



Harvesting day lily tubers

"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....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, Wild Wisdom 2019



Natural dyeing with Yemisi



Sharing community medicines during Awbury festivals

"Thank you so much for organizing lessons and opportunities in Many Hands Apothecary. I have had the most revelatory experiences growing your lessons into integrative knowledge for myself, family and community. I have a lot to learn and I love it."
- Rae, Many Hands Herbal Aid Ed 2021



INSIDE THE HARVEST BASKET VOL. 2

**Plant profiles from 2022's Many Hands Garden & Apothecary
& Wild Wisdom Students**



Herb. harvest in the MHA garden

To learn more about
2023's programs, visit
www.awbury.org/
Payment plans & work-
trade spots available!



in respect to Yarrow

An insistence on assurance
Strong spine stable yet yielding
to flex in the mist of disposition
providing certainty when compromised

A promise of a center organized

Aligned
Gentle and dignified
How can you be so generous
to heal with soft abundance
reliance

Here in your abound
stocks proliferation
occurs and endures
for months

you're showing off
tall and alluring
populus and sturdy
with steadfast diligence
soaking source elements

Thank you, Dear Yarrow

for knowing us
In the depth of being more wounded
than understandable
you synthesize our cells in ceremonious healing

tendrils to tendrils to tendrils
lay pluck a womb

in which we can lay our wounds
for millennia and millennia ad infinitum



Rae Ehrgood-Wood 2022

Many Hands Herbal Aid Ed Example Class Learning Material



BLACK EUROPEAN ELDERBERRY, NATIVE ELDERBERRY (SAMBUCUS NIGRA, S. CANADENSIS) CAPRIFOLIACEAE / HONEYSUCKLE FAMILY

In the language of the Lenape, elderberry known as 'puhwesenakwim' via Shelley DePaul, Assistant Chief of the Pennsylvania Lenape and tribal linguist / Greek word sambuce, an ancient wind instrument, in reference to the removal of pith from the twigs to make whistles

PLANT / GROWING INFORMATION

- A sprawling, berry-producing shrub with species native to Europe (*S. nigra*) 15-20 ft tall larger berries, and Turtle Island (*S. canadensis*) 8-12 ft tall, with edible use of spring-blooming flowers, summer-ripening berries, and medicinal applications of leaves, bark with caution and training.
- Found growing in forests, edges, streams, ditches, roadsides -- a pioneer species for re-establishing woodlands.
- Has pinnate leaves made of 3-11 leaflets up to 5" long, big umbrella clusters of tiny white or ivory, musky-honey scented star shaped blossoms (insect pollinated), grey, pithy speckled stems, with many green suckers below.
- Grows easily by cold-stratified seed from the washed berry, or green softwood cuttings -- roots easily!!
- Handles partial shade, prefers full sun, produces more berries when planted with another species.



- A native and cultivated shrub with major benefits for regulating fever, inflammation, as an antioxidant-rich, anti-viral with benefits for the immune system, respiratory system (cough, bronchitis, cold, fever), skin (leaves - bruising, sores, rashes).
- Harvest musky-honey-scented flowers in early spring as an edible/medicinal for soothing rashes, skin, calming fever, encouraging sweating; berries in late summer for jams, jellies, wines, tea, syrups (must be cooked or dried, **don't eat fresh!**)

HERBAL TASTE / ENERGETICS / ACTIONS

- Flavor: (flower): sweet, bitter
 - (berry): sweet, pungent
- Energetics:
 - warming, dispersive, drying
- Herbal Actions: alterative (supports body's cleansing process), aperient (eases constipation), demulcent (soothes inflammation, irritation), diaphoretic (flowers: induces sweating), diuretic (inc. urination), emollient (hydrating to skin), expectorant (aids in expelling mucus from airways), laxative (loosens stools, promotes bowel movement), antidepressant
- Uses: eczema, gout, rheumatoid arthritis, sciatica, sore throats, bronchitis, cold, flu, urinary tract infections, gastro issues, bronchial issues, scarlet fever, mumps, pleurisy, laxative, bruises, sprains, wounds, ointment for tumors, purgative, pink eye / conjunctivitis (flowers), dental care

ETHNOBOTANY / CULTURAL USES

- Long history of indigenous use across many tribal groups
 - Lenape: flower decoctions for washing infants, colic / berry for jaundice, liver
 - Cherokee: berry tea for rheumatism, diaphoretic
 - Chickasaw: branch infusions applied for headaches, bruises, drain abscesses
 - Creek Indians: poulticed roots for breast swellings
- Elder seeds were found in Neolithic pole-dwellings in Switzerland that date back to around 2000 B.C.E
- In some European traditions, Elder Mother believed to be the protective spirit of each elderberry shrub and must be appealed to through prayer, rhyme, or song for permission to harvest / lore of sleeping beneath for dreams of fae / fairies
- Amongst the Roma people, elderberry considered a panacea - a healing agent for a variety of uses!

PHYTOCHEMISTRY

- In a 100 gram amount, elderberries supply 73 calories and are a rich source of vitamin C, providing 43% of the Daily Value (DV).
 - moderate contents of vitamin B6 (18% DV) and iron (12% DV)
- Researcher Madeleine Mumcoglou, Ph.D. discovered elderberry anthocyanins (purple pigment) inhibits influenza virus' ability to replicate in the body - deactivates spike protein that enters the cell
- Polyphenols, known for their free radical scavenging (antioxidant) activity, are the most important group of bioactive compounds present in elderberry in relatively high concentration.

