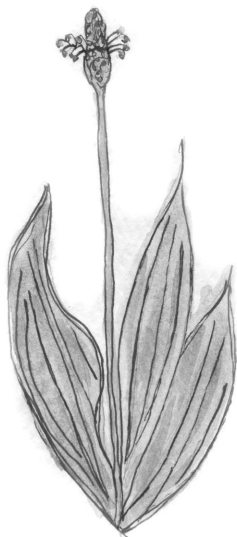


Manzanita. *Arctostaphylos* spp.

Parts used: leaves, berries

- *Habitat and form:* red –brown bark, trunks and large stems twist & turn, thick leathery alternate oval leaves, flowers show as a clusters of soft pink urns. Found on dry slopes, foothills, chapparal, dry mtns.
- *Collecting:* Gather leaves from late spring to mid fall. Dry in a paper bag. Remove branches. Gather berries in the fall.
- *Medicinal uses:*
 - The entire plant is high in tannins so it is an excellent astringent and diuretic.
 - Choice herb for bladder and urinary tract infections.
 - Recommended sitz bath for hemorrhoids and postpartum swelling and birth recuperation
 - Helps hot inflammation in yeast infection and addresses acute pain in genital herpes or venereal warts.
 - A boiled tea is an excellent wash for burns, infections, abrasions, - the astringency and antiseptic properties are cooling, tightening, and infection fighting. Follow up with a salve.
- *Food:* the fruits are mealy red berries that resemble tiny apples (manzanita means “little apple” in Spanish) the berries can be tart so make them into a syrup, cider, lemonade. All of these preparations will remove the tannins. Remember these as a survival food
- *Culture/craft:* Dried leaves were used in ceremonial or recreational smoking mixtures (hence name kinnikinnick)

CAUTION: Manzanita is so high in tannins that more than 3 days of regular use can irritate the stomach lining and kidneys.



Plantain.

Plantain. *Plantago lanceolata*

Parts used: fresh leaves, seeds

- *Habitat & form:* Look for a low growing basal rosette of broad leaves, consisting of distinct parallel veins. It's small white flowers sit on top of tall leafless stalks that rise high above the plant. This is a nearly universal weed, found everywhere from urban lawns to mountain meadows.
- *Medicinal uses:*
 - Apply fresh leaves topically in a poultice to soothe and bring down inflammation from stings or bites or minor irritations- plantain actually draws the poison out of bites.
 - Juice, internally for digestive discomfort and gastric ulcers (you can boil the juice with = parts honey)
- *Food.* Entire plant is edible (raw or cooked) with a similar taste to chard. High in vitamins C, A, and K. Seeds of all species are said to reduce cholesterol levels
- *Culture & craft:* makes a fond kids toy, lasso and launch the flower heads at your friends! In survival situations the leaf fibers of the mature plants can be peeled away from the leaf veins and used as thread, fishing line, or suture material.



Medicinal Preparations:

Acetum - infused vinegar

Cordial - infused liquor

Food!

Hydrosol - the water portion of an essential oil
– derived from steam

Infused oil (topical)

Melita - infused honey

Poultice - a soft, moist mass of plant material applied to the body to relieve soreness and inflammation and kept in place with a cloth

Powder

Salve - an ointment used to promote healing of the skin (infused oils, beeswax, cocoa butter)

Sitz bath - sitting in 6 inches or more of water containing a diluted decoction of herbal tea

Tea

Tincture - and alcoholic extract of plant material

Recommended reading:

*Field Identification:

Medicinal Plants of the Pacific West, *Michael Moore*
Western Medicinal Plants and Herbs, *Steven Foster*
& *Christopher Hobbs*

Edible and Medicinal Plants of the West, *Gregory L. Tilford*

The Book of Herbal Wisdom, *Matthew Wood*

*Medicine making:

Making Plant Medicine, *Richo Cech*

Herbal Materia Medica, *Michael Moore* (preferred dosing, preparations)

*Cultivation:

Life in the Medicine: a guide to growing and harvesting herbs for medicine making, *Leslie Gardner*

Complete List of Edible & Medicinal Plants:

Common Name	Latin Name
___ Blue Dicks	<i>Dichelostemma puchellum</i>
___ Buckeye	<i>Aesculus californica</i>
___ California Bay	<i>Umbellularia californica</i> Re
___ California Coffeeberry	<i>Rhamnus californica</i>
___ California Poppy	<i>Eschscholzia californica</i>
___ Cattail	<i>Typha</i> spp.
___ Douglas Fir	<i>Pseudotsuga menziesii</i>
___ Horsetail	<i>Equisetum</i> spp.
___ Indian Warrior	<i>Pedicularis densiflora</i>
___ Madrone	<i>Arbutus menziesii</i>
___ Manzanita	<i>Arctostaphylos</i> spp.
___ Milk Thistle	<i>Silybum marianum</i>
___ Mugwort	<i>Artemisia</i> spp.
___ Nettles	<i>Urtica Dioica</i> , <i>U. urens</i>
___ Oak	<i>Quercus</i> spp.

___ Oak Moss	Evernia prunastri
___ Pennyroyal	Mentha pulegium
___ Soap Root	Chlorogalum pomeridianum
___ St. John's Wort	Hypericum perforatum
___ Sweet Cicely	Osmorhiza spp.
___ Tarweeds	Hemizonia and Madia spp..
___ Toyon	Heteromeles arbutifolia
___ Turkey Tails	Trametes versicolor
___ Usnea	Usnea spp.
___ Vinegar Weed	Trichostema lanceolatum
___ Wild Oat	Avena spp.
___ Willow	Salix spp.
___ Yampah	Perideridia kelloggii
___ Yarrow	Achillea millefolium
___ Yerba Santa	Eriodictyon californicum



miner's lettuce.