



# The Camper's Guide to Foraging: Medicinal Herbs in the Wild

A Handbook for Identifying, Harvesting,  
and Using Nature's Pharmacy

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## Table of Contents

1. Introduction
2. How to Make a Tincture
3. Photo References (pg. 8, 13 & 18)
4. **Medicinal Herbs**
  - Mullein (Nature's Lung Support)
  - Yarrow (The Wound Healer)
  - Stinging Nettle (Nutrient Hero)
  - Cleavers (Lymphatic Cleaner) Red
  - Clover (The Blood Purifier)
  - Purslane (Omega 3 Powerhouse)
  - Feverfew (Migraines-Be-Gone)
  - Prunella (Self-Heal) Milk Thistle
  - (The Liver Protector) Plantain (The
  - Skin-Soother) Goldenrod (The
  - Allergy-Ally) Comfrey (Bone-Knit)
  - Dandelion (Nature's Detoxifier) +
  - Dandelion Leaf Chimichurri Recipe
5. Conclusion
6. Glossary
7. Index
8. Further Reading Resources



## Disclaimer

Alright, let's get this out of the way—I'm not a doctor, and this guide is not meant to diagnose, treat, or cure anything. The information here is based on traditional uses, historical knowledge, and personal experience, but it's not a substitute for professional medical advice. **Always consult your physician or a qualified healthcare provider** before using any foraged plants, especially if you're pregnant, nursing, taking medications, or managing a medical condition. And, of course, make sure you properly identify any plant before using it—nature is full of lookalikes, and some of them don't play nice. Stay smart, stay safe, and happy foraging!

**A Quick Note on Foraging:** Be mindful of where you gather your herbs. Always forage in areas that are free from pesticides, chemicals, and heavy foot traffic. Roadsides, industrial zones, and well-trodden paths aren't ideal—nobody wants mystery contaminants (or worse, doggy surprises) in their tea. Stick to clean, wild spaces for the best and safest harvest!

~ Toshi

A decorative border of various green leaves, some solid and some with a light green glow, surrounds the text. The leaves are scattered across the top, bottom, and sides of the page.

## Introduction

Hey there, fellow nature enthusiast! Have you ever found yourself camping and wondering about the plants surrounding you? Many of them aren't just beautiful—they're powerful, nature-made remedies packed with incredible medicinal benefits. From soothing sore throats to easing joint pain and aiding digestion, these wild plants are nature's hidden treasures. Not only are they abundant and free, but they're also some of the most nutritionally dense foods you can find, often far surpassing the value of cultivated crops. The more we explore, the more we realize that food truly is medicine. So, grab your foraging bag, and let's dive into nature's pharmacy, where every leaf and root has a story to tell and a benefit to offer!





# **How to Make a Tincture**

**Tinctures are concentrated herbal extracts that preserve the medicinal properties of plants. This is one of my favorite methods for preserving my finds on the road.**

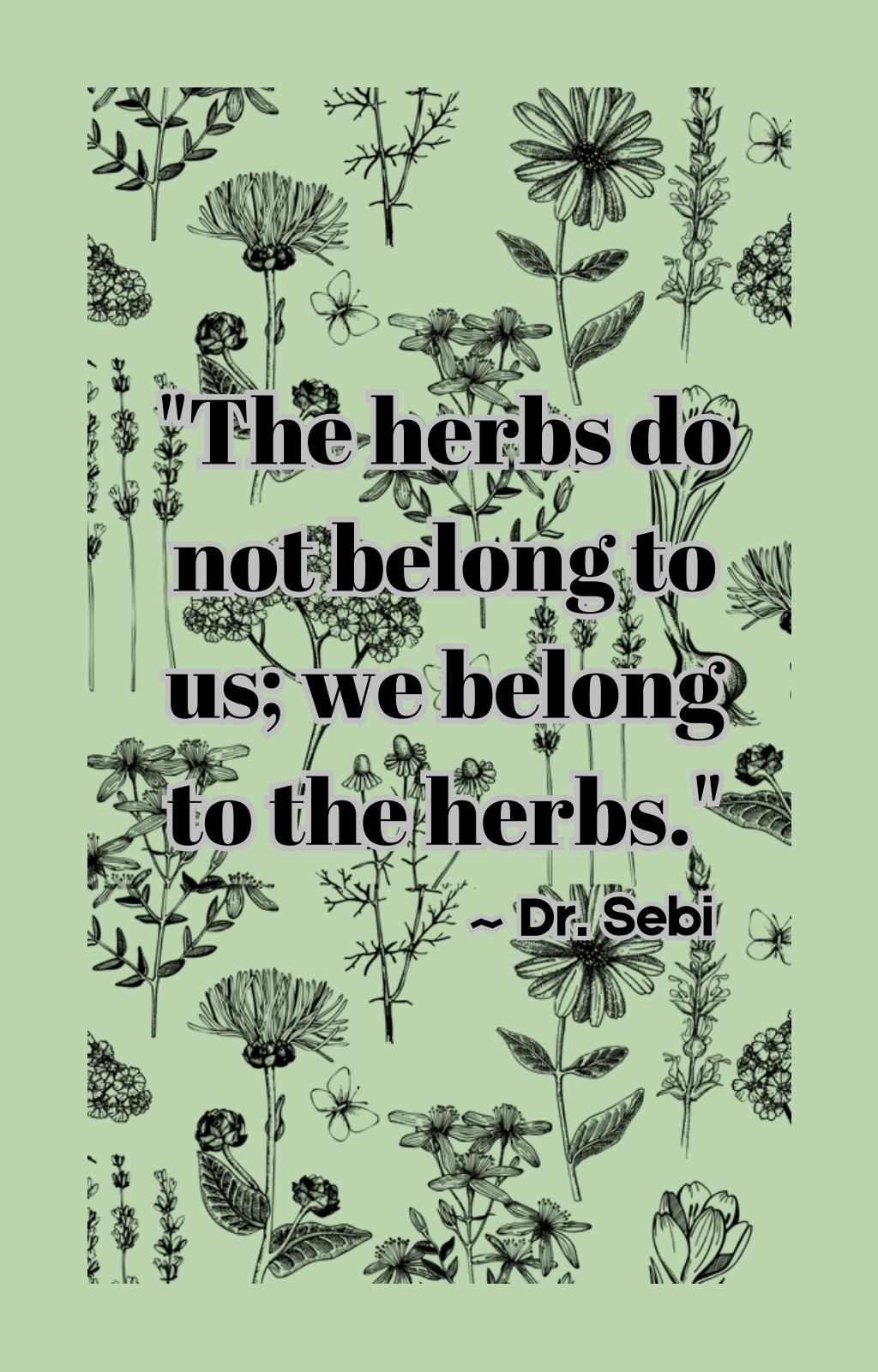
**Here's how to make one:**

## **Ingredients & Materials:**

- **Fresh or dried herbs (enough to fill a jar halfway for fresh, one-third for dried)**
- **High-proof alcohol (vodka or brandy, at least 40% ABV)**
- **A clean glass jar with a lid**
- **Cheesecloth or fine strainer**
- **Dark glass dropper bottles for storage**

## **Instructions:**

- **Check for debris and place your herbs into the jar.**
- **Pour alcohol over the herbs, ensuring they are completely covered.**
- **Seal the jar and shake well.**
- **Store in a cool, dark place for 2- 4 weeks (4-6 weeks for woody herbs) , shaking every few days.**
- **Strain out the plant material using a cheesecloth and transfer the liquid to dark-colored dropper bottles.**
- **Use 30 drops (about 1 dropperful) in water up to 3 times daily as needed.**



**"The herbs do  
not belong to  
us; we belong  
to the herbs."**

**~ Dr. Sebi**



**Mullein:** Great for a soothing tea, but let's be real—its real claim to fame? Nature's Charmin. Those big, velvety leaves are the softest backcountry TP you'll ever find. Give it a try, and trust me—you'll never look at gas station toilet paper the same way again!



**Yarrow:** You'll recognize this one by its feathery leaves—delicate but tough when it needs to be. Some cultures even use it as a substitute for hops in brewing, so if you ever find yourself lost in the woods with some yarrow and a homebrew setup... well, you're halfway to a wildcrafted IPA



**Stinging Nettles:** Thrash aching joints (yep, really) for quick, numbing relief. When you're done playing herbal Gladiator, toss them in a pot! Better than spinach any day in the kitchen, IMHO! Blanch and cold shock to keep that vibrant green color.



**Cleavers:** Best eaten young and tender—kinda like picky eaters prefer their veggies. Toss it raw in salads for a fresh bite or let it simmer in soups and stews for a wild, foraged, nutritious boost!



## **Medicinal Herbs**

**1. Mullein (*Verbascum thapsus*) – "The Lung Herb" Why the Name?**  
The name "Mullein" is believed to come from the Latin *mulleus*, meaning "soft," referring to the plant's velvety leaves. Known as "The Lung Herb" for its long history of use in treating respiratory issues, it is also sometimes called "Cow's Lungwort" due to its traditional use in soothing the lungs of cattle. Identification:

- A tall, erect plant with large, woolly, gray-green leaves that form a rosette at the base.
- Yellow, dense flower spikes that grow 3–6 feet tall, blooming from the bottom upward.
- Grows in disturbed soils such as roadsides, meadows, and open fields.

### **Beneficial Properties:**

- Soothes the respiratory system, easing coughs and bronchial irritation
- Acts as an expectorant, helping to clear mucus from the lungs
- Antibacterial and anti-inflammatory properties
- Promotes ear health, especially for ear infections
- Supports skin healing, especially for wounds and burns

### **Ailments it Supports:**

- Cough, bronchitis, and asthma
- Respiratory infections (colds, flu)
- Ear infections and earaches
- Skin conditions (cuts, burns, wounds)
- Sore throats

### **Usage & Dosage:**

- **Tea:** Steep dried flowers or leaves in hot water for 10–15 minutes. Drink up to 3 times daily for respiratory support.
- **Tincture:** Take 20–30 drops in water, up to 3 times daily for coughs, earaches, or inflammation.
- **Infused Oil:** Infuse dried flowers in olive oil and apply to the ear for ear infections, or use topically on wounds or burns.

### **Cautions:**

- Avoid using fresh leaves as they may cause skin irritation.
- Consult a healthcare provider before using with any prescription medications for the respiratory system.

## **2.Yarrow (*Achillea millefolium*) – "The Wound Healer"**

### **Why the Name?**

Yarrow is named after Achilles, the Greek hero who used it to treat battle wounds. The plant has long been known for its ability to stop bleeding and promote wound healing. It is also sometimes called "Feverfew" due to its historical use in reducing fever.

### **Identification:**

- A tall herb with feathery, fern-like leaves.
- Clusters of small, daisy-like flowers, usually white but sometimes pink or yellow.
- Found in grasslands, meadows, and along roadsides.

### **Beneficial Properties:**

- Promotes wound healing and reduces bleeding
- Regulates body temperature and alleviates fever
- Supports digestion and relieves indigestion
- Has anti-inflammatory, antimicrobial, and astringent qualities
- Balances hormones and relieves menstrual discomfort

### **Ailments it Supports:**

- Minor cuts, wounds, and abrasions
- Fever and flu symptoms
- Indigestion and bloating
- Menstrual cramps and hormonal imbalances
- Skin irritations and rashes

### **Usage & Dosage:**

- **Poultice:** Crush fresh leaves and apply directly to cuts, wounds, or inflamed skin. **Tea:** Steep dried flowers and leaves in hot water for 10–15 minutes. Drink up to 3 times daily for fever, digestion, or menstrual support. **Tincture:** Take 20–30 drops in water, up to 3 times daily for anti-inflammatory or hormonal support.

### **Cautions:**

- Avoid during pregnancy as it may stimulate uterine contractions.
- Some individuals may be allergic to plants in the Asteraceae family (ragweed, daisies, etc.), so caution is advised.
- As a precaution, always consult a medical professional

### **3. Stinging Nettle (*Urtica dioica*) – "The Healing Herb"**

#### **Why the Name?**

The name "Stinging Nettle" comes from the tiny, needle-like hairs on the leaves and stems that release a stinging substance when touched. Despite its prickly nature, it has long been used in herbal medicine for its wide range of health benefits.

#### **Identification:**

- A tall, herbaceous plant with jagged, heart-shaped leaves covered in tiny stinging hairs.
- Small, greenish flowers appear in clusters, often hanging from the stems.
- Grows in damp, fertile soils, often found in forests, along roadsides, or near riverbanks.

#### **Beneficial Properties:**

- Supports kidney and urinary tract health
- Acts as a natural anti-inflammatory, particularly for joint pain
- Rich in vitamins A, C, K, and several B vitamins
- Helps regulate blood sugar levels and lower blood pressure
- Promotes hair and skin health

#### **Ailments it Supports:**

- Arthritis and joint pain
- Urinary tract infections (UTIs) and kidney stones
- Allergies (especially hay fever)
- Blood sugar regulation and diabetes
- Skin conditions like acne, eczema, and dandruff

#### **Usage & Dosage:**

- **Tea:** Steep dried or fresh leaves in hot water for 10–15 minutes. Drink up to 3 times daily for joint support, urinary health, or allergy relief.
- **Tincture:** Take 20–30 drops in water, up to 3 times daily, to help with blood sugar regulation or inflammation.

#### **Cautions:**

- **Topical use:** May cause irritation if fresh leaves come in contact with the skin; wear gloves when handling. **Internal use:**
- Generally safe, but may cause digestive upset in some people. Consult a healthcare provider before use if taking medications
- for high blood pressure or blood sugar, as nettles may interact with these treatments.

#### **4. Cleavers (Galium aparine) – "The Lymphatic Cleanser"**

##### **Why the Name?**

The name "Cleavers" refers to the plant's sticky, hooked leaves and stems that cling to anything they come into contact with. It is sometimes called "Catchweed" for this reason. Traditionally, it has been used for lymphatic health and detoxification.

##### **Identification:**

- A sprawling, climbing plant with soft, square stems and whorled leaves.
- Small, star-like white flowers bloom in spring to early summer.
- Grows in moist, shaded areas such as woodlands, meadows, and along fences.

##### **Beneficial Properties:**

- Supports the lymphatic system by aiding in detoxification
- Acts as a mild diuretic, promoting kidney and urinary health
- Soothes inflammation and reduces swelling
- Supports skin health, especially in cases of eczema or acne
- Cleanses the blood and promotes circulation

##### **Ailments it Supports:**

- Lymphatic congestion and swollen lymph nodes
- Urinary tract infections (UTIs)
- Inflammation and edema (swelling)
- Skin conditions like eczema, psoriasis, or acne
- Poor circulation and fluid retention

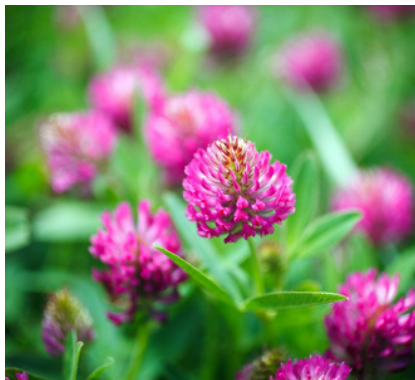
##### **Usage & Dosage:**

- **Tea:** Steep fresh or dried plant in hot water for 10–15 minutes. Drink 2–3 times daily for lymphatic or urinary support.
- **Tincture:** Take 20–30 drops in water, up to 3 times daily, to help with detoxification or skin health.
- **Poultice:** Apply crushed fresh plant to inflamed areas, swollen glands, or skin irritations.

##### **Cautions:**

- Generally safe for most people, but avoid in cases of kidney disease or if taking diuretics.
- Consult a healthcare provider before use during pregnancy, as its diuretic properties could lead to dehydration.





**Red Clover:** Want to fancy up your plate? Sprinkle these colorful blossoms on anything for an instant upgrade. Bonus: they're delicious in pancakes—because who doesn't love a little floral flair with their flapjacks?



**Purslane:** Got a thing for okra? You'll love purslane — slightly mucilaginous (fancy word for a little slimy but in a good way!). Delicious raw and adds a nice crunch to salads!



**Feverfew:** A beautiful, edible garnish that adds a touch of elegance to any dish. I haven't personally cooked with it, but if you're curious, check out this [Feverfew Cake](#) recipe and let me know how it turns out!



**Prunella:** Got a taste for a little bitter bite? The tender leaves and flowers add a flavorful twist anywhere you'd welcome a hint of bitterness—think salads, teas, or even a wildcrafted pesto!

## **5. Red Clover (*Trifolium pratense*) – "The Women's Herb"**

### **Why the Name?**

The name "Red Clover" is derived from its distinct, reddish-purple flower heads. Historically, it has been used to support women's health, especially for balancing hormones, which has earned it the nickname "The Women's Herb."

### **Identification:**

- A low-growing plant with trifoliate (three-part) leaves that are often marked with a white "V" shape.
- Round clusters of pink to purple flowers bloom in late spring to summer.
- Found in fields, meadows, and roadsides, often in areas with well-drained soil.

### **Beneficial Properties:**

- Supports hormone balance, particularly for women
- Rich in isoflavones, which mimic estrogen in the body
- Helps cleanse the blood and detoxify the liver
- Acts as a mild expectorant for respiratory health
- Anti-inflammatory and antioxidant-rich

### **Ailments it Supports:**

- Menstrual discomfort, PMS, and menopausal symptoms
- Hormonal imbalances
- Coughs, colds, and respiratory issues
- Skin conditions like eczema or psoriasis
- Blood purification and detoxification

### **Usage & Dosage:**

- **Tea:** Steep dried flowers in hot water for 10–15 minutes. Drink up to 3 times daily for hormonal balance or respiratory support.
- **Tincture:** Take 30 drops in water, up to 3 times daily, for menstrual discomfort or detoxification.
- **Infused Oil:** Use for skin issues like eczema or dry skin by massaging the infused oil into the affected areas.

### **Cautions:**

- Generally safe for most people, but those on hormone-sensitive medications should consult with a healthcare provider before use. Avoid in pregnancy, as high amounts may stimulate uterine contractions. As a precaution, always consult a medical professional.
-

## **6. Purslane (Portulaca oleracea) – "The Edible Weed"**

### **Why the Name?**

The name "Purslane" comes from the Latin *portulaca*, meaning "little door," referring to the plant's seed capsules that open like a door when mature. It is often considered a weed but is highly nutritious and has been used in traditional medicine for its healing properties.

### **Identification:**

- A low-growing, succulent plant with fleshy, red-tinged stems and smooth, oval-shaped leaves. Small, yellow, five-petaled
- flowers bloom in the summer. Grows in a spreading, mat-like
- form, commonly found in gardens, cracks in sidewalks, and disturbed soils.

### **Beneficial Properties:**

- Rich in omega-3 fatty acids, antioxidants, and vitamins (A, C, and several B vitamins)
- Supports heart health by lowering cholesterol
- Anti-inflammatory and anti-bacterial properties
- Promotes skin health and healing
- Aids digestion and relieves constipation

### **Ailments it Supports:**

- Heart disease and high cholesterol
- Inflammation (arthritis, joint pain)
- Skin irritations and wounds
- Digestive issues (constipation, bloating)
- Poor immune function

### **Usage & Dosage:**

- **Raw in Salads:** Add fresh leaves to salads, sandwiches, or smoothies for a nutrient boost.
- **Tea:** Steep dried or fresh leaves in hot water for 10 minutes. Drink up to 2 times daily for digestive or anti-inflammatory benefits.
- **Poultice:** Apply crushed fresh leaves directly to the skin for healing wounds or soothing inflammation.

### **Cautions:**

- Generally safe to eat, but avoid excessive amounts if on blood pressure medication, as it may lower blood pressure.
- Pregnant women should avoid excessive consumption due to its high oxalate content, which can impact calcium absorption.
- As a precaution, always consult a medical professional.

## **7.Feverfew (Tanacetum parthenium) – "The Migraine Reliever"**

### **Why the Name?**

The name "Feverfew" comes from its historical use in reducing fever and inflammation. "Fever" refers to its fever-reducing properties, and "few" suggests its ability to do this in small amounts. It has been used since ancient times, particularly for headaches and fever.

### **Identification:**

- A bushy plant with bright green, deeply lobed leaves and small, white, daisy-like flowers with a yellow center.
- Grows to about 1–2 feet tall and is often found in gardens, fields, and along roadsides.
- The leaves have a bitter taste and strong odor when crushed.

### **Beneficial Properties:**

- Reduces migraine frequency and severity
- Alleviates tension headaches and menstrual-related headaches
- Anti-inflammatory and pain-relieving
- Supports digestive health
- Antimicrobial and antioxidant properties

### **Ailments it Supports:**

- Migraines and headaches
- Fever and flu symptoms
- Arthritis and joint pain
- Digestive discomfort (bloating, indigestion)
- Menstrual cramps and hormonal imbalances

### **Usage & Dosage:**

- Tea: Steep dried leaves for 10–15 minutes. Drink up to 2–3 times daily for headache relief.
- Tincture: Take 20–30 drops in water, up to 3 times daily, for migraine prevention or inflammation relief.

### **Cautions:**

- Avoid during pregnancy as it may stimulate uterine contractions.
- May cause mouth sores or irritation in some people when consumed fresh.
- Consult with a healthcare provider if you are on blood-thinning medications, as feverfew may increase the risk of bleeding.



## **8. Prunella (Prunella vulgaris) – "Self-Heal"**

### **Why the Name?**

The name "Self-Heal" reflects Prunella's long history of use as a wound healer, as it is believed to have the ability to promote self-healing. The name "Prunella" comes from the Latin prunus (plum) due to its fruit's resemblance to small plums, though it is not related to the plum tree.

### **Identification:**

**A** low-growing, perennial herb with square stems and lance-shaped leaves.

Small, tubular purple flowers appear in dense spikes, blooming from late spring to early autumn.

Found in fields, meadows, roadsides, and lawns, often in nutrient-rich soil.

### **Beneficial Properties:**

- Supports wound healing and tissue regeneration
- Acts as an immune booster
- Anti-inflammatory and antimicrobial properties
- Helps soothe sore throats and mouth ulcers
- Supports liver detoxification and gastrointestinal health

### **Ailments it Supports:**

- Cuts, bruises, and minor wounds
- Sore throats, mouth ulcers, and gingivitis
- Immune system weakness
- Liver congestion and digestive issues
- Inflammation and skin irritations

### **Usage & Dosage:**

- **Tea:** Steep dried leaves and flowers in hot water for 10–15 minutes. Drink up to 2–3 times daily for immune support, wound healing, or digestive benefits.
- **Tincture:** Take 20–30 drops in water, up to 3 times daily, for sore throats, mouth ulcers, or immune support.
- **Poultice:** Crush fresh leaves and apply to cuts or inflamed skin to promote healing.

### **Cautions:**

- Generally safe, but avoid in pregnancy as a precaution due to its strong healing properties.
- Consult a healthcare provider before use if on immunosuppressive medications.



**Milk Thistle: Young stems and buds = nature's artichoke. Just trim off the thorns (trust me on this one), cook the buds, peel, and enjoy. Yum!**



**Plantain: Wide or narrow leaf, both are edible! Use raw like spinach or toss into salads for a wild, nutrient-packed green.**



**Goldenrod: A visually stunning plant with flowers that bring a hint of anise flavor—perfect for those who love a little licorice-like twist. I've only used the flowers, but fun fact: the roots and leaves are edible, too!**



**Comfrey: Believe it or not, comfrey leaves on pizza = delicious! I use them in moderation, but if you're curious, check out this [recipe](#) from a fellow forager and give it a try!**

## **9. Milk Thistle (*Silybum marianum*) – "The Liver Protector"**

### **Why the Name?**

The name "Milk Thistle" comes from the plant's milky white-veined leaves and the legend that the Virgin Mary's milk spilled onto them. It has been used for centuries as a liver tonic, particularly in traditional European and Ayurvedic medicine.

### **Identification:**

- A tall, spiny plant with purple, thistle-like flowers.
- Leaves are green with distinctive white marbling.
- Found in fields, roadsides, and disturbed soils, thriving in dry conditions.

### **Beneficial Properties:**

- Supports liver detoxification and regeneration
- Protects against liver damage from toxins, alcohol, and medications
- Aids digestion and bile production
- Reduces inflammation and oxidative stress
- May help regulate blood sugar levels

### **Ailments it Supports:**

- Liver diseases (hepatitis, fatty liver, cirrhosis)
- Gallbladder disorders
- Indigestion and bloating
- Detoxification from alcohol or toxins
- Inflammation-related conditions

### **Usage & Dosage:**

- **Tea:** Crush seeds and steep in hot water for 15 minutes. Drink up to 3 times daily for liver support.
- **Tincture:** Take 30–40 drops in water, up to 3 times daily, for detox and liver health.
- **Capsules or Powder:** Standard dose is 150–300 mg of silymarin extract daily for liver protection.

### **Cautions:**

- Generally safe, but may cause mild digestive upset in some individuals.
- Those allergic to ragweed, daisies, or other Asteraceae family plants may have cross-reactivity.
- Consult a doctor before use if taking medications, as it may interact with certain drugs, including blood thinners and diabetes medications.

## **10. Plantain (*Plantago major*, *Plantago lanceolata*) – "The Wound Healer"**

### **Why the Name?**

The name "Plantain" comes from the Latin *planta*, meaning "sole of the foot," referring to its broad leaves that spread flat against the ground. It has been used medicinally for centuries, with records dating back to ancient Greece and Rome.

### **Identification:**

- ***Plantago major* (Broadleaf Plantain):** Wide, oval-shaped leaves with prominent veins, growing in a rosette pattern. Flowers grow on a long, green spike.
- ***Plantago lanceolata* (Narrowleaf Plantain):** Long, lance-shaped leaves with parallel veins. Flowers grow on a cylindrical, spiky stem.

### **Beneficial Properties:**

- Accelerates wound healing
- Draws out toxins and reduces inflammation
- Soothes skin irritations and insect bites
- Supports digestion and gut health
- Acts as an expectorant for respiratory issues

### **Ailments it Supports:**

- Cuts, wounds, and burns
- Insect bites and stings
- Rashes and poison ivy
- Digestive discomfort
- Coughs and respiratory congestion

### **Usage & Dosage:**

- **Poultice:** Crush or chew fresh leaves and apply directly to wounds, bites, or stings.
- **Tea:** Steep dried leaves in hot water for 10–15 minutes. Drink up to 3 times daily for digestive or respiratory support.
- **Tincture:** Use 30–40 drops in water, up to 3 times daily, for immune and gut health.

### **Cautions:**

- Generally safe, but some individuals may have mild allergic reactions.
- Avoid consuming in large amounts if pregnant or taking blood thinners, as it has mild anticoagulant properties.
- As a precaution, always consult a medical professional



## **11. Goldenrod (*Solidago* spp.) – "The Allergy Soother"**

### **Why the Name?**

The name "Goldenrod" comes from the bright yellow color of its flower spikes, with "rod" referring to the long, slender shape.

Historically, it has been used in herbal medicine to treat a variety of ailments, particularly those related to the respiratory and urinary systems.

### **Identification:**

- Tall plant with dense clusters of small, bright yellow flowers that bloom in late summer to fall.
- Leaves are lance-shaped and alternate along the stem.
- Often found in meadows, roadsides, and open fields.

### **Beneficial Properties:**

- Acts as a natural anti-inflammatory and antioxidant
- Supports the respiratory system by relieving allergy symptoms
- Promotes urinary tract health by acting as a diuretic
- Supports wound healing and reduces pain
- Strengthens the immune system

### **Ailments it Supports:**

- Seasonal allergies and hay fever
- Urinary tract infections (UTIs)
- Inflammation (especially in joints and muscles)
- Wounds and cuts
- Coughs, colds, and sinus congestion

### **Usage & Dosage:**

- **Tea:** Steep dried flowers and leaves in hot water for 10-15 minutes. Drink up to 3 times daily for allergy relief or urinary health.
- **Tincture:** Take 30 drops in water, up to 3 times daily, for respiratory support and inflammation reduction.
- **Poultice:** Apply crushed fresh leaves to wounds and bruises to promote healing.

### **Cautions:**

- Generally safe, but avoid if allergic to plants in the Asteraceae family, including ragweed, daisies, