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strawberry



plantain



sheep sorrel



miner's lettuce



salsify



Wild Edibles

dandelion



clover

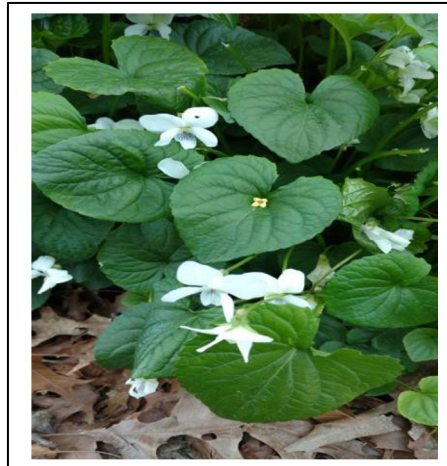


pineapple weed



Edible Wild Plants

Handout



**Presented by
Korey A. Chisholm – Instructor**

Parts Used: Aerial Parts, roots

Uses:

Tonic, blood builder, anemia, strengthening and detoxifying, scurvy, gout, eczema, hemorrhage relief, excess menstruation, lowers blood sugar, asthma, allergies. Topically the plant has been used to sting the joints in arthritis, causing a relief of pain once the inflammation subsides. Also used topically to stimulate hair growth, control dandruff, condition and darken hair. Root: Early benign prostatic hyperplasia (BPH). Reduces urine flow, and frequency, lowers residual urine volume. Seed: Protective and restorative to kidneys.

Precautions/contraindications:

Fresh nettle has hairs that sting and cause a rash when touched. They can be safely eaten when cooked or used dried. Harvest carefully with gloves. Could possibly reduce effectiveness of anticoagulants.



Jewelweed

This plant is used to treat poison ivy and increase the flow of blood in the body. In addition, some take jewelweed to reduce the pain that can occur after childbirth and to counteract fish poisoning. According to the Petersen Field Guide, young jewelweed shoots can be boiled twice, throwing off the water each time, and then eaten as a green or



Photographed by Aisha
Edwards



Photographed by Aisha
Edwards

Wild Grape



Photographed by Aisha Edwards

The leaves of this plant can be eaten raw or cooked. They taste like grapes and are often stuffed with rice and other foods in the Mediterranean culture. The grapes themselves are also eaten and can be made into juice. Do not confuse this plant with common moonseed, all parts of which are very poisonous. The moonseed plant has no tendrils, yet the grape does.



Photographed by Aisha Edwards



Pokeweed



Photo Source:
altnatu

re.com

Pokeweed is one of those plants that are both edible and poisonous. When used incorrectly, profuse vomiting and diarrhea occur. The young shoots can be boiled in two changes of water and taste like asparagus. The berries can be cooked separated from the seeds and made into a jam.

Pokeweed seeds are actually poisonous.

Brambles: Raspberries, Blackberries, & Dewberries



Picture Source:
bentler.us



Picture Source:
borealforest.org



Picture source: bentler.us

Bramble is the term given to the collection of wild berries that can be found in the rubus genus of plants. This term is often used due to the fact that it can be difficult to distinguish between raspberries, blackberries, or dewberries in nature. In nature, the plants are often found at the edge of woodlands. The flowers have five white petals which become berries that can be red to black in color. In order to access the juicy berries one has to navigate through the thorns that are found on the stems and branches. These plants flower in June and July and have edible berries in July and August. In addition to eating the berries raw or cooked, the flowers can be eaten raw and a tea can be made from dry or fresh leaves.

Milkweed



Photo provided by
Olivene Lewis.

Common milkweed is a herbaceous perennial plant growing from a rhizome to 1-2 m tall. The stem is very hairy, and all parts of the plants produce a white latex when broken. The leaves are opposite, simple broad ovate-lanceolate, 7-25 cm long and 3-12 cm broad, usually with an undulate margin and a red-colored main vein. They have a very short petiole and a velvety underside. The flowers are grouped in several spherical umbels with numerous flowers in each umbel. The individual flowers are small, 1-2 cm diameter, perfumed, with five corneate hoods. The seeds are attached to long, white flossy hairs and encased in large pods. Native to most of

North America east of the Rockies, with the exception of the drier parts of the Prairies. It grows in sandy soils and appreciates lots of sunlight. This plant can be seen in the spring and summer. The stems, shoots, leaves, flowers, and young pods are all edible after they are boiled in several changes of water. The milky sap tastes bitter and is mildly toxic, but boiling removes it completely.



Photo Source: wildfoods.info

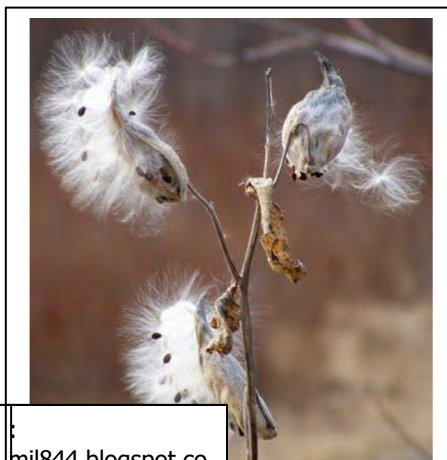


Photo Source: mil844.blogspot.co



Photo Source: hfineartamerica.com

Blood Root

The part of this plant that is underground, known as the rhizome, is the portion used to make medicine. Autumn is the time of year that the rhizome is collected and dried. It can be placed directly surrounding a wound to encourage healing and remove tissue that is dead. Blood Root can lessen tooth pain, clear out the intestines, and ease laryngitis and sore throats. In spite of all these medical uses Blood Root is also considered to be **POISONOUS**. It must not be used in large doses.



Photographer: Aisha Edwards

Autumn Olive



Photographs by Aidyn Edwards



Photo Source:
to www.sierrapotomac.org

The Autumn Olive is considered to be an invasive plant. This shrub or small tree grows up to 20 feet tall and does not produce actual olives. The greenish-gray tint on the leaves helps it to be identified from a distance. In addition to consumption by humans, fifty plus types of mammals and birds eat the fruit of this tree, thereby helping to spread the seeds. Because the Autumn Olive can store nitrogen in the soil it can grow in areas that do not contain many nutrients.

The fruit of this plant contains lycopene, a nutrient that contributes to prostate health. The berries on this tree can be quite abundant, allowing a large quantity of fruit to be picked in a short amount of time. According to Betty Lou Sandy, a Connecticut Master Gardener, the Autumn Olive would not be quite so invasive if people would rely upon it as a source of food more often.

Information Sources: The Hiker's Notebook website, foragersharvest.com

Partridge Berry

Photographed by Aisha Edwards



Partridgeberry is a native perennial. It has small, woody, trailing vines that are 6 to 12 inches. There are slender, trailing stems that do not climb but lay along the forest floor.

Partridgeberry has a taste that some think is sour like a cranberry. Forager Dick Deuerling, likes to use them to garnish salads. Some consider this berry juicy, but messy, and very mild in flavor. It has up to eight seeds and is nearly impossible to misidentify.

A tea from the leaves has a very long and extensive history for easing childbirth and menstrual cramps. The tea is also diuretic, which can lower blood pressure. The berry is favored by a bird called the ruffed grouse. This is how this plant got the name Partridgeberry. It was also called Squaw Vine for its use by women.

Burdock

Source of picture: horizon
herbs.com



Photographe: Aisha
Edwards

The burdock plant has a long taproot that is nutritious and can be cooked as a root vegetable. It can be roasted in aluminum foil packets until tender and seasoned with salt or soy sauce. Once the stalks are peeled they can be consumed raw or boiled in salt water. As a medicine, burdock is dried and used to cleanse the blood. The oil extract of this root is called Bur oil. It is used to treat irritations of the scalp. The Swiss inventor, George de Mestral, got the idea to invent Velcro from his observations regarding how the dried flower of the burdock plant attached to his clothes.

Dock

Rumex crispus and *Rumex acetosella*



Photo provided by
Olivene Lewis

Description: Wild dock is a stout plant with most of its leaves at the base of its stem that is commonly 15 to 30 centimeters big. The plants usually develop from a strong, fleshy, carrot-like tap root. Its flowers are usually very small, growing in green to purplish plume-like clusters.

Habitat and Distribution: These plants can be found in almost all climatic zones of the world, in areas of high as well as low rainfall. Many kinds are found as weeds in fields, along roadsides, and in waste places.

Edible Parts: Because of the tender nature of the foliage, the dock is a useful plant, especially in desert areas. You can eat their succulent leaves fresh or slightly cooked. To take away the strong taste, change the water once or twice during cooking. This latter tip is a useful hint in preparing many kinds of wild greens.

Photo Source:
minnesotawildflowers.info



Lambsquarters



Photo Source:
susanweed.com

Photographed by Aisha
Edwards

This plant is also known as wild spinach due to the mild spinach flavor it contains. According to John Kallas in Edible Wild Plants, lambsquarters have more fiber, calcium, zinc, copper, manganese, riboflavin, and vitamins A and C than domesticated spinach. It can be eaten in all the same ways as regular spinach. There are two ways to distinguish wild spinach

from its poisonous look-alike, hairy nightshade. The flowers of hairy nightshade are white with a yellow center while those of lambsquarters are green and not very noticeable. Wild spinach leaves are waterproof due to a waxy powder coating. As the name suggests, the leaves of hairy nightshade are covered in hairs.

Narrow- Leaf Plantain



Photo source:
motherearthliving.com

The leaves, shoots, and seeds are edible. They are less bitter to eat raw when they are young, yet at any stage the plantain can be boiled or stir fried. A tea can be consumed to alleviate lung issues. Chewed leaves can be applied on the skin to soothe bug bites.



Photo Source:
healthyhomegardening.com

Broad-leaf Plantain



Plantago major is one of the most abundant and widely distributed medicinal crops in the world. A poultice of the leaves can be placed on wounds, stings, and sores in order to facilitate healing and prevent infection. Plantain has astringent properties, and a tea made from the leaves can be ingested to treat diarrhea.

Broadleaf plantain is also a highly nutritious wild edible, that is high in calcium and vitamins A, C, and K. The young, tender leaves can be eaten raw, and the older, stringier leaves can be boiled in stews and eaten.

Photo Source: unknown

Eastern Red Cedar

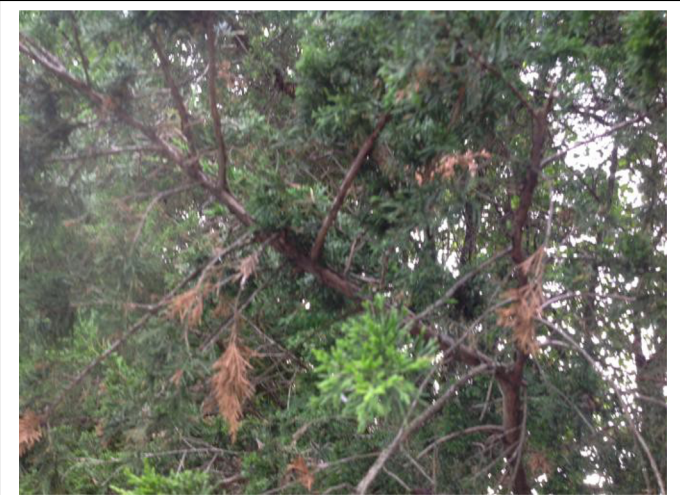


Photographed by Aisha
Edwards

The Eastern Red Cedar is also known as a Red Juniper. Not only are the blue berries edible for humans, they are a delicacy for many animals. Cones from these trees are used in kidney medicines.

Wikipedia states that essential oils extracted from the bark, leaves, and twigs are considered to be toxic and possibly carcinogenic, while Green Deane notes the antiviral attributes of tea made from the berries and leaves.

Moths naturally dislike this tree. The wood is durable and resists rot, making it favorable in the construction of furniture and pencils.



Photographed by Aisha
Edwards

Wild Black Cherry Tree



Photo Source:
becuo.com



Photo Source:
flickr.com



Photo Source: all-
creatures.org

Although edible, the fruit of the Wild Black Cherry Tree does not have a pleasing taste to many when it is eaten raw. A good amount of sugar may be added to balance the tart flavor in jams and pies. It is a delicacy, however, to several creatures including birds, squirrels, and raccoons. The seeds and the leaves contain the poisonous compound called cyanide. If one accidentally swallows a whole wild cherry seed they will not have to worry because the seed has to be broken up in order for the cyanide to be released into the body. If a wild cherry tree falls in an area where livestock are being raised, it has to be removed immediately. Farm animals have died by grazing on the leaves.

The bark of the Wild Black Cherry tree is used in herbal medicine as a sedative and to relieve coughs.

Information Sources: Jerry Travers- Master Gardener, Steve from the Backwoodsman's Institute, suburbanforagers.com

Black Birch

Photo Source: forestry.ohiodnr.gov



Photo Source: oplin.org

The sap, inner bark, and leaves of the black birch are edible. The dark sap extracted from this tree is just half as sweet as that taken from a maple tree. It takes 10 gallons of birch sap to make one pint of syrup. Birch noodles are made by cooking strips of the inner bark. A wintergreen-type tea can be made by infusing birch twigs in water.

Methyl salicylate is a medicine found within the black birch tree. Toxicity occurs when too much of this compound is consumed. The Cherokee culture chewed the leaves

to relieve dysentery. They also treated colds by drinking the tea

Maple Tree



Photographer: Aisha
Edwards



Many people are familiar with the fact that maple syrup comes from the sap of the maple tree. It takes 40 gallons of sap boiled down to produce one gallon of yummy syrup. It is less known, however, that the seeds of the maple are also edible. They can be eaten green or brown, but the brown seeds have to be cooked first. The smaller seeds are reported to taste sweeter. To eat, just peel off the “helicopter” shaped shell. That “helicopter” shaped portion can actually be eaten also. Maple seeds can be eaten raw like sunflower seeds (except the brown ones), boiled, roasted, or dehydrated. After dehydrating, the seeds can be ground into flour. Source: Proverbs31woman.blogspot.com

Oak Tree

Not only the acorns, but the leaves of the oak tree can also be eaten. With that said, although the leaves of the oak are edible, they are not very tasty. Native people all around the world have used acorns in their diets. The tannins contained in acorns necessitate soaking to get rid of this bitter tasting and slightly poisonous component. According to eattheplanet.org, this high calorie food has a mild taste similar to grains and other nuts. After peeling and soaking they can be ground and added to cakes and breads.



Photographer: Aisha Edwards



Photo Source:
fs.fed.us

Photo Source:
commons.wikimedia.org



Prairie Rose

Description: The rose is a common garden shrub, but it also grows wild in many places. The leaves of most species are 5–15 cm long, pinnate, with 3–13 leaflets and basal stipules; the leaflets usually have a serrated margin, and often a few small prickles on the underside of the stem. The vast majority of roses are deciduous, but a few (particularly in southeast Asia) are evergreen or nearly so. **Where found:** There are more than a hundred species of wild roses, all from the northern hemisphere and mostly from temperate regions. **Availability:** Fall **Use:** The fruit of the rose bush (rose hips) are sometimes eaten, mainly for their vitamin C content. They are usually pressed and filtered to make rose-hip **syrup**, as the fine hairs surrounding the seeds are unpleasant to eat (resembling itching powder). They can also be used to make herbal **tea, jam, jelly** and **marmalade**. They are also used to make **pies** and **bread**.

Sedum



Photographed by Melissa
Martinez

Live Forever/Orpine (sedum purpureum) is a wonderful, tasty wild plant that is also grown in gardens and as an ornamental plant. At least the young and tender leaves are great in salads or raw as a trail nibble. But you can also boil the older leaves for 5 to 10 minutes, and its tubers are edible as well, cooked for 20 minutes or so. The leaves are mild, a bit peppery, and very pleasant. With chickweed and wild onions, they make a great salad.

This is a distinctive plant; once you see it and recognize it, you'll know it from then on. It has pretty pink/purplish flowers in the summer. If you find a bunch of them wild, try the tubers. Wildman Steve Brill says they're crispy and tasty raw, like water chestnuts.

St. John's Wort



Photographer: Jennifer Brown

St John's wort is one of the most studied and popular herbal remedies in the world today. The plant was named St John's wort because it is usually in full bloom on St John's the Baptist feast day which is June 24th. The plant blooms in early June and continues in bloom throughout the summer. It is prolific and invasive and be is abundant in pastures. It is easily recognized with its bright yellow flowers and leafy stalks. There are several different species of Hypericum but the best quality species for herbal medicine has tiny black dots on the petals of its flower. **Uses:** As an herbal remedy it is most commonly used for emotional problems such as depression and obsessive compulsive disorders. It has also shown value in premenstrual syndrome and has been found to reduce the craving for nicotine and alcohol. Several clinical trials have found that it is effective for mild to moderate forms of these problems. It is widely available in capsule form in health food stores. Topically, the plant is useful for burns, bruises, insect bites and even scabies! The plant has only been found to be helpful in reducing the healing times for shingles and some inflammatory conditions. **Preparation:** The flowers and buds of the plant have the great concentration of hypericum but the leaves may also be used. A tea may be prepared by using 1/4 cup of the top third of a freshly harvested plant or two teaspoons of the dried powdered plant in a cup of boiling water. Drink one cup 3 times per day. A topical salve may be prepared by soaking the plant in olive oil, sunflower oil or any pure oil in a glass jar like a mason jar. Soak for 8 days to a month. The oil will turn a deep red color. The oil may be used like a lotion or mixed with petroleum jelly or beeswax to make an ointment. **Caution:** St John's wort can interact with certain prescription drugs by slowing their breakdown and elimination. Please check with a healthcare professional before taking if you are taking any prescription drugs.

Oriental Bittersweet

Components of the Oriental Bittersweet plant contain antitumor, insecticidal, anti-inflammatory, antibacterial, and antioxidant characteristics. This plant can also be used to alleviate toothaches and snake bites. In China, the bark is considered to be a valuable fiber.

When the leaves are young, they can be cooked and eaten.

Although beautiful, the berries of this plant are not edible. They can be used to create wreaths and other decorative arrangements.



Photo Source:
carolinanature.com



Photo
Source: Invasive.org

Cinquefoil



Photo Source:
Mzephotos.com



Photographed by
Aisha Ed
ward
s

The name of cinquefoil means “five-leaves” and provides a clue to this plant’s identification. It can be eaten and used as medicine. The young shoots and leaves can be eaten raw in a salad, or cooked as a pot herb. The plant is classified as an astringent, tonic, and antiseptic. An infusion from the root can be used to treat thrash, dysentery, and diarrhea. The liquid can be gargled to remedy loose teeth and gum disease. Decoctions from cinquefoil can treat infections, rashes, sores, and irritated skin. Bleeding can be stopped with the powdered or crushed root. This herb is also included in some anti-wrinkle cosmetic products. The Essential Health website notes the effective use of cinquefoil to aid in infertility and pregnancy issues.

Dandelion



Photo Source:
wildmanstevebrill



Photographer: Aidyn Edwards

When the stem of this well known plant is broken a white milky substance emerges. All parts of the dandelion are edible. The leaves can be eaten raw in a salad or cooked as a pot herb for five minutes. The roots can be boiled or roasted and ground into coffee. This plant tastes bitter but is quite healthy. Dandelion can help cleanse the blood when juiced or consumed as a tea. It also has a slight probiotic action on the gastrointestinal system.

Yarrow



Photographed by Aidyn Edwards



Yarrow is a bitter tasting wild edible that can also be used as a medicine. Its fern-like leaves can be eaten raw or cooked. Young leaves are recommended to be eaten in a salad. The leaves and flowers are used as a tea. In herbal medicine, this plant aids in many conditions such as wounds, colds, fevers, and kidney issues.

Information Source: www.ediblewildfood.com

Mullein



Photo provided by
Olivene Lewis



Photo Source:
thebearismybrother.com



Photographer: Aisha
Edwards

Mullein is a soft (almost velvet-like) biennial that can grow very tall. This dicotyledonous plant produces a rosette of leaves in its first year of growth. The second year plant normally produces a single unbranched stem. The tall pole-like stem ends at a dense spike of yellow flowers. It is a common wild edible plant that spreads by prolifically producing seeds. Depending on the summer weather conditions, this wild edible may not produce a lot of flowers. All parts of this plant are covered with star-shaped trichomes. As its other name implies, mullein leaves were once used as toilet paper. **Distinguishing Features:** Mullein in its second year is a tall, erect stem that can grow very high. **Height:** Mullein can reach heights of just over 2 metres. **Habitat:** Mullein can be found growing in open fields, waste places, disturbed areas, railway embankments and similar dry sunny localities. **Edible parts:** Leaves and flowers. Although the leaves and flowers are edible, enjoying a cup of tea made from these parts is generally preferable. Leaves and flowers can be used in a salad. **Wild Food Recipes:** Mullein Tea

Butterfly Weed



Photo By: Bernadine Williams Dormer

Scientific Name *Asclepias tuberosa*

Butterfly weed is a native of Missouri is a tuberous rooted plant that grows easily in average, dry to medium, well-drained soil in full sun. This perennial grows in dry/rocky open woods, glades, prairies, fields and roadside areas. This plant grows in clumps up to 1-3 feet tall which produces a bright orange to yellow-orange flowers with hairy stems and narrow, lanced shape leaves. They bloom from late spring throughout the summer. The flowers are a nectar source for many butterflies and the leaves are a source of food for the monarch butterfly larvae (caterpillars).

Medicinal properties - the root which is commonly called pleurisy is used to treat lung inflammation.

Information provided by Missouri Botanical Garden

Canada Mayflower



Photographed by Aidyn Edwards

The fruit of the Canada Mayflower is a favored food of the grouse bird. Native Americans used the plant to alleviate headaches and sore throats. It is also used as an expectorant by folk healers. The root or whole plant can be used to make tea.

Red & White Clover



Photo Source: uaex.edu



Photos provided by
to Olivene Lewis



Photo Source:
50states.com

Both red and white clovers are found worldwide in fields and yards. These perennial wild edibles are available in the Spring, Summer, and Fall.

The flowers of both white and red clover can be eaten raw, added to salads, boiled in soups, or dried and ground to flour along with the seedpods. They can also be used to make fritters. White clover is a little smaller, so it takes more work to collect. The leaves and stems are also edible in salads or as greens. Livestock enjoy foraging for clovers. Native American cultures used these plants as medicine. The Cherokee made clover infusions for fever and Brights Disease. The Delaware and Algonkian groups used these infusions to treat colds and coughs.

Sweet Violet



Photographer: Korey Chisholm



Photo Source: aphotoflora.com

Both the leaves and flowers of the Sweet Violet plant can be eaten. Historically, it has also been used in cosmetic products, perfumes, and dyes. Since salicylic acid, the base for aspirin, is present in this wild edible, it can be prepared in ointments and poultices to aid bruises. Teas and syrups made from sweet violet can relieve coughs and inflammations that are inside of the body. Pancakes can also be enhanced by a syrup made with the sweet tasting flowers. The flowers are also added to salads as well as made into candy and jelly.

Wild Geranium



Photo Source:
en.wikipedia.org



Photographer: Aidyn
Edwards

Wild Geranium is also known as Cranesbill. All parts of this plant can be used. The leaves and roots should be picked just before the flowers emerge. A large proportion of Vitamin K is found in the seeds. Wild Geranium has astringent, antiseptic, and anti-inflammatory properties. An infusion of the root can be used to soothe ulcers in the mouth and throat infections. Swollen feet can be relieved with the application of a wild geranium poultice.

Information Sources: Bill Church- Master Herbalist, eattheweeds.com

Wild Strawberry

Description: Similar to the domestic variety, but the berries are quite a bit smaller, measuring about quarter inch (6 mm) in diameter. The Woodland Strawberry was widely cultivated in Europe before being largely replaced by the Garden Strawberry (*Fragaria x ananassa* and other hybrids), which have much larger berries. Woodland Strawberry fruit is strongly flavored, and is still grown on a small scale commercially for the use of gourmets. Unlike most commercial and garden cultivars of strawberries, Woodland Strawberries rarely form runners, and are usually propagated by seeds or division of the plants.



Photo provided by
Olivene Lewis

Where found: Throughout the Northern Hemisphere

Availability: Summer

Use: The fruits can be eaten raw or cooked into **jellies and jams**. It can also be baked into **pies**. An herbal **tea** made from the leaves, stems, and flowers is believed to aid in the treatment of diarrhea.



Photographer: Aidyn Edwards

Striped Wintergreen



Photographed by Aisha Edwards

Striped Wintergreen is also known as Striped Prince's Pine, Spotted Wintergreen, and Spotted Pipsissewa or just Pipsissewa.

This plant is considered rare in Canada and New England and is protected by law in some states.

Medical Uses: Pipsissewa was listed in the US Pharmacopeia from 1820 to 1916. Native Americans of various tribes had a number of uses for the plant. A leaf tea was used for rheumatism, as a diuretic, sudorific, for kidney and urinary complaints, for stomach problems, and as a tonic. It has also been used to flavor other medicine. The leaves were applied externally on wounds and sores.

Greater Celandine



Photo Source: gobotany.newenglandwild.org



Photo Source: earthelixir.ca

The sap that emerges from the greater celandine plant irritates the skin, yet can be used to alleviate warts and corns. Apart from this use of the plant, it is not considered edible. Swallow wort, another name for greater celandine, is found throughout the Northeast in areas that have been disturbed or are manmade.

Information Source: botanical-online.com

Garlic Mustard



Photographed by Aidyn
Edwards

Wildman Steve Brill considers Garlic Mustard to be among the most nutritious of the common edible wild plants. It can be eaten raw in salads or cooked lightly. Cooking for more than five minutes will make the garlic mustard leaves too soft. Once one learns to identify this plant in the wild, it can be eaten with confidence, for there are no poisonous look-alikes to this bitter tasting plant.

Interesting Information: Garlic Mustard contains an ingredient that lowers point at which water freezes.

Wood Sorrel



Photographed by Olivene
Lewis.

Where found: Occurs throughout most of the world, except for the polar areas.

Availability: Spring, Summer, Fall

Use: Use the raw leaves, stems, and flowers as a refreshing, *sour* addition to a **salad**. Steep in boiling water for 10 minutes to make a **tea**.

WARNING: Wood sorrel contains small amount of oxalic acid which gives it its pleasantly sour taste. If eaten in large quantities over a period of time, however, it may inhibit the body's ability to absorb calcium.



Photo Source:
ppws.vt.edu

Virginia Creeper

This plant can be classified as poisonous due to the very toxic berries that some sources say it produces. On the other hand, another source, vegstalk.org, states that the fruit, stem, and root are used for food. The fruit is stated to be eaten raw, whereas the stalks should be peeled and then boiled. The root can be cooked as well. Food is also supplied by a sweet part of the plant that is located between the bark and the wood. From a therapeutic perspective, a poultice of this plant can be used to reduce swelling. A tea made from the leaves can be given as a gentle laxative, diuretic, and astringent as well as to treat jaundice.



Photo Source: countrysideaustin.com



Photo Source: Gardenex.com

Poison Ivy



Photo Source: poison-ivy.org



Photo Source: Wildmanstevebrill.com



Photo Source: Poisonoakandpoisonivy.com

“Leaves of three, let them be!” Remembering this popular saying can help us avoid this poisonous plant as well as the similar looking poison oak. Here is another saying that was found on wildmanstevebrill.com, “Berries white, take flight!” This phrase can help us remember to avoid the whitish berries of the poison ivy plant. If you happen to get a poison ivy rash, don’t wash the area with a soap that contains oil, for this will only spread the rash. Instead, use a detergent or soap that does not contain oil. Applying juice from the stem of the jewelweed plant or from a plantain herb can provide relief. Be sure not to burn any part of the plant. The oil of the plant will be released in the air and irritate the bronchial passages, lungs, and throats of those around. Exposure to poison ivy this way can actually be fatal if immediate medical attention is not sought.

Queen Anne's Lace



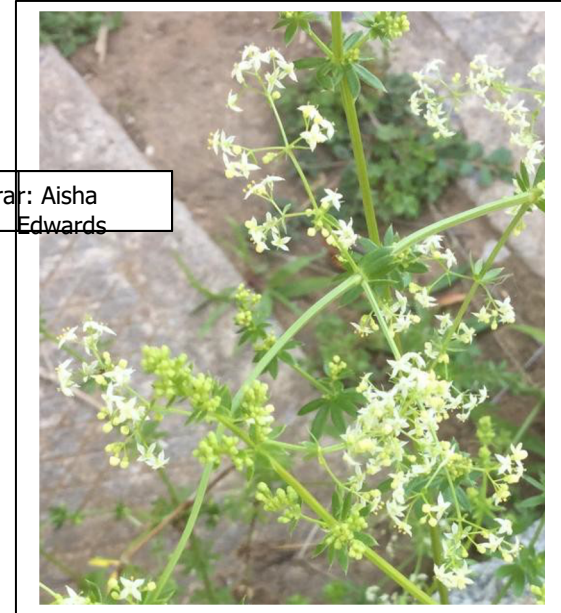
Source of each picture:

white-rock-lake.blogspot.com



Queen Anne's Lace is also known as the wild carrot. Although this plant can be eaten when it is young, correct identification is paramount, for there are many poisonous look-alikes.

Cleavers



Cleavers are a food that can be used internally and externally. Consuming cleavers activates the lymphatic system to rid the body of debris and toxins. On the outside of the body it can be applied to relieve skin irritations, the application of this cleaver poultice. Bleedroot is another name used for cleavers. Since geese, farm birds, and livestock enjoy eating this plant it also has the common name of goosegrass.

Greens, or potherbs, can be prepared by boiling the tips of this plant for 10-15 minutes. A caffeine-free coffee substitute can be made by roasting cleaver seeds. Due to the fact that this plant sticks to things so well, it has also been used to strain liquids like milk.

Information Sources: eattheweeds.com &

Wineberry or Asian Raspberry



Photo provided by Olivene Lewis



Picture source:
en.wikipedia.org

NATIVE RANGE: Japan, Korea and China **DESCRIPTION:** Wineberry, or wine raspberry, is a typical species in the genus *Rubus*, which contains blackberry and raspberry. The name *Rubus phoenicolasius* translates as "blackberry with purple hairs." The mature plant has long stems (canes) that are upright and arching and covered with distinctive glandular red hairs and small spines. The hairs give the canes a reddish color when seen from a distance. Under favorable conditions, canes may grow to a length of 9 feet. Leaves consist of three heart-shaped, serrated leaflets with purplish veins and are silvery white tomentose on the underside. Small greenish flowers with white petals and reddish hairs occur in Spring. The very edible raspberry like fruit is bright red and ripens during June and July.

ECOLOGICAL THREAT: Wineberry is a vigorous grower and can form dense thickets covering large areas, displacing many native plants in the process. Wineberry poses a threat to the native plants that grow in forest, field, stream and wetland edge habitats, open woods, and savannas and prairies. **DISTRIBUTION IN THE UNITED STATES:** Wineberry is found from New England and eastern Canada south to North Carolina and west to Michigan and Tennessee. It is considered an invasive plant of natural areas in Maryland, Pennsylvania, Tennessee, Virginia, North Carolina, West Virginia, and the District of Columbia. **HABITAT IN THE UNITED STATES:** Like other members of *Rubus*, wineberry prefers moist conditions and adequate sunlight. Many species of birds and mammals use the brambles for nesting and shelter. **BACKGROUND:** Wineberry was introduced into the United States in 1890 as breeding stock for new *Rubus* cultivars. It is used today by berry breeders to add specific genes to berry varieties or species. Wineberry is an example of one man's flower being another man's weed. Given containment, wineberry has desirable and useful qualities, but due to its invasive nature, it is considered a significant pest of agricultural and natural ecosystems. Wineberry has been used as a virus indicator for raspberry yellow spot and wineberry latent virus and numerous plant viruses have been isolated from it. **BIOLOGY & SPREAD:** Wineberry reproduces by seeds, and

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May God bless you!

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