



WILD WISDOM STUDENT TESTIMONIALS

"The Wild Wisdom course helped re-introduce me to the plant biodiversity of the region. I grew up in the area but never thought much about the flora surrounding me, let alone the potential to use wild native and invasive plants for food or natural dyes. The course oriented me to local sensibility of ubiquitous plants and drew me closer to the landscape. I also loved the environs of Awbury Arboretum and the Cope House. Visiting the arboretum monthly over the year was a highlight and becoming familiar with what was in bloom or what had already reached its prime was an intimate way to get to know a hidden gem in Philadelphia. The course has given me tools to decipher the regional landscape, harvest and prepare plants for consumption, and think more creatively about plant based dietary innovation." - Elissa

"The Wild Wisdom alchemy; one part veteran field knowledge Instructor, one part classically trained wild medicine guide, two parts student discovery and experimentation. The Wild Wisdom course is far from conventional but incorporates a variety of learning styles from visual to auditory to physical for a holistic approach to this fascinating and vast world." - Daniel

Registering now for Wild Wisdom 2020! Full year investment: \$550, payment plans and work-trade spaces available.

To learn more visit www.awbury.org/

Classes will be meet every second Saturday or Wednesday of the month at the Francis Cope House (1 Awbury Rd, Phila, PA) with the exception of April when we will meet the fourth Wednesday. Class dates: Saturdays - Jan 11th, Feb 8th, and March 14th 10am-1pm. Wednesdays - April 22nd, May 13th, June 10th, July 8th, Aug. 12th, Sept 9th, Oct 14th, Nov. 11th, Dec. 9th, 6-9PM.



Plant profiles and recipes from the first 2019 student cohort of Awbury Arboretum's Wild Wisdom Program





Black salsify has a mild oyster flavor and can be used in vegan chowders.

White salsify tastes more like artichoke hearts or asparagus.



Sauteed Salsify

4 large or 8 small roots
 1 lemon's juice
 1 teaspoon black peppercorns
 1 bay leaf
 1-2 tablespoons EVOO
 Kosher salt / fresh ground
 black pepper

chopped parsley or thyme
 (a sprinkle)

Cooking Directions

- ① peel roots & cover with water in a shallow pan
- ② Add lemon, black peppercorns, bay leaf, salt - simmer & cook until tender (~20-30 mins)
- ③ Remove from liquid, cool slightly, cut into batons
- ④ sauté in EVOO over medium heat until brown; toss in fresh thyme/parsley at end.

.stasman @ cosmice - buffet

The Wild Foodies' **Wild Wisdom** curriculum offered through **Awbury Arboretum** is designed to introduce participants to the most common 100+ wild edible, medicinal, and craft plants of the Philadelphia bio-region / Lenni Lenape - Wingohocking ancestral indigenous territory.

Each 3-hour monthly session includes **in-class and in-field time to botanically I.D. and harvest useful plants, and includes hands-on preparation time to process introduced plants into various food, medicinal, and craft preparations.** The program includes seasonal off-site field trips, guest presenter visits, and in-class participant cooking and research projects.

Topics include: **introduction to regional ecology, botany, tools of the trade, making of medicinal preparations, spice blends, salads, dressings, main dishes, nut processing, tree tapping, intro to mushroom foraging, craft & dye plants, cordage making, and more!**

This program is geared toward those looking to grow ever-closer to the region's wild sources of food and medicine and those committed to sharing this knowledge with others. We believe this knowledge and the commitment to teaching and sharing it in community works helps to build greater environmental literacy, resilience in low-impact food sourcing, and resolve toward protecting, advocating for and stewarding natural spaces.

ABOUT AWBURY ARBORETUM

The mission of Awbury Arboretum Association is to preserve and interpret Awbury's historic house and landscape thereby connecting an urban community with nature and history. We carry out the mission and vision of its founders today through:

- Welcoming visitors with free admission and access to the grounds 365 days a year.
- Engaging friends and neighbors through educational programs and events. Partnering with local educational organizations to utilize Awbury's landscape and historic house as an active community learning center and context for place-based education.
- Building connections with community partners to steward and interpret Awbury's 55-acre historical landscape and house.

LYNN LANDES

is the founder of The Wild Foodies of Philly, an educational organization that was started in 2010. Its mission is to learn more about our wild world and to share that information with the public. Lynn created a resource website at www.WildFoodies.org that contains a large reservoir of information, much of which has been designed by Lynn to facilitate ease of understanding of the more than 200+ edible, medicinal, and fiber plants thriving in the local region. Through their meetup of over 4,000 members, the Wild Foodies have conducted hundreds of tours and hosted events for the public, schools, colleges, and other organizations, some of which have been featured in the Philadelphia Inquirer and other news media outlets..

ALYSSA SCHIMMEL

is a community herbalist, gardener, grower, beekeeper, teacher, curriculum writer, and forager passionate about sharing knowledge of regional food and medicine ways in community. She serves as Education Director for the Philadelphia Orchard Project, where she oversees POP's School Orchard Program serving 12 Philadelphia-area schools, and community education programs including POPHarvestEd, a series that invites community teachers to lead workshops on underknown plants of our orchards and bio-region. She has collaborated with Awbury Arboretum teaching medicine making to youth of the Teen Leadership Program, catering seasonal dinners alongside Chef Gail Hinson, and teaching medicine making and wild foods classes through Wild Foodies. Her training includes studies through Wild Ginger Community Herbal Center, Sky House School of Herbal Medicine, Mountain Gardens, and formal study through David Winston's School of Herbal Medicine.

HEATHER ZIMMERMAN

is the Program Director at Awbury Arboretum where she designs and manages over a dozen public programs and produces the arboretum's public events. She has worked previously as a horticulture educator for Penn State Extension and several historic houses in the Philadelphia region. She is a graduate of the Barnes Foundation Horticulture and Landscape Design Program, a board member for the Philadelphia Orchard Project and teaches beginning wild edible identification and cordage making to youth. An avid nature lover, wild foodie, gardener, and wilderness survival aficionado, she is excited to see the Wild Wisdom program growing into its second year at Awbury.

Salsify (pronounced SAL-se-fee)

The most incredible superfood you've never heard of!

Tragopogon porrifolius (wild) – a plant with linear leaves cultivated for its light-skinned edible root (white salsify; very hairy-looking root with white flesh)

Scorzonera hispanica (a cultivated crop) – a plant with lanceolate leaves cultivated for its dark-skinned edible root (black salsify; smooth, dark root with white flesh)

Common names are purple or common salsify, oyster plant (because it allegedly tastes like oysters), vegetable oyster, Jerusalem star, goatsbeard.

Can look like dark or hairy carrots; flesh is similar to a turnip. Related to dandelion; flower has pink/purple blooms that look like a cross between a daisy or a dandelion. Flowers turn into white puffs when they go to seed.

History

Roots were harvested by the Greeks and Romans for food and medicine, and is mentioned in ancient writings by Pliny the Elder. Salsify was used medicinally for gallbladder and liver complaints and 'viper's grass' was a popular ancient remedy for snakebites. The root is considered a diuretic. The plant was cultivated in the 16th century in France and Italy for food. Today it is rarely seen on restaurant menus and in markets. Canned salsify can be purchased online, similar to palmitos/hearts of palm.

Culinary uses

Roots and young shoots of white salsify can be boiled and consumed. Fresh leaves can be eaten cooked or raw. Popular preparations of the root include boiling, mashing, as an addition to soups and stews, or as a simple sauté. The root contains more iron, vitamin C, thiamin, calcium, phosphorus, and fiber than other roots like potatoes. A single root contains as much potassium as a banana. A latex derived from the root can be used as a chewing gum. The flowering shoots can be used like asparagus, and the flowers can be added to salads.

E. Klinger is a wild food enthusiast living near the Wissahickon. Follow her wild foodie adventures on insta.

magenta berries

- use leaves as an insect repellent:
crush leaves and rub on exposed skin or on clothing. (1)
same technique for horses and mules

deciduous shrub

blooms June thru August
- fruits appear in September and continue through November

native to Southeastern US. Maryland to Florida, and west through Tennessee, Arkansas, and Texas (2)

genus name (*Callicarpa*) from the Greek meaning beautiful fruit

relatively disease and pest free

bears more fruit if several are planted together

landscape design - attracts wildlife as a food source (berries) and cover

bright purple berries growing around stem in plump clusters

full or partial sun

moist soil - edge of swampland or in moist thickets

fast growing native perennial shrub

fruit has high moisture content and is an important food source for more than forty species of songbirds including American Robin, Brown Thrasher, Purple Finch, and Eastern Towhee (1)

berries are eaten by armadillo, foxes, opossum, raccoon, squirrels, and deer.
Deer will also browse leaves, Cattle browse twigs and leaves (1)

hearty plant which transplants well.

heat, cold, and drought tolerant

white tail deer will bed amongst them

1. USDA NCRS - Plant fact sheet
2. wikipedia - *Callicarpa Americana*

2019'S WILD WISDOM STUDENTS

As part of the course, students were tasked with researching two wild plants, presenting on them, and creating a zine page on their findings. This zine is a collection of their work.

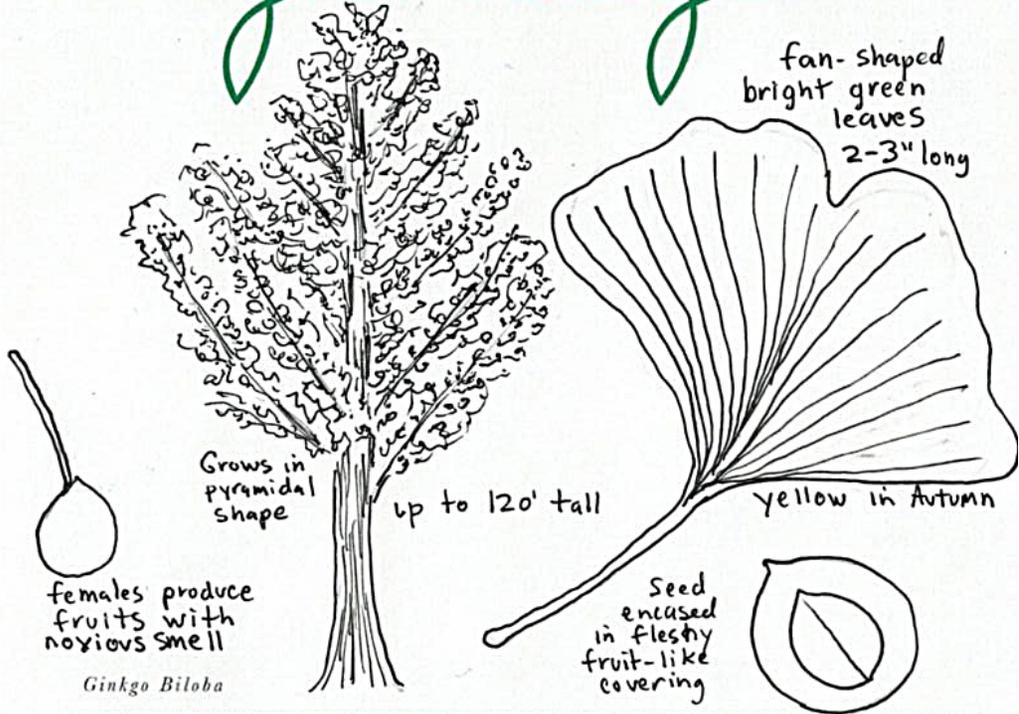
- Michaline Schrade (Ginkgo)
- Daniel Fraley (Field Thistle)
- Dr. Anne Bower (Wineberry, Oriental Bittersweet)
- Jody Kovy (Prickly Pear)
- Becky Flax (Natural Dyeing)
- Nina Taylor (Yucca.Bamboo)
- Jody Sweitzer (Autumn Olive)
- Cecilia Dougherty (Lady's Thumb)
- Kristen Howard (Ramps, Wild Chamomile)
- Rachel Dombroski (Field Mustard)
- Daniel Spicer (Beautyberry)
- Elissa Klinger (Salsify)
- Catherine Etters
- Maryanne Sarzynski
- Paulina Le
- Cassie O'Connell
- Nicole Ellingson
- Shanna Halpern
- Jean Gajary
- Marina Spitkovskaya
- Gail Hinson
- Claire Phelan



Written by Michaline Schrade

Written by Daniel Spicer

Ginkgo



females produce fruits with noxious smell

Ginkgo Biloba

Latin Name | **Ginkgo Biloba**

Common Names | **Ginkgo**

Conditions | **Sun to partial shade**

Family | **Ginkgoaceae**

Identification: Large shade tree to 120 feet. Long horizontal branches creating a pyramidal crown. Leaves leathery, fan shaped, one and a half inches long and three inches wide. Parallel veins radiating from stem point. Female flowers single or in pairs, male flowers a catkins; fruit cherry like, yellow, very fetid smelling.

Known as the **maidenhair tree**, is the only living species in the division Ginkgophyta, all others being extinct. Biloba means two lobes and refers to the lobed leaf. It is called the Maidenhair Tree referring to the fan-like leaflets of the maidenhair fern. It is found in fossils dating back 270 million years. Native to China, the tree is widely cultivated, and was cultivated early in human history. It has various uses in traditional **medicine** and as a **source of food**. Ginkgos are large trees, normally reaching a height of 66-115', with some specimens in China being over 160'. The tree has an angular crown and long, somewhat erratic branches, and is usually deep rooted and resistant to wind and snow damage. Young trees are often tall and slender, and sparsely branched; the crown becomes broader as the tree ages. During autumn, the leaves turn a bright yellow, then fall, sometimes within a short space of time (one to fifteen days). A combination of **resistance to disease**, insect-resistant wood and the ability to form aerial roots and sprouts makes ginkgos long-lived, with some specimens claimed to be more than 2,500 years old. Extreme examples of the ginkgo's tenacity may be seen in Hiroshima, Japan, where six trees growing between .62 to 1.24 miles from the 1945 atom bomb explosion were among the **few living things in the area to survive the blast**.

(source) https://en.wikipedia.org/wiki/Ginkgo_biloba

Beauty Berry (*Callicarpa Americana*) aka French mulberry



This American beauty is native to the southeastern US ranging from Maryland to Florida and west through Tennessee, Arkansas, and Texas. It's name, *Callicarpa*, derives from the Greek meaning beautiful fruit and it lives up to it's name with striking clusters of magenta berries. Has aliases of the French mulberry or American mulberry as it's cluster of berries resemble the mulberry.

A haven for wildlife it's berries are enjoyed by over forty species of songbirds, as well as armadillo, foxes, raccoon, and deer, who will also bed amongst them. A remarkably useful shrub, crush the leaves and rub them on skin and clothing to repel mosquitoes, ticks, and fire ants.

astringent edible berries, best for wine and jelly

roots, leaves, and branches to treat malarial and rheumatism (1)
roots to treat dizziness, stomachache, and dysentery (1)
roots and berries boiled and drunk to treat colic (1)



Spaghetti with Mustard Greens, Garlic and Bread Crumbs

1/3 pound spaghetti

1/4 cup extra virgin olive oil, more as needed

1 large clove garlic, minced

1/2 cup bread crumbs, preferably homemade

a couple of shakes of red pepper flakes, or to taste

wild mustard greens, a couple of large handfuls, or about 1/2 pound

salt, freshly ground black pepper

freshly grated parmesan cheese

1. Put 1/8 cup of olive oil into a large skillet over medium-low heat. When oil is warm, cook garlic just until fragrant, 1 to 2 minutes. Add bread crumbs and red pepper flakes and cook until bread crumbs are golden. This will take about five minutes or so. Remove and set aside.

2. Cook mustard greens in boiling water until soft, about five minutes. Drain well.

Would not recommend cooking pasta in the same water with the wild greens, since the bitterness remains in the water.

3. Boil the pasta in salted water in another pot.

4. Meanwhile, add the remaining 1/8 cup of olive oil to a skillet over medium-low heat.

Add the mustard greens and toss well. Sprinkle with salt and pepper. Add the garlic and bread crumb mixture and mix well.

5. When the pasta is cooked, drain, reserving a little of the water. Toss pasta in the skillet with the mustard greens. If necessary, add a little of the pasta water. Adjust seasonings and serve with freshly grated parmesan cheese.

WHEN Leaves in spring, summer, fall; nut in summer – October

USES Nuts and Leaves are edible.

Seeds/ Nuts: No more than 5 per day. Not everyday. Not for children under 6. Not for people with Vitamin B shortage. Handle with gloves due to some urushiol, the active chemical in poison ivy. The seed contains a mildly acrimonious principle that is unstable when heated. It is therefore best to cook the seed before eating it to ensure any possible toxicity is destroyed.

The cooked seed/nut tastes like a nutty pea or chestnut with the look of shiny bright green pistachios. The seeds/ nuts ripen in the summer as approximately grape-sized yellow fruit. This fruit pulp smells really bad, something like a cross between dog poop and vomit. This pulp is discarded because the real treasure is the large seed it contains. Wear rubber gloves when digging the seed out of the ginkgo fruit or else your hands will stink for days. Scrub any pulp off the seeds with plenty of running water. **The seeds/ nuts are then roasted as the unroasted seeds are still somewhat toxic.** Bake for an hour at 350°F.

The most commonly ingested herb for brain health.

Ginkgo leaves have a long history of being used to treat issues with **blood circulation, memory, and dementia.** The easiest way to use them is to **chew a leaf into a pulp** and then suck on this pulp for 10-20 minutes. **Tea** can also be made from the leaves.

(source) <https://www.fungingitexas.com/2008/09/ginkgo.html>

other uses: An oil from the seed is used as a fuel in lighting. A soap substitute is produced by mixing the pulp of the seed with oil or wine. Wood (light & soft) has insect repelling qualities.

WHAT MAKES GINKGO SO POWERFUL?

Ginkgo Biloba extract contains two constituents (flavonoids and terpenoids) that have strong antioxidant properties. It's believed these may help slow down the progression of age-related diseases by combating oxidative stress that usually worsens as someone ages.

DOCTRINE OF SIGNATURES

The Ginkgo leaf resembles a cross section of the human brain and its two lobes. Research shows it does benefit cognitive functions.

STIR-FRIED BROCCOLI WITH GINKGO NUTS

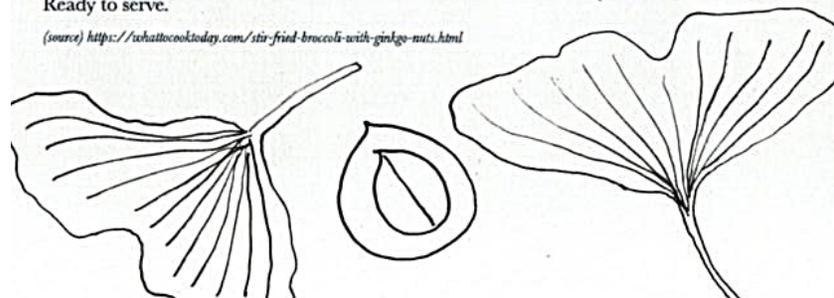
- 1 lb broccoli
- 1 carrot cut into slices
- 10 ginkgo nuts
- 5 cloves garlic minced
- 3 Tbsp canola oil

Cut the broccoli into small florets, blanch and drain well. Rinse under cold water and set aside.

Heat up a large pan and add 3 Tbsp of canola oil. Stir-fry the garlic until fragrant but be careful not to burn them. Add in the broccoli, carrots and ginkgo nuts. Add a little water to prevent burning. When the vegetables are cooked, season with salt and stir well.

Ready to serve.

(source) <https://whattocooktoday.com/stir-fried-broccoli-with-ginkgo-nuts.html>



Field Thistle

[*Cirsium horridulum*]

**North American species
in Sunflower Family**

Perennial

**2-5 ft high basal and stem
leaves lobed, lower stems
leaves can be four to nine
inches long**

**First year—root and a rosette
only**

**Second year—stem and
blossoms similar to Burdock
or garlic mustard.**

TIME OF YEAR: Best in spring, first or second year,

ENVIRONMENT: Sandy open areas, moist or dry, old fields, roadsides, mountain tops to valley's

EDIBLE: stalks, leaves, roots, core of unopened flower bud bottoms and seeds (oil)

PREPARATION: Remove spines, Raw, boil or steamed hollow inner stalks peeled of green outer fiber; core of unopened flower buds, when cooked squeezed out like artichoke leaves;

SIDE EFFECTS: Gas



My name is Daniel Fraley, Marketing guru by day, entrepreneur, forager, amateur fermentologist and tinkerer by night.

Older stalks can be soaked and used for cordage. The seed fluff is useful as a fire starter and the Seminole Indians used the thistles as blowgun darts.

It is a food plant for the caterpillars of the Painted Lady butterfly, migrating monarchs, Bumblebees and Hummingbirds.

A tea can also be made from the leaves and the plant was used in ancient times to treat varicose veins.

Native American Indians used thistle for neuralgia, over eating, an herbal steam for rheumatism and to shrink hemorrhoids (presumably without the thistles!)



Field Mustard

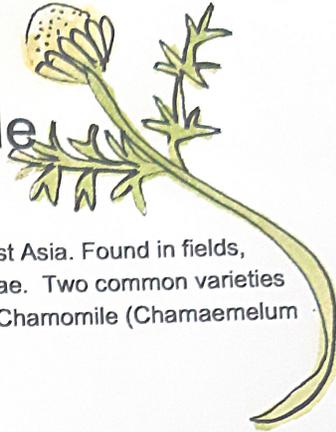
- Common names: common mustard, wild mustard, wild turnip, forage turnip, wild rutabaga, mustard, bird's rape, rape mustard
- Latin name is *Brassica rapa*
- Native to Eurasia, invasive to Pennsylvania
- An upright winter annual or biennial that is a member of the mustard family; plants flower in the summer; can harvest seeds from late summer to fall
- The leaves are lobed, hairy and rough
- Plants grow 1 to 3 or 4 feet tall
- The bright yellow flowers are clustered at stem tops and have four petals
- Grows in disturbed areas including roadsides, ditches, cultivated fields, orchards, and gardens
- An extremely adaptable plant that grows in sandy to heavy clay soils
- In large quantities, this plant can be toxic to horses, cattle, sheep, swine, goats, and poultry via the roots and seeds
- Younger greens are usually tastier, can put a little bit of raw leaves in a salad (they have a sharp taste) or boil/cook the leaves
- The flowers and seeds are also edible (crush the seeds to use as an herb)
- With pulverized seeds you can make a poultice to tease the skin; this is strengthening for the blood circulation (but can also cause skin rashes in some people)
- Eating wild mustard can be stimulating for the appetite and the digestion; can invigorate the metabolism

Compiled by Rachel Baltuch Dombroski



Wild Chamomile

Matricaria discoidea



What is Wild Chamomile? An annual plant native to Northeast Asia. Found in fields, gardens, and roadsides in the US. From the family Asteraceae. Two common varieties are: German Chamomile (*Chamomilla recutita*) and Roman Chamomile (*Chamaemelum nobile*)

Other names: Pineappleweed and disc mayweed.

How to identify: White flower petals circle a yellow cone shaped center. Flowers are tiny, and daisy like. 2-3 centimeters wide. Light green leaves are fern like and feathery.

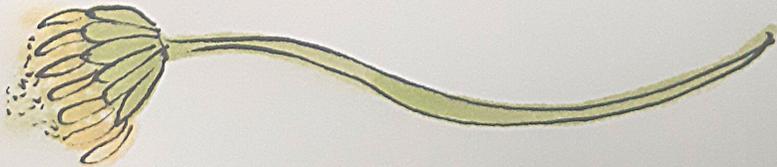
Foraging tips: Look for wild chamomile on roadsides, paths, and disturbed soil in open, sunny locations. Beware: avoid areas that have been treated with chemicals.

Flavor: Apple, pineapple.

Edible Parts: Flowers and leaves. Steep fresh flowers in boiling water for 5 minutes, strain and enjoy!

Uses: Soothe upset stomach, calm nerves, treatment of hay fever and muscle spasms. Anti-inflammatory components. Frequently used in cosmetics and aromatherapy.

Kristen Howland is a country girl who thrives in the city. A plant loving and outdoor seeking individual who has found her true calling with foraging.....it's the perfect combination of 2 top interests: hiking and eating!



Field Thistle [Cirsium horridulum]

Sweet Chili Thistles Recipe

Courtesy: Farming My Backyard

Cut the edges off the leaves with scissors and save the ribs

Remove the thorns from the stem with vegetable peeler

Blanch ribs and stems

Heat chili powder in olive oil

Add tomato paste and about 1 cup stock or water

Add thistles and simmer until the ribs are soft and the stock reduced

Turn off heat and add a glug of honey (the honey makes it super awesome)

Serve over rice

Written by Dr. Anne Bower

Wineberry (*Rubus phoenicolasius*)

Perennial shrub with canes (similar to a raspberry) in the Rose family. Creates thickets in disturbed forest areas.

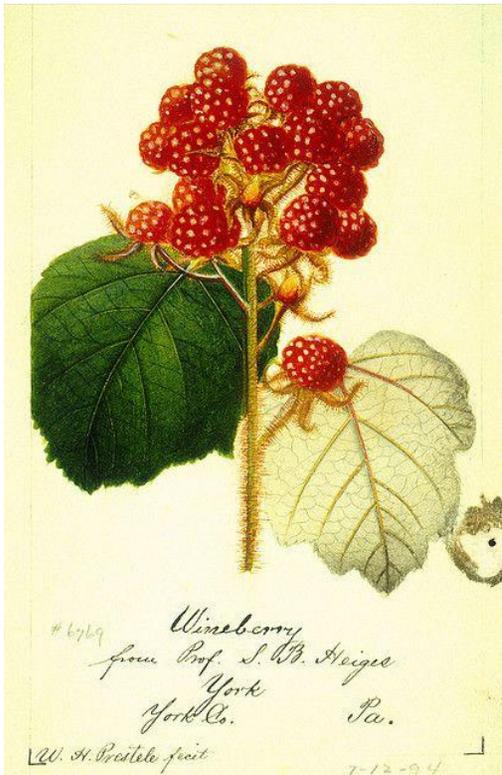
Description: Alternate leaves on distinctive hairy, spiny reddish stem. Leaves are divided into three heart-shaped leaflets with toothed margins. They are silvery on the underside. Small green flowers, white petals and reddish hairs.

Edible: Fresh, red tart fruit which is high in fiber, antioxidants and Vitamin C to boost the immune system. Can make into jam, jelly, syrup or wine. Harvest in late June through July.

Dried leaves can be used for tea with magnesium, potassium and iron for women to tone the uterine muscles. Astringent properties for fever and diarrhea. Fruit used for red/purple dye, stems for beige.

INVASIVE: Do not plant. Vigorous growth competes with native understory plants. Birds and mammals spread seeds. Introduced in 1890 from Japan, Korea and China to interbreed with raspberry.

Surprise: Possible carnivorous. Has sticky digestive sap on fine hairs trap insects



What is a ramp?! A perennial plant that grows in rich, moist woodlands in the northeast and central US. Ramps grow in groups, with their bulbs presenting just below the soil surface.

Other names: "Wild Leeks" and "Ramsons"

How to identify: 2-3" thick green leaves, 8-10" tall. Long, elliptical shaped leaves.

Foraging tips: Follow your nose! Stop if you notice a garlic scent in the woods, you may be close! Forage one leaf, and leave the bulb and one leaf to allow plant to regrow. Take only 1/3 of a cluster of ramps to allow the patch to regrow.

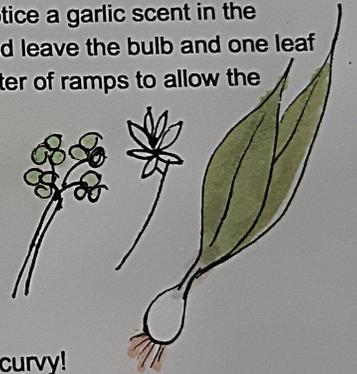
Flavor: Oniony flavor profile and garlic scent.

Edible parts: bulb, leaves, green seeds.

History of the ramp:

Ramps are high in vitamin C! See you later scurvy! Native Americans drank a ramp tonic for colds and coughs. In the Appalachian mountains, the ramp was celebrated at the end of winter, when people had gone many months without fresh, green vegetables.

Want to become a ramp enthusiast? Visit Richwood or Elkins West Virginia in April for their annual ramp festivals!



Good to eat from mid-spring to late fall

Leaves, flowers and shoots can be eaten raw or cooked.

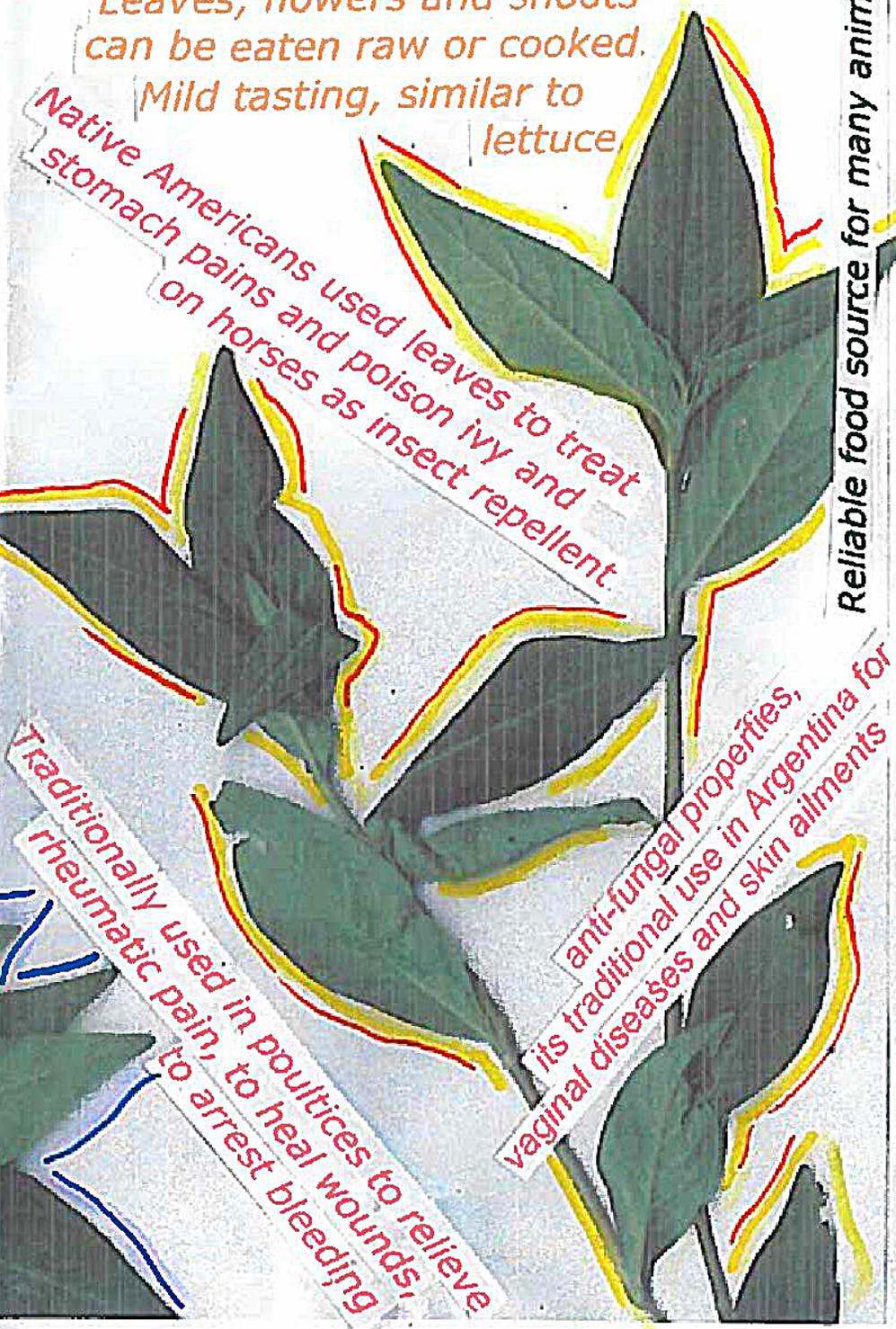
Mild tasting, similar to lettuce

Native Americans used leaves to treat stomach pains and poison ivy and on horses as insect repellent.

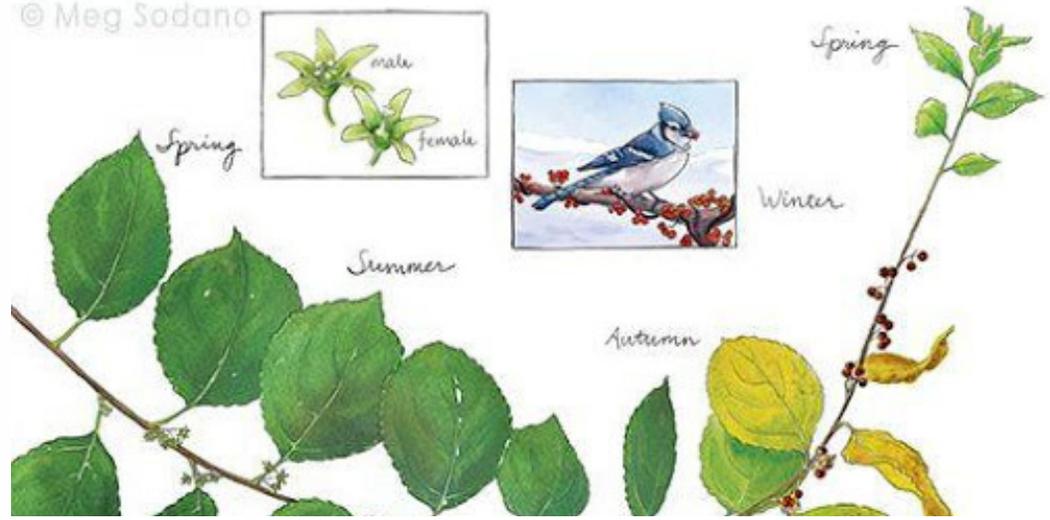
Reliable food source for many animals

Traditionally used in poultices to relieve rheumatic pain, to heal wounds, to arrest bleeding.

anti-fungal properties, its traditional use in Argentina for vaginal diseases and skin ailments



© Meg Sodano



Written by Dr. Anne Bower

Oriental/Asiatic bittersweet (*Celastrus orbiculatus*)

Deciduous, woody, perennial vine in a dense mass almost like a shrub in the Celastraceae family

Description: Alternate leaves that are glossy and oval with fine teeth. Small green flowers in clusters along stem in spring. Flowers are dioecious as either male or female. Bright red berries with yellow aril covers in September that persist into winter

Edibility: DO NOT EAT BERRIES. Young leaves can be cooked. Roots, stems and leaves are anti-inflammatory, antirheumatic, depurative, anticancer and tonic for headaches, toothaches or swelling. Roots for yellow/orange dye.

INVASIVE: Do not plant or use in craft projects such as wreaths. Vigorous growth smothers all plants and trees. Birds and mammals spread seeds. Introduced in 1860 from Japan, Korea & China. Still sold in nurseries in the United States. Use the native alternative instead: *Celastrus scandens*

Prickly Pear

Written by Jody Kovy

Other name: Eastern Prickly Pear,
funa fruit, sabra

Latin name: *Opuntia*

Genus: *Opuntia*

Family: Cactaceae

Flower essence - repels unwanted attention, ^{restores} hope
Helps you refocus & get back on track

Where do they grow? Sunny & dry
places

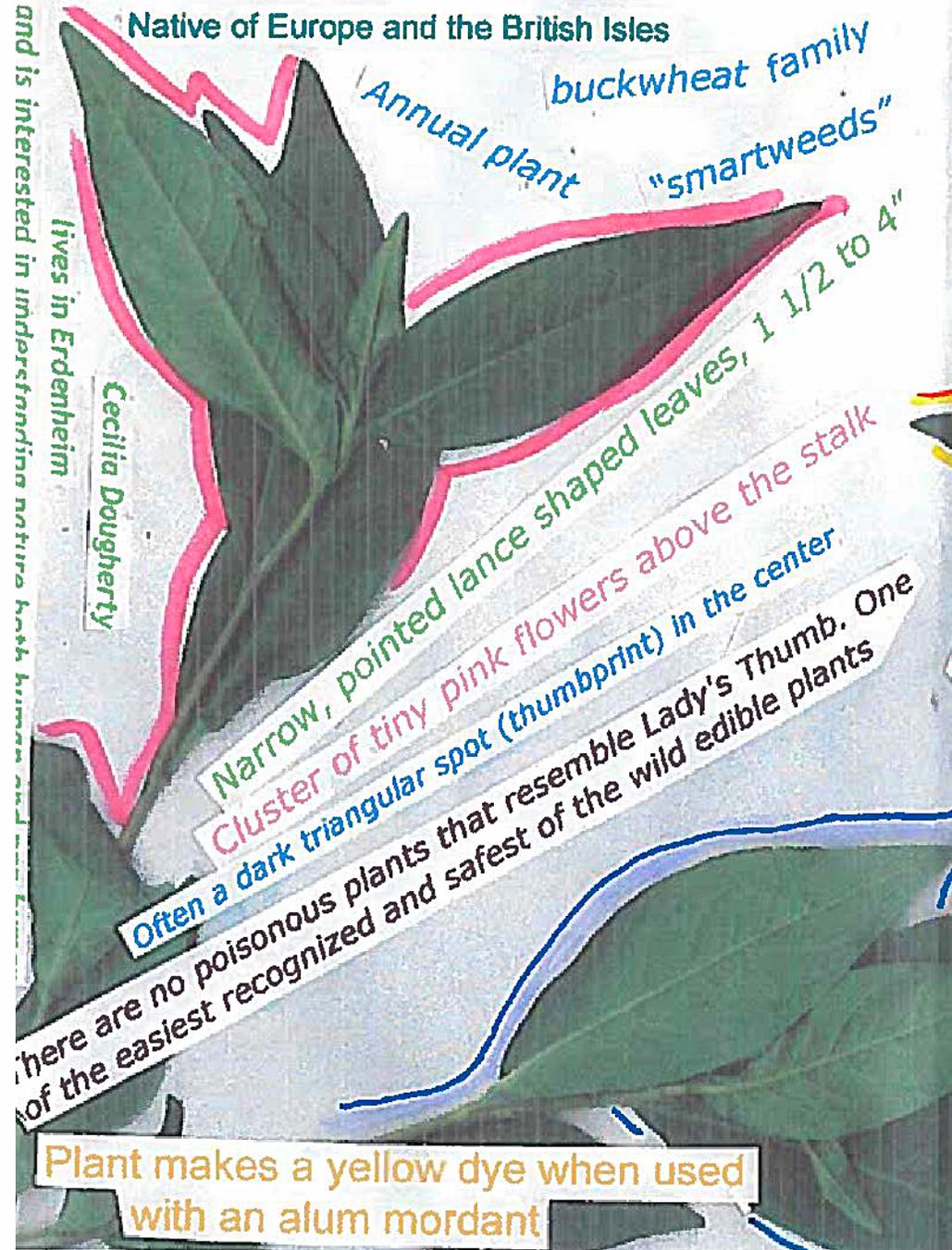
Edible parts: Fruit, seeds, leaves
also called pads raw & cooked.

Taste: Leaves/pads taste mucilaginous
Fruit is sweet with many
edible seed. Jelly is often
made with the fruit.

Fun fact: Don't forage without gloves!
You can use a torch to kill thorns.

Lady's Thumb / *Polygonatum persicaria*

Polygonaceae family related to water smartweed,
buckwheat, sorrel, rhubarb, arrowleaf dock,
common dock, red dock and yellow dock



Autumn Olive Jam and Why You Should Make It

By janet@ouroneacrefarm.com

About autumn olive jam

After boiling and straining, you can put the remains in the compost without worrying about spreading the plant, because boiling the berries kills the seeds.

A couple of *under-ripe* apples are used because their high pectin content helps the jam to set. I use under-ripe McIntosh apples because they soften quickly when cooked and go through the food mill easily, and because I grow them in the backyard. I used 1/2 cup sugar for every 1 cup of juice/pulp, because I like the tartness. But in the past I have used 3/4 cup sugar for every 1 cup of juice/pulp, to get a more typically sweet jam. Use whichever you prefer.

Autumn olive jam recipe

Makes a little more than four 1/2-pint jars

7 and 1/2 cups ripe autumn olive berries

3 cups water

2 unpeeled, under-ripe apples (preferably McIntosh – see above), cored and chopped, to add a natural source of pectin

1 and 1/2 tbsp lemon juice

2 cups sugar

1. Simmer the berries, apples, and water in a large pot for about 15 minutes, gently mashing the berries, and stirring frequently.
2. Put the hot mixture through a foodmill to remove the seeds and apple peels, pushing through as much pulp as possible. You should have about 4 cups of juice/pulp. The pulp tends to separate into a watery layer and a red pulpy layer, as you can see in the photo.
3. Add the juice/pulp to a large pot, with the sugar and lemon juice.
4. Bring to a boil and simmer, stirring frequently (constantly towards the end, to prevent scorching), until it sheets off the spoon, or reaches desired thickness. It will take 15-20 minutes. Do not use temperature to test for doneness. It gets quite thick well before the "jelling point" of 220 degrees F, and sets into a firm jam as it cools.
5. Pour into sterilized half-pint jars, leaving appropriate headspace.
6. Cover with sterilized lids, screw on the rings, and process in boiling water bath for 15 minutes.



Prickly Pear Margarita by Dora Stone

4 red prickly pears peeled

3/4 cup Tequila

1/2 cup Cointreau

1/4 cup + 1 TBSP. lime juice fresh

2 cups ice

- blend prickly pears 90 seconds in blender
Strain & set aside. Rim 2 glasses w/ salt

- Pour tequila, Cointreau, lime & prickly
pear juice in blender w/ ice on high.

- Pour into 2 glasses or drink it
all yourself ☺

NATURAL DYEING



COLORANTS

ROOT	BARK/ BRANCH	LEAF	FLOWER	FRUIT/SEEDS
TURMERIC	LOGWOOD	WOAD	MARIGOLD	AVOCADO
MADDER	SAPPAN WOOD	INDIGO	DAHLIA	POMEGRANATE
ONION (SKIN)	SANDALWOOD	HENNA	DAYLILLIES	SUMAC
BEETS	ELDER	EUCALYPTUS	SAFFRON	PRIVET
ORIENTAL BITTERSWEET	IVY	TEA	SAFFLOWER	BARBERRY
IRIS	OAK (BARK + ACORNS)	CORAL JASMINE	CORNFLOWER	WINEBERRY
DOCK	BIRCH	LEMON GRASS	HIBISCUS	OSAGE ORANGE

AUG 2019

MORDANT FIXATION

- MORDANTS ALLOW DYESTUFFS TO "BITE" THE FIBER (fr. MORDERE: to bite)
- MORDANTS SHOULD NOT AFFECT PHYSICAL CHARACTERISTICS OF FIBERS
- DIFFERENT MORDANTS GIVE DIFFERENT COLOR RESULTS WITH DIFFERENT DYE STUFFS
- TYPES OF MORDANTS:
 - ALUM
 - ALUMINUM ACETATE
 - COPPER (Copper Sulfate, Verdigris, Blue Vitriol)
 - IRON (Ferrous Sulphate, Copperas, Green Vitriol)
 - TIN (Stannous Chloride, Tin Crystals, Tin Salts)
- MANY WORK IN CONJUNCTION WITH:
 - Salt, Vinegar, Cream of Tartar, Baking Soda, Tannins



HEAT EXHAUST

- HEAT HELPS TO PUSH THE DYE MOLECULES OUT OF THE DYE BATH, INTO THE FIBER
- YOU CAN USE:
 - SLOW COOKER
 - MICROWAVE
 - STOVE TOP
 - OVEN (jars in a water bath, like Cheesecake)
 - THE SUN (mason jar dyeing)
- SLOW + SIMMERING IS BETTER THAN RAPID BOIL DEPENDING ON YOUR FIBER TYPE.



AUG 20

Elaeagnus Umbellata

Prepared by Jody Sweitzer

Autumn Olive, Japanese Silverberry, Autumn Berry...



Leaves



Blossoms



Ripe Fruit



Upper side of leaf

Introduction

Native to China, Korea, and Japan. Was deliberately introduced to the US and UK in the early 19th century to aid shelter belts, erosion control, wasteland reclamation, wild life habitats, and for gardens as an ornamental. By the late 20th Century unfortunately the shrub became considered a noxious weed and invasive species from the east coast to central prairies and widely across Europe.

Harvest

- blossoms in late spring/early Summer, fruits later in the year in northern climates, fruits contain edible seeds and can be eaten raw or cooked
- catch the blossoms before the yucca moth larvae erupt
- young, short flower stalks are edible (cooked) long before they blossom, roasted they have a sweet flavor
- only the petals of the blossoms should be eaten



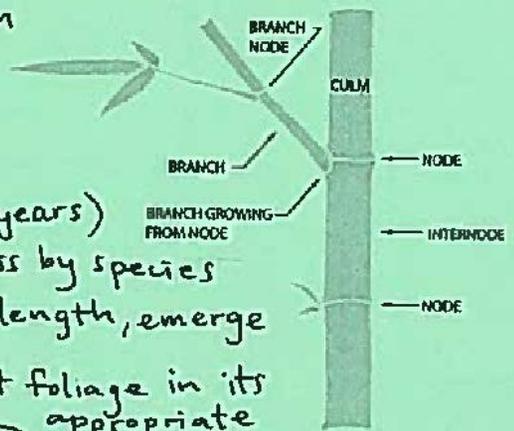
★ Yucca contains saponins and other compounds that may cause nausea and vomiting if consumed in large quantities. ★

POACEAE
BAMBUOIDEAE
BAMBOO

- Bamboo 101
- evergreen perennial
 - grows all over the world depending on species & climate conditions
 - native to/thrives in warm, moist, tropical temperate climate
 - over 1000 different species

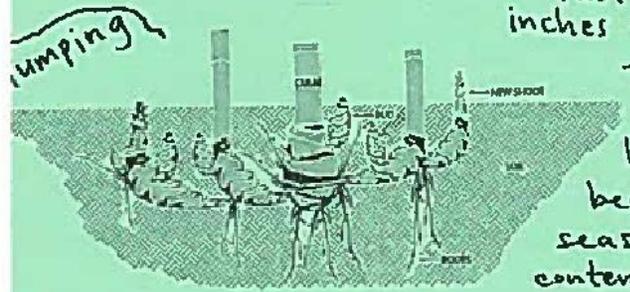
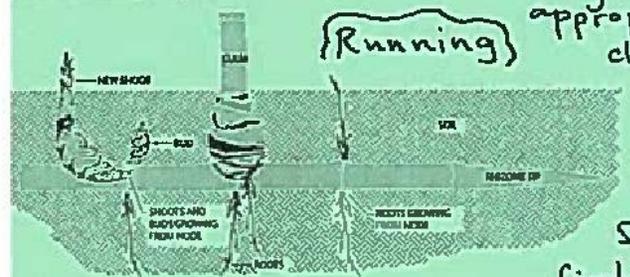
Structure

characterized by a jointed stem called a culm
culms are usually hollow
branches & leaves grow from the nodes
root system basically an underground culm



growth

seldom & unpredictable
lowering (every 65 or 120 years)
varies in color & thickness by species
leaves are 1/4" to 2" in length, emerge in Spring
bamboo is never without foliage in its appropriate climate



Bamboo root patterns.

Harvest

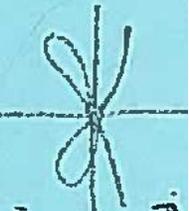
- shoots should be harvested in the Spring when the plant first begins to grow (~ 6 inches high)
- bamboo used for construction should be harvested at the beginning of the dry season, when the moisture content is lower

Uses

- white flowers can be eaten fresh (rose petal / crisp cucumber flavor) or cooked (artichoke flavor)
- roots are pounded to remove extracts used in shampoo & soap (Apache)
- Hopi, Papago, & Ute indigenous peoples use yucca to make sandals, belts, cloth, baskets, etc.
- medicine: saponins are useful to treat joint pain, arthritis, asthma
- leaves, stems, and roots used to stun fish (Cherokee)

Making Yucca Cordage

start with yucca leaves, something to beat them with, and a scraper to deflesh the yucca fibers from the leaves. macerate the leaves on a flat surface with blunt object to break up the fibers. remove the flesh of the leaf with a scraper going lengthwise. take a section of the newly exposed fibers apart from the main leaf. for two-strand cordage, divide the fibers in half, twist one piece toward the center and fold the other over it. Secure with a knot at the end.



Nina Taylor is an experienced gardener, former and future farmer, and home cook living, working, and loving in Lenapehoking. They move through life with deep appreciation for ancestral/traditional foods and lifeways.



Uses

• shoots are the only part of the plant known to be edible to humans. They can be pickled, fermented, boiled, braised, etc. Bamboo shoots give a savory taste and refreshing crunchiness.

★ Bamboo contains a toxin that when eaten produces cyanide in the gut—shoots must be leached or boiled out before they can be consumed safely. ★

- sap of young stalks can be tapped and fermented to make a sweet wine
- leaves are used as wrappers for steamed dumplings, or dried for tea. Bamboo tea is an excellent option for those looking for an uncaffeinated green tea alternative

Non-Culinary uses: Kitchenware, biofuel, construction, textiles, musical instruments, weapons



Braised Spring Bamboo Shoots — Yóu Mèn Sun

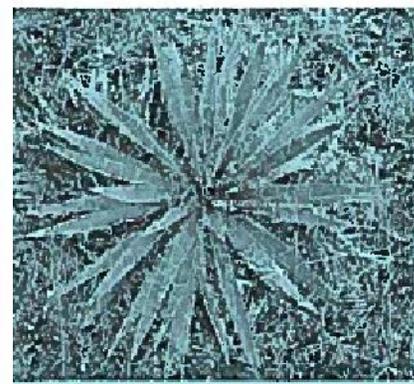
Ingredients:

- 1 pound bamboo shoots
- neutral oil
- 2 thin slices ginger
- 2 tsp sugar
- 2 tsp Shaoxing wine
- 1 1/2 Tbsp light soy sauce
- 1/2 tsp dark soy sauce
- 1 cup water

(credit: thewoksoflife.com)

(1) Blanch the bamboo & remove tough outer layers. (2) Heat 3 tablespoons oil in a wok over medium heat. Add ginger, turn down heat. Add sugar & let it dissolve. Add bamboo, turn up the heat. Cook until edges of bamboo start to brown slightly. (3) Add Shaoxing wine, both soy sauces, and water. Stir to combine. Cover and simmer about 10 minutes, then uncover, turn up heat to dissolve liquid, and serve.

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YUCCA (*filamentosa*) "A forager's dream"

Yucca 101

- not to be confused with yuca (yoo-cuh) or cassava, the cultivated root/tuber
- yucca (YUHK-a) is a genus of perennial shrubs and trees
- native to arid parts of the Americas & Caribbean
- at least 40 species exist (Joshua tree, Spanish bayonet, Spanish dagger)

Structure

- tree-like succulents of the lily family with stemless, stiff, pointed evergreen leaves that end in a sharp needle
- large terminal panicles of white/-ish flowers that bloom on large stalks emerging from plant's center
- height varies by type - leaves arranged in rosettes

Ecology / Growth

- adapted to many climatic/ecological conditions
- grow by sending out rhizomes from main stalk
- found in deserts, badlands, prairies, mountains, coastal sands, light woodlands
- mutualistic pollination by yucca moths, their only pollinator
- commonly found in rural graveyards, when in bloom the flowers appear as