PREPARATIONS / DOSAGE

- Tea:
 - 1 TB flowers per cup boiling water, steeped for 10-15 minutes, taken three times per day for sweating out fever
 - in combo with: ginger, yarrow, goldenrod, chamomile
 - 1 TB dried berries per cup boiling water, steeped for 10-15 minutes, taken three times per day for anti-viral benefit, bronchial
 - thyme, oregano, goldenrod, mullein, yarrow, ginger, licorice
- Tincture: 2-4 mL (1:5 in 40%) elderflower tincture, 3x / daily.
- Syrup:
 - 2-3 tpsps elderberry syrup, taken 3-4 times per day
 - combine with mulling spices like ginger, cinnamon, cloves, cardamom, nutmeg, star anise
 - 2 cup syrup recipe: 1 cup dried berries, or 2.5 cup fresh : 4 cups of boiling water (spices to your liking), bring to boil, simmer 45 min to hour until volume of liquid reduced by half. Sweeten with 1/2 cup honey up to 1 cup honey, and 1/2 cup optional brandy for preservation

CONTRAINDICATIONS

Leaves, twigs, branches, seeds, roots contain cyanide-inducing glycosides, can cause buildup of cyanide in body, must be cooked, raw elderberries can cause gastro irritation.

• Sources: Plants for a Future, <https://www.penn.museum/sites/expedition/planting-new-seeds-the-lenape-garden-at-penn/>, <https://www.herbrally.com/monographs/elder>, <https://pubmed.ncbi.nlm.nih.gov/32617136/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7185606/>

ABOUT MANY HANDS GARDEN & APOTHECARY @ THE FARM AT AWBURY ARBORETUM

summer wild edibles by botanical family - northeast region p.2

(x) = non edible
(e) = edible
(m) = medicinal



Family / Grossulariaceae

Family mates: (e) buffalo currant, (e) clove currant



Gooseberry
(*Ribes uva crispata*)
Fruit (e)

Mint Family / Lamiaceae

Family mates: mint, lavender, rosemary, basil, thyme



Bee Balm
(*Mondarda fistulosa*)
Leaf / flower (e, m)



Bugleweed
(*Ajuga reptans*)
Leaf/flower (m)

Laurel Family / Lauraceae

Family mates: (e) cinnamon, (e) cassia, (e) avocado, (e) spicebush



Sassafras
(*Sassafras albidum*)
Leaf (e, m)



Mulberry
(*Morus* spp. (alba, nigra))
Leaves, fruit (e, m)



Paper Mulberry
(*Broussonetia papyrifera*)
Fruit (e)

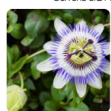
Myrica Family / Myricaceae



Bayberry
(*Myrica* spp.)
Leaf, berry (m)

Passionflower Family / Passifloraceae

Family mates: granadilla, sweet calabash



Passionflower
(*Passiflora* spp.)
Leaf, Flower (m)



Crab Apple
(*Malus* spp.)
Fruit (e) bark (m)

Rose Family / Rosaceae

Family mates: apples, plums, blackberries, raspberries, junberries, almonds, apricots



Apricot
(*Prunus* spp.)
Fruit, seeds (e)



Beach Plum
(*Prunus maritima*)
Fruit (e)



Black Chokeberry
(*Aronia melanocarpa*)
Fruit (e, m)



Hawthorn
(*Crataegus* spp.)
Leaf / flower (m)



Juneberry
(*Amelanchier* spp.)
Fruit (e, m)



Wild Strawberry
(*Fragaria vesta*)
Leaf, fruit (e, m)



Raspberry
(*Rubus ideaeus*)
Leaf, fruit (e, m)



Peach
(*Prunus versica*)
Leaf, fruit (m)



Wild American Plum
(*Prunus americana*)
Fruit (e)



Wineberry
(*Rubus phoenicolasius*)
Leaf, fruit (e, m)

Figwort Family / Scrophulariaceae

Family mates: (x) toadflax, (x) snapdragons, (x) butterfly bush



Mullein
(*Verbascum thapsus*)
Leaf, flower (m)

Nightshade Family / Solanacea

Family mates: tomatoes, potatoes, peppers, eggplant



Black Nightshade
(*Solanum americanum*)
Fruit (e)



Ground Cherry
(*Physalis* spp.)
Fruit (e)

Grape Family / Vitaceae

Family mates: (x) virginia creeper



Grapevine
(*Vitis* spp.)
Leaves, fruit (e)



Porcelain Berry
(*Ampelopsis glandulosa*)
Leaves, fruit (e)

Many Hands Garden & Apothecary - Herbal Aid Ed is a 9-month course of study designed and facilitated by community herbalist Alyssa Schimmel to celebrate herbal community wisdom & practice through community growing and production of plant medicines to serve collective care.

The 9-month program launched in 2021 covers an introduction to 40+ plants from a range of cross-cultural traditions, weaving together the wisdom from many hands and many lands that includes cultivated, wild, and native medicines of our Philadelphia bioregion on the ancestral indigeneous territory of the Lenape / Wingohoking.

Each class includes hands-on time in the garden on-site at **Awbury Aboretum** covering various growing methods, as well as medicine processing methods including **infusions, decoctions, tinctures, salves, infused honeys, vinegars, electuaries, syrups, flower essences, incense, powders, soaks, and more, -- all with a seasonal focus.**

During each monthly class, students make shares of medicine for personal, family, and community distribution and become healing advocates in their community. The program also hosts ongoing opportunities for wider community engagement during free and open monthly garden volunteer days and medicine making sessions and will include future speaker series and one-off classes.

Since 2021, MHA has distributed over 400 pieces of herbal medicine including **salves, teas, glycerites, electuaries, and oxymels** to the Germantown community!

ABOUT AWBURY ARBORTEUM

The mission of Awbury Aboretum 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.

COURSE CREATOR

ALYSSA SCHIMMEL

is a community herbalist, permaculturalist, forager, licensed massage therapist, educator, and owner of **Enspiriting Healing Arts** and herbal line **Velvet Earth**. She previously served as Education Director of the **Philadelphia Orchard Project** where she developed the nonprofit's School Orchard Program, serving 12 Philadelphia K-12 schools. Her studies include training with **Wild Ginger Community Herb Center, Sky House School of Herbal Medicine, Mountain Gardens, Human Path School**, and formal study through **David Winston's School of Herbal Medicine**.

2022'S MHA STUDENTS



All healing hands on deck for making a big batch of plantain-yarrow-calendula-comfrey salve and yarrow-mountain mint- garlic mustard liniments to share with community!

As part of the course, students researched one plant of the MHA community herbal garden and produced a zine page of their research.

- Karla Irwin (Skullcap)
- Kathy Hodgkiss (Elder)
- Tracie Blummer (Mugwort)
- Sara Gromley
- Margaret Kinnevy
- Juliet Van Wageningen
- Katie Savage
- Paula Smith
- Rise Wilson
- Anne Bower
- Lisa Evans
- Lansie Sylvia
- Ashley Da Silva

- Nani Manion
- Abby Wagner
- Erin Hipple
- Sophia Durka
- Syria Aaron
- Melissa Labao

& special thanks to this year's MHA Apothecary Assistant **Ashe Wagner**, who assisted with apothecary organization, processing plants, and preparing community medicines!

Wild Wisdom, Sample Learning Material Summer Harvest Calendar

(x) = non edible
(e) = edible
(m) = medicinal

summer wild edibles by botanical family - northeast region

Acorus Family / Acoraceae	Adoxa Family / Adoxaceae	Amaranth Family / Amaranthaceae	Cashew Family / Anacardiaceae	Asparagus Family / Asparagaceae		
Family mates: (m) viburnum cranberry bush	Family mates: (e) mango, (x) poison oak, (e) Peruvian pepper	Family mates: (e) sugar beet, (x, m) celosia	Family mates: (e) mango, (x) poison oak, (e) Peruvian pepper	Family mates: (x) spider plant, (x) snake plant, (e) hosta		
 Calamus (Acorus calamus) Leaf, root (m)	 Elderberry (Sambucus spp.) Fruit (e,m), leaf (m)	 Amaranth (Amaranthus spp.) Leaf, seed (e)	 Lamb's Quarters (Chenopodium album) Leaf, seed (e)	 Staghorn Sumac (Rhus typhina) Berry clusters (e, m), leaves (m)	 Yucca (Yucca filamentosa) Flower (e)	
Asphodelus Family / Asphodelaceae	Aster Family / Asteraceae					
Family mates: (e, m) aloe, (x) haworthia succulent	Family mates: (e) burdock, (e) thistle, (x) zinnias, (x) daisy					
 Day Lily (Hemerocallis fulva) Shoot, flower, tuber (e)	 Chicory (Cichorium intybus) Root (e, m)	 Pineapple weed (Matricaria discolor) Leaves, flower (m) Roots (e)	 Salsify (Tragopogon porrifolius) Leaves, flower (m) Roots (e)	 Sow thistle (Cicerbita spp.) Shoot (e)	 Sunflower (Helianthus annuus) Unopened flower, seeds (e)	 Yarrow (Achillea millefolium) Leaf / flower (e)
Honeysuckle Family / Caprifoliaceae	Dayflower Family / Commelinaceae	Heath Family / Ericaceae				
Family mates: (m) horse gentian	Family mates: spiderwort, (x) wandering Jew	Family mates: (x) rhododendron, (x) azaleas				
 Japanese Honeysuckle (Lonicera japonica) Flower sap (e), flower (m)	 Snowberry (Symphoricarpos alba) Fruit (e)	 Asiatic Dayflower (Commelina communis) Leaf / flower (e)	 Spiderwort (Tradescantia spp.) Leaf / flower (e)	 Blueberry (Vaccinium spp.) Fruit (e), leaf (m)	 Cranberry (Vaccinium spp.) Fruit (e)	 Huckleberry (Gaylussacia spp.) Fruit (e)
Pea Family / Fabaceae				Ginkgo Family / Ginkgoaceae		
Family mates: (e) beans, acacia, alfalfa, clover, chickpea, indigo, kudzu, Kentucky coffee						
 American groundnut (Apios americana) Nuts' / tuber (e)	 Black locust (Robinia pseudoacacia) Flowers (e)	 Hyacinth Bean (Lablab purpureus) Pod (e)	 Kudzu (Pueraria montana) Root (e, m)	 Mimosa (Albizzia julibrissin) Flowers, bark (m)	 Ginkgo (Ginkgo biloba) Leaf (m), seed (e,m)	

- All parts are edible
- Tart and lemony due to oxalic acid
- Leaves and flowers are best, some species also have tubers
- Green ones taste better than red, and redwood sorrel is my favorite
- Edible raw or cooked, though cooking loses some of the flavor
- Warning: eating way too much (not just a little too much) can affect calcium absorption due to oxalic acid; be more cautious if prone to kidney stones

Ideas:

- Trail snack
- Salads
- Sorrel soup
- Add to drinks
- Use as seasoning
- Simple syrup (mine was pink!)



Other Uses:

- Treats sores, ulcers, fevers, nausea, UTI, scurvy
- Quenches thirst

Skullcap

There are about 300 species of Skullcaps in the *Scutellaria* genus, which is part of the flowering mint family. *Scutellaria* means, "little dish", based on the shape of the flower. Not all species are used medicinally, and there are two types of therapeutic Skullcap: *Scutellaria lateriflora* (American Skullcap) and *Scutellaria baicalensis* (Chinese Skullcap). Both forms of skullcap are used to treat different conditions and are not interchangeable. The information compiled here will focus on *Scutellaria lateriflora* (commonly known as "American skullcap", "blue skullcap", and "mad dog skullcap".)



Stems: *Scutellaria lateriflora*

Parts Used

Collect leaves in late spring to early summer. Throughout summer, gather entire aerial portions from the plant, including stems, leaves, and flowers. It is best tinctured fresh, and it can be dried for tea.

Energetics

Bitter, cooling, expels dampness.

Sources: *Making Plant Medicine* by Richo Cech;
Northeast Medicinal Plants by Liz Neves; Wikipedia

Plant Information

Skullcap is an herbaceous perennial mint found near marshes, meadows, and other wetland habitats. Skullcap has ridged leaves and tiny flowers with a pale purple, white, or blue color. The two-lobed flowers resemble the military helmets worn by early European settlers, hence the herb's name. A hardy plant, it grows 1 to 4 feet high, thriving in the woods and swamplands of eastern North America.

Cultural Uses

The east coast Native Americans were the first people to record the use of Skullcap. Tribes used the plant primarily for menstrual problems and other various female issues. In the 1700's Skullcap got a lot of recognition as being a treatment for rabies. Traditionally the Cherokee used Skullcap to help women with their 'troubles' but they also used it for nerves, and kidney problems. The Iroquois made powder from the roots to prevent smallpox and to cleanse the throat.

Herbal Actions

Skullcap is good for nervous fear, anxiety, insomnia/restless sleep, tremors/spasms, inability to pay attention, dull frontal headaches, nerve pain, nervous stomach, exhaustion, weakness after illness. It is a nervine tonic, sedative, and antispasmodic.

Combine blue skullcap and blue vervain in tincture to reduce symptoms of restless leg syndrome. Adding ginkgo leaf to this pairing may reduce tremors in Parkinson's disease.



Flowers of the *Scutellaria lateriflora*

Contraindications

Do not exceed recommended dosage. Side effects resulting from overdose or oversensitivity may include dizziness, giddiness, confusion, or loss of concentration. Do not use Skullcap during pregnancy as it may be too stimulating to the uterus.

"I think of Skullcap for folks who feel like the top of their head is a little open, like they're sensitive, whether emotionally or spiritually, and their energy moves up and out. The Skullcap person often feels ungrounded. The name Skullcap sounds like what it does: it helps to put a cap on it, put a lid on it, and bring that vital force down and in. Skullcap is nice and bitter, which pulls the energy downwards, sedates and calms the mind, while also helping to replenish and rejuvenate a worn-out nervous system, which is quite common for people with that type of pattern because of their sensitivity." Quote from Sajah Popham, *Evolutionary Herbalism*



Herbal Preparations

Tea: Standard infusion of dried aerial parts in flowers/and or leaves. Drink 4-8 oz. as needed. Use as a compress for headaches.

Tincture: 1 part fresh leaves; 2 parts menstruum (95% alcohol, 5% water). Take 3-5 drops to take the edge off mild tension. Take 20-30 drops to induce sleep.

Skullcap zine pages written by Karla Irwin. She has a library science degree from Drexel, and currently works as an archivist. She loves anything outdoors, sewing, and reading as many books as time allows.

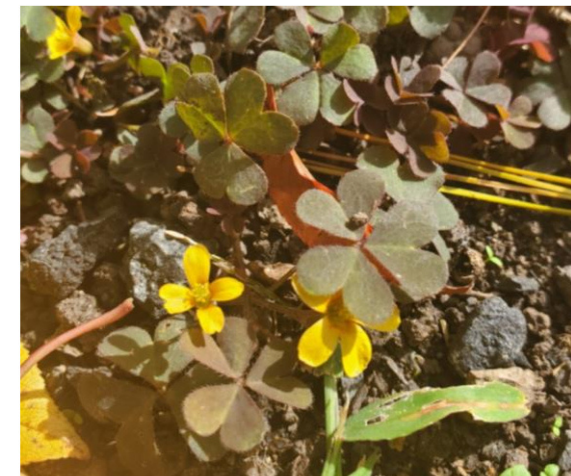
Oxalis

Common Name: Wood-Sorrel

- About 850 species, all over the world
- Most have 3 obovate notched leaflets, some species have up to 10 leaflets. Green to purple leaves that fold up at night.
- Five-petaled flowers, fused at the base, with 10 stamens. Petals are white, pink, red, or yellow.
- Seed capsule that bursts open when ripe, scattering the seeds.
- Can be invasive outside native areas



Oxalis stricta, common yellow wood-sorrel



Oxalis corniculata, creeping yellow wood-sorrel

Oxalis, Eat:

How to Make Traditional Hickory Nut Milk ★★★★★

5 from 1 vote

(Kanuchi) Cherokee

Traditional hickory nut milk made from ground, whole hickory nuts and water. Try it with a little maple syrup and a pinch of cinnamon. Makes about 3 ½ cups.

Prep Time
30 mins

Cook Time
20 mins

Course: Appetizer, Dessert, Drinks Cuisine: Native American Keyword: Hickory nuts
Servings: 6

Ingredients

- 8 ounces 225 g crushed hickory nuts and shells
- 4 ¼ cups 1 L water
- Serving
- Maple syrup to taste
- Cinnamon a pinch

Instructions

1. Crack each nut individually, inspect for (and discarding) any that smell off, are hollow, or have dark interiors. Take the cracked nuts and put them in a high-speed blender and process into a coarse meal—it will be loud. Add the nut mash to the water and bring to a simmer, stirring occasionally.
2. When the pan starts to simmer, a raft of frothy nut cream will form on the top. Virtually all of the shell particles sink, but inevitably some will be caught in the foamy cream, so I like to spoon this off and add it to the "second wash" for extra flavor, and to remove nut shells from the finished milk.
3. After you've skimmed the foam, let the mixture simmer for another 15 minutes or so, then turn off the heat, wait a few seconds to let the larger shell pieces fall to the bottom, and start ladling off nut milk.
4. There's a real art to ladling off the milk; you want to wait just long enough to let the large shell pieces settle, but not so long all the nut meats go with them.
5. Gently swirl the pan a bit, and you'll get the hang of it. Eventually you'll need to tilt the pan to continue scooping off nut milk, but don't try to get it all or you'll get shell particles.
6. Season the finished nut milk with maple syrup to taste and a tiny pinch of cinnamon.
7. Save the remaining nut meats and milk to make the second wash—a weaker nut milk that's perfect for cooking rice or, polenta, or as the base of a soup, since it's not thick like the first milk. Squirrel soup cooked with nut milk is delicious, and makes me chuckle.

Copyright: Chef Alan Bergo

Foragerchef.com/hickory-nut-milk/

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Elder, Elderflower, Elderberry
(Sambucus nigra)

Elder Plant

Native perennial tree/shrub. Not invasive but can be a thug.

Likes woodlands with sun and some shade. Can grow up to 30 feet from stems arching up from roots. Prone to keeps small. Cut stems root easily.

Leaves are compound with 5 or 7 leaflets which are smooth, pointed and toothed.

Elder Flowers

Appear in May through late June
Flowers have 5 tiny white petals and grow in flat clusters 6 inches in diameter.

Harvest by clipping off flower clusters.

Use to make a healing tea, a refreshing cordial or to flavor gin
Dried flowers retain potency

Elder Berries

Appear in August, 6-8 weeks after flowers.

Small deep purple berries that hang in clusters from stems

Heat or cook berries (which are slightly toxic when raw) to make vinegars, jams and a delicious healing syrup

Compiled by Kathy H a retired elder-environmental scientist, avid gardener and outdoor enthusiast

Benefits

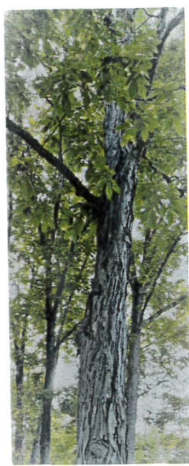
regulates fever, anti septic
reduces inflammation (arthritis)
anti-oxidant rich, lots of vitamin C!
anti-viral, may inhibit flu virus
may lower cholesterol

Cautions

Leaves, stems, berries are toxic
to children and pets
Raw berries are mildly toxic to
adults. Cook/heat berries before using.
Little known about safety during
pregnancy and while breast feeding

History and Lore

Long history of use by many
cultures and tribal groups. One of
the most commonly used
medicinal plants in the world.
When hung over the threshold, dried
leaves are thought to protect a home
and bring good fortune.
Politely greeting an Elder when you
come upon it is an old Scandinavian
tradition.
Wood is used by some cultures to
make flutes/whistles
Berries make purple dye, leaves
a yellow dye and bark a black
or grey dye.



Characteristics:

leaves: pinnate, long + have
5 leaflets

Bark: greatly textured w/ long
strips peeling upward

Spring: yellowish green catkins

Fall: leaves vibrant yellow/golden brown

Nuts: sweet, edible

In September and October when the Goldenrod is out and before the White Snake Root blooms,
Among the dark berries of the Pokeweed as song birds migrate south over head

Go to the Woods!

Look for the Shagbark Hickory tree

Standing tall- 150 feet some,

Grey Curling Bark towards the sky

you can't miss her!

Find her green fresh hulls segmented four times or,

Black hulls that have ripened with hard nut inside.

Embody the squirrel! Collect them or crack them to eat the sweet meat fresh

Surely soon,

you'll have a bounty!

Freeze the nuts or use right away in oats, baked goods or the Cherokee's Kanuchi,
savor Mother Earth's blessings ~ Jessica Doyle

Shagbark Hickory "Shaggy"
Carya ovata

Walnut Family: Juglandaceae

Native to North America - Eastern U.S. +
Canada

Cherokee - Kanuchi
Algonquin - Paucohica
Lenape - cooking oil
↳ Indigenous Traditions

Fun Facts!

Hickory wood is
extremely hard!
Ax handles, baseball
bats, furniture
all have been made
from the wood
- if burned - fragrant
smoke - curing
meat + cheese
- inner wood - yellow
dye



I made a delicious pesto with the Purple Dead Nettle harvested during our Wild Wisdom class. It was not only the best pesto I'd ever made, but the one I was most proud of because I'd harvested the ingredients myself ♡

USES - RECIPES

- * Edible Spring Food - Fresh, in salads, pestos, etc...
- * Tincture - $\frac{1}{4}$ cup + $\frac{1}{2}$ cup Apple Cider Vinegar or High Proof Vodka, shake well, store for 6-8 wks before straining in cool dry place out of direct sunlight
- * Poultice for small wounds / insect bites - Chew a handful of leaves and apply pulp to area
- * Infused Oil - Creates beneficial infused oil that can be used to make salves, balms, lotions, etc... you'll need twice as much oil as Purple Dead Nettle

Fill CANNING JAR $\frac{1}{2}$ Full with crumpled leaves, fill almost to top with preferred oil, stir. Let sit for 6-8 wks SHAKING OCCASIONALLY

Citelsa Clover - Dance/Movement
Therapist, Earth-Based Spiritualist
Community Member, Lover of All Life ♡



Mugwort

Artemisia vulgaris

by Tracie Blummer

Mugwort is an aromatic perennial with deeply lobed leaves that have a silver toned underside and purplish stem when mature.

It can be found in disturbed areas where it spreads easily and is sometimes considered invasive. Mugwort grows up to 4' tall and can be harvested spring through fall, but is least bitter when young tender leaves are gathered in early spring. It is most easily identified by its distinct sage-like smell.

Leaves and stems can be consumed fresh, added to soups and stir fries, prepared as a tea or dried into a smudge stick. Flavor is similar to sage and can be used as a substitute. Medicinal/practical uses:

- Antiparasitic
- Digestive aid
- Improves blood flow
- Contracts uterus and eases menstrual pain*
- Stimulates lucid dreaming
- Deters moths
- Sanitizes air
- Repels mosquitos

In traditional Korean dishes, mugwort (suuk, pronounced "sook") is used to make savory pancakes (ssuk jeon 썩전), deep fried ssuk (ssuk twigim 썩튀김), soup (ssuk guk 썩국) or rice cakes (tteok 썩국).

*mugwort should be avoided if pregnant





Mugwort
Artemisia vulgaris

Vegan Mugwort Stuffing
(a savory side dish with a sausage-like flavor)

- 1c chicken of the woods or similar mushroom chopped
- 1 small onion chopped
- 1 green pepper chopped
- 1.5-2 cups quinoa (I used tri-color) prepared
- 15+ 2" pieces of mugwort minced
- Olive oil
- Salt

Stir fry chicken of the woods in olive oil until well cooked and slightly browned. Set aside. Fry onion and green pepper until caramelized. Add mugwort, chicken of the woods, cooked quinoa, and salt to taste.



Tracie has been sampling wild plants for as long as she can remember and has enjoyed learning more as a student of Wild Wisdom and Many Hands. She homechools her three children, who are always eager to learn and forage with her.

PURPLE DEAD NETTLE



* LAMIUM PURPUREUM

• MINT FAMILY

AN ANNUAL
INVASIVE SPECIES
IN NORTH AMERICA
PURPLE DEAD
NETTLE HAS SOME
AMAZING USES
AND PROPERTIES

EAT Leaves
and Tops
RAW OR COOKED

SPRING GROUND
COVER, GROWS IN
MOIST PARTIAL SHADE

BENEFITS: CONTAINS VITAMINS, IRON, ANTIOXIDANTS,
ANTI-INFLAMMATORY, ANTI-MICROBIAL, FREE RADICAL
SCAVENGER, ALLERGY RELIEF, PURGATIVE AND DIAPHORETIC

* PREGNANT AND/OR NURSING FOLKS SHOULD AVOID
INTERNAL USE OF PURPLE DEADNETTLE

About Goutweed is a groundcover type plant from the carrot/parsley family with compound leaves with 1-3 inch leaflets. When it flowers they have tiny little white flowers that cluster in an umbrella shape.

When to Harvest

Harvest leaves in spring & summer. The leaves are most delicious in spring when they're young & tender. It has a delicious wild parsley type flavor and can be eaten raw or cooked. The flowers & seeds can be used medicinally.

Harvest notes

Harvest at will! It is harmful to our native forests so you don't harm anything by taking as much as you want.

Goutweed Gremolata

- massive bunch of goutweed (2 cups chopped) leaves & stems
- 3-4 smashed garlic cloves or substitute garlic mustard
- 1 lemon zested
- juice of 1 lemon
- olive oil to taste (start with 1-2 T)
- salt & pepper
- crushed red pepper

Combine all ingredients in a food processor and blend into well chopped. Serve with grilled meats, grilled veggies, etc.

ABOUT WILD WISDOM

Wild Wisdom is a curriculum offered through **Awbury Arboretum** developed initially in 2019 by educator **Alyssa Schimmel**, **Wild Foodies' Lynn Landes**, and **Awbury Arboretum** Executive Director **Heather Zimmerman**. The program is designed to introduce participants to the most common 100+ wild edible, medicinal, and craft plants of the Philadelphia bio-region / 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 and virtual Zoom preparation time to process introduced plants into various food, medicinal, and craft preparations. The program includes guest presenter visits. **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

Special thanks this year to 2022's Guest Teachers: **Bethany Teigen of the Philadelphia Mycology Club on local mushrooming, heritage natural dyer Oluyemisi Ajayi, and Tribal Chief Adam DePaul of the Lenape Nation.**

WILD WISDOM 2022'S STUDENTS

As part of the course, students researched one plant of our bioregion and produced a zine page of their research.

- Stefani Rath (Oxalis)
- Jess Doyle (Shagbark Hickory)
- Chelsa Coffey (Purple Dead Nettle)
- Jodie Scott (Chicory)
- Suzanne Lang (White Pine)
- Xu Zheng (Mulberry)
- Andrea Sifferman (Goutweed)
- Rae Ehrgood Wood (Yarrow)
- Anna Beale
- Muge Schimmel
- Seth Schimmel
- Mary Zhou
- Michelle West
- Ariana Tosatto
- Katherine Volk
- Julie Zavage
- Montana Graboyes
- Alex Hanesworth
- Lisa Smith
- Kayleigh Streit
- Miska Shaw
- Erin Hipple
- Heather Chu Marvill
- Laura Demme
- Anna Meinko
- Julita Mitchell
- Anthony Damiano
- Leah Koontz
- Donna Berkowitz



Chicory

Cichorium intybus

By Jodie Scott



Description:

A woody, herbaceous perennial that is most noted for its blue flowers. Leaves are stalked, lanceolate, and unlobed. Flowers from March to October. Chicory plants contain a substantial tap root system that can grow up to five feet away from the plant. Each root can measure up from two to four inches in thickness and can weigh up to three pounds.

Other Names Known As:

Blue daisy, blue dandelion, blue sailors, blue weed, bunk, coffeeweed, cornflower, horseweed, ragged sailors, succory, wild bachelor's buttons

Family:

Asteraceae

Distribution:

Native to Europe, central Russia, and western Asia. Most notable for being naturalized over much of North America. Can be found commonly along road sides, unmanicured lawns, and open pastures.

Medicinal uses:

Chicory root contains inulin, a prebiotic that encourages growth of healthy gut bacteria and aids in constipation.

Food:

Roots: Chicory has a long history of being a coffee-like substance. The roots are baked, roasted, and grounded into additives. Roots can also be prepared similar to parsnips.

Roasted Chicory can also add flavor to stout beer and other blond Belgian-style ales such as witloobier.

Goutweed (*Aegopodium podagraria*)

aka bishop's weed or ground elder
is an invasive, non-native, herbaceous plant introduced from Europe. This perennial mostly spreads aggressively via rhizomes. European monks traditionally grew goutweed as food & medicine to combat rich diets.



Health Benefits

Can be used to treat arthritis, gout, auto-immune diseases & bladder diseases.

Precautions

Go easy at first to avoid an upset stomach!

Growth:

Highly invasive, loves the shade but can grow almost anywhere.

Contributed by Andrea Siffeman. Andrea moved to a new house and garden in March 2020 with a goutweed problem. She started eating it while weeding it from her garden which inspired a new interest in foraging.



MULBERRY
(Morus spp)



Sweet taste
Benefit the
Kidney



Lemon
Sugar



Chrysanthemum
Reduce inflammation
-n natural coolant.



Ginger
Foot Bath
Arthritis

By Xu Zheng

THX!



STOP Coughing
Relieving dyspnea



Silk worms
Turning
leaves into
Silk

Leaves: Can be ingested raw, but will taste significantly bitter. By boiling and discarding the water, the bitterness can be reduced. The leaves can then be sauteed and be left with a spinach type texture.

Precautions:

Inulin may cause excessive gas and bloating when eaten in high amounts. Those with sensitivities to ragweed or birch pollen should avoid chicory, as it may trigger similar reactions.

How I came to use Chicory:

I began biking along the C&D Canal in Delaware City, DE, where I noticed these blue daisy-like sunflowers along the concrete. I became intrigued in their coloring and ability to grow in such seemingly harsh conditions. I did some research and noted their coffee-like ability. It was my first time ever looking into food possibilities of wild foraging.

Recipe:

Roasted Chicory Root Coffee Alternative

Ingredients

- 1 tablespoon roasted chicory granules
- 1 cup filtered water
- 1/2 cup milk
- 1 teaspoon sweetener of choice choose from honey, maple syrup, coconut sugar, stevia etc
- 1/4 teaspoon cinnamon

Instructions

1. Heat 1 cup milk of choice until steaming and hot, but not boiling. I do this in my Nespresso Aeroccino.
2. Brew 1 tablespoon Organic Roasted Chicory Root with 2 cups water in a teapot or French Press.
3. Divide chicory drink between two large mugs.
4. Divide the milk between the two mugs and stir.
5. Sweeten with desired sweetener
6. Sprinkle with a dash of cinnamon.

Resources:

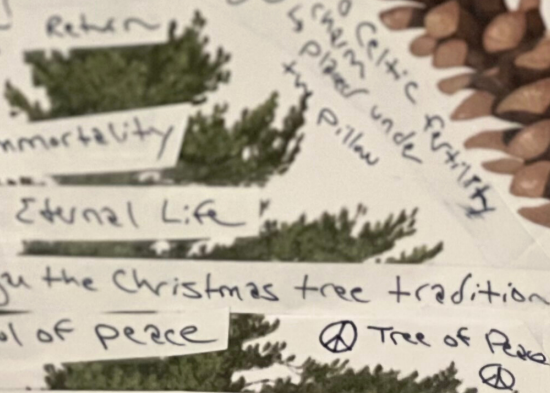
- <https://www.neworleansroast.com/history-of-using-chicory/>
- <https://hort.extension.wisc.edu/articles/chicory-cichorium-intybus/>

EASTERN WHITE PINE

Sacred Spiritual Symbol and Powerful Plant Ally

Cultural meanings:

- o Druid symbol of Eternal
 - ↳ decorated branches in the tree boughs
- o Chinese symbol of immortality
 - ↳ plucked on grass
- o Christian symbol of Eternal Life
 - ↳ 16th C Gomers began the Christmas tree tradition
- o Haudosaunee symbol of peace



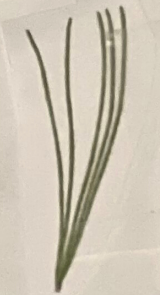
Tree of Peace

↳ represents the confederacy of 5 indigenous nations
 ↳ the Peace Tree is related to the Tree of Light, a central symbol of Haudosaunee cosmology

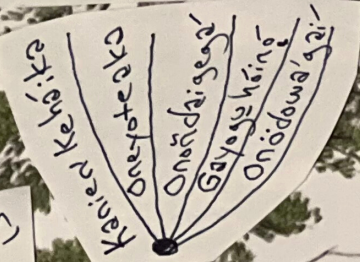
Identification:

The needles come in bundles of 5

One needle for each member of the Haudosaunee Confederacy!



attached by a sheath, called a fascicle.



The bark is gray and smooth on a young tree, brown and rough on an older tree.

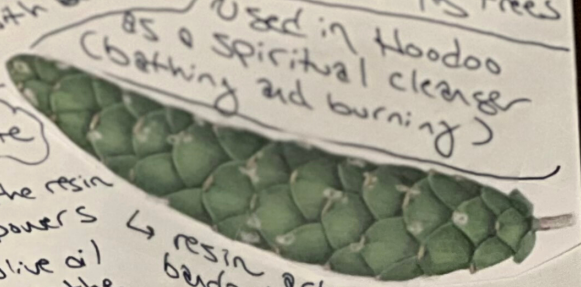
Habitat:
 A lowland tree native to eastern seaboard of NA

Harvest:
 Year round!
 All parts = nontoxic!

Indigenous uses

Historically:
 ↳ inner bark was eaten during periods of food scarcity
 ↳ boiled bark used as a cough suppressant and to heal wounds
 ↳ resin was mixed with beeswax to seal canoes

Common porous uses in the US:
 ↳ furniture
 ↳ Christmas trees



Used in Hoodoo as a spiritual cleanser (bathing and burning)

"You really resonate with me"

↳ Taoists ingest the resin to gain magical powers
 ↳ infuse resin in olive oil and use as a salve to soothe minor abrasions and to draw out spiders.
 ↳ resin acts as a natural bandaid for the tree
 ↳ resin is anti-septic

Qualities:

- o warming
- o stimulating
- o decongesting
- o invigorating
- o immunity
- o circulation
- o cleansing (purifying)

Winter Immunity Tea

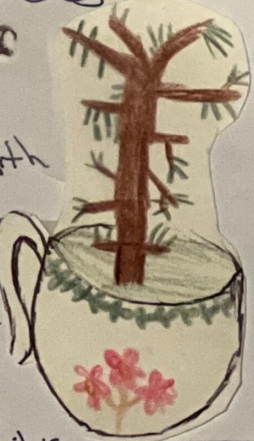
Bath Time

Boil water, then cover chopped up pine needles and steep 10 minutes. Strain and sip!

or pour into your bath tub to warm and soothe tired, achey joints and to increase circulation



Pine needles balance, strengthen, & heal the lungs = the seat of grief



This tea is loaded with Vitamin C! (prevents scurvy!) (Also vitamin A). Increases resistance to infection, eases grief, tonsillitis, laryngitis, and bronchitis.

Alternatively, can infuse olive oil or salt with pine needles (let sit 6 weeks) and add to the bath tub, pour on salads, gargle... the possibilities are endless

by S. Low