CHICKWEED *(STELLARIA MEDIA)*

- The leaves are pretty hefty, and you’ll often find small white flowers on the plant.
- They usually appear between May and July.
Not only can the food be used as a supply of nourishment but, also can be used for medicinal purposes. Simmer a bowl of water and add some pine needles to make tea. Native Americans used to ground up pine to cure scurvy, its rich in vitamin C.
PLANTAIN (PLANTAGO)

The oval, ribbed, short-stemmed leaves tend to hug the ground. The leaves may grow up to about 6” long and 4” wide. It’s best to eat the leaves when they’re young. Plantain is very high in vitamin A, calcium, and vitamin C.
The leaves and stems of the plant can be cooked as a leaf vegetable, if gathered before the fruits appear. However, the numerous small hooks which cover the plant and give it its clinging nature, can make it less palatable if eaten raw.
PURSLANE (*PORTULACA OLERACEA*)

- It’s a small plant with smooth fat leaves that have a refreshingly sour taste. You can eat purslane raw or boiled. If you’d like to remove the sour taste, boil the leaves before eating.
- Greeks fry the leaves and the stems with feta cheese, tomato, onion, garlic, oregano, and olive oil, add it in salads.
CURLED DOCK (RUMEX CRISPUS)  "YELLOW DOCK"

- The young leaves should be boiled in several changes of water to remove as much of the oxalic acid in the leaves as possible or can be added directly to salads in moderate amounts.

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• Lucky us-clovers are actually edible. And they’re found just about everywhere there’s an open grassy area. You can spot them by their distinctive trefoil leaflets. You can eat clovers raw, but they taste better boiled.
ELDER: SAMBUCUS NIGRA BERRY, FLOWER, STEM AND ROOT

- Studies demonstrate that elderberry may have a measurable effect in treating the flu, alleviating allergies, and boosting overall respiratory health.
- Elder is used in Traditional Chinese Medicine, dissolved in wine, for rheumatism and traumatic injury.
DANDELION (TARAXACUM OFFICINALE)

• The entire plant is edible - roots, leaves, and flower. Eat the leaves while they’re still young; mature leaves taste bitter. If you do decide to eat the mature leaves, boil them first to remove their bitter taste. Boil the roots before eating as well.
POKE WEED AND ROOT

• PHYTOLACCA DECANDRA

• When young the stem is green, but as the plant matures it becomes more or less purple.

• Root medicinal

• Berries least poisonous; used in arthritis formulas.

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AMERICAN BEAUTY BERRY

- Likes a shady area
- Make an excellent jelly
- The leaves have been found to have several insect repellent qualities.
WILD PERSIMMON

- These are growing fruit right now and are very tasty.
KUDZU

• Entire plant is edible and is also known for medicinal values. The leaves can be eaten raw, steam or boiled. The root can be eaten as well. (like all herbs, pregnant women and breast-feeding woman should consult a physician first before use)
MULLEIN: VERBASCUM THAPSUS

• The flowers are fragrant and taste sweet, the leaves are not fragrant and taste slightly bitter.

• Makes a great cup of tea good for coughs, lung problems and earaches!

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BLACKBERRY ROOT

• reliable remedy for diarrhea, hemorrhage, and vomiting, and its high-astringency has made it very valuable in the treatment of internal and external bleeding, dysentery, hemorrhoids, cystitis, loose bowels, excessive menstrual flow and excess water.
CATTAIL (**TYPHA**)

- Eat the rootstock which is usually found underground. The best part of the stem is near the bottom where the plant is mainly white.
TURMERIC (FROM MY GARDEN)
MULBERRIES

• With Silk Worm

• The berries are messy but have a wonderful flavor;

• Used as a syrup to flavor other medicines; a permanent dye.
PASSION FLOWER AND FRUIT

- Fruits are edible and usually cooked, but eaten raw in many parts of the world. They are like blackberries in flavor when cooked into a pie or cobbler.
- There are over 600 species of passion flowers found throughout the tropical and subtropical climate.
PRICKLY PEAR CACTUS

- Obviously, the fruits are a delicacy! The flowers are great in salads, and the meat can be fried or baked. They have to be cleaned VERY CAREFULLY!
- ...called Indian Fig
RED BUD

• The clusters of small purple-red, pea-like blossoms that give the tree its name are both beautiful and readily edible.
• They have a nutty, sweet taste, like sugar snap peas. Nibble the flowers right off the branch.
HONEY SUCKLE

- **Parts used**: flower buds (primary in TCM), flowers, leaves, stem, root

- Like its cousin the Elderberry, Honeysuckle is considered to be strongly antibacterial and antiviral, and Michael Tierra has even suggested that it is the “Echinacea of Chinese Medicine”. Tierra also says that recent studies in China show it to be an effective treatment for certain cancers, especially breast cancer.
SMILAX OR SARSAPARILLA

• Eat the tender shoots raw or steamed
• Be careful as it has stickers!
• A popular herbal ingredient in sodas during the days of the "Wild West", Sarsaparilla Root actually promotes energy and endurance.
SASSAFRAS ROOT

• Identified by different shaped leaves, grows 20-35 feet high.
FLORIDA BETONY ROOT

- A perennial weed primarily of turfgrass and lawns with large, segmented underground tubers that resemble a rattlesnake's tail.
WILD CHERRY: PRUNUS VIRGINIANA

- Chokecherry

- The bark is a mottled coloration, generally darkish gray with specks of dull white interspersed. It sometimes will be seen to separate naturally from the trunk. Some uses:
  - Respiration
  - Digestion
  - Heart and nerves

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Wild lettuce is a valuable remedy for insomnia, arthritis, and other pain. The common name "lettuce opium", as it was known in the earlier official pharmacopoeias, refers to the potent milky latex produced by the stems and leaves. Harvest greens when young...
STINGING NETTLE

- Because of its many nutrients, stinging nettle is traditionally used as a spring tonic. It is a slow-acting nutritive herb that gently cleanses the body of metabolic wastes. It has a gentle, stimulating effect on the lymphatic system, enhancing the excretion of wastes through the kidneys.
- Blood builder plus Vitamin C
Mayhaw

• Mayhaw Crataegus

Mayhaw is a small deciduous tree that grows to thirty-five feet. It is found in swamps, along creeks and in river bottoms. Showy white flower clusters appear in February, followed by red fruits in April.

• The red fruits make an excellent jelly, and there are many cultivars available for fruit production.

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SCUPPERNONGS AND MUSCADINES

• Scuppernongs are so named because of its discovery along the Scuppernong River in North Carolina. The original mother vine is on Roanoke Island, where it has been growing and producing for several hundred years.
ROSES AND ROSEHIPS

- Rose hips are used for jam, jelly, syrup, soup, beverages, pies, wine, bread and marmalade. They can also be eaten raw, like a berry, if care is used to avoid the hairs inside the fruit.
ARTHITIS FORMULA: This formula represents the herbs that were historically used in the south for Arthritis and Rheumatism.

Each herb has its particular use in arthritis.

Such as **chaparral** has the effect of changing the PH of the blood.

**Bears foot** is one of the most famous folk remedies in the south for curing arthritis

and **poke berries** and **magnolia cones** are referenced from Kings American Dispensatory.

Contains: Magnolia Grandiflora (Magnolia cones), Polymnia Uvedalia (Bears foot root), Phytolacca Decandra (Poke Root and berries) Larrea Tridentata (Chapparal leaves), and Filamentosa (Yucca). Herbal tincture.
BEARS FOOT

• The root is used for hair growth and stimulation. American Indians used it as a laxative.
• Considered helpful when tinctured for arthritis.
WILD ONIONS, CHIVES AND GARLIC

• Flavor, snacks, and helpful for blood pressure, too. Spring onions are a blood cleanser.
HUCKLEBERRY

- High in vitamin C; make a tea from the leaves and dried fruit.
- Antioxidant properties
- Wild blueberry
Sheep sorrel contains oxalates and shouldn’t be eaten in large quantities. You can eat the leaves raw. They have a nice tart, almost lemony flavor.
STAGHORN SUMAC

- Small tree to 20’Flowers in dense cone shape; fruit in autumn; berries dark red and fuzzy. Lemon flavored.
- The root is harvested in the autumn and dried for later use.

"Berries white, flee in fright"

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ACORNS

• Acorns have been used as a coffee substitute. High in tannins, so be careful.

• White oak acorns taste best and make the best flour.
HICKORY NUT

- 50-60 ft tall, their green leaves are spear like and can grow very large: they have pointed edges. The hickory nut is round and tend to ripen in September or October.
ADDITIONAL INFORMATION

- Source of good information:
  - [http://keys2liberty.wordpress.com/](http://keys2liberty.wordpress.com/)
- Book source: *Edible Wild Plants*: Elias and Dykeman

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BETTY S. O’BRIAN
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Going Green...
the Smoothie Way!
the delicious way to health

Six Weeks to a Healthy Lifestyle
Natural Health from the Physical Body to the Energetic Body

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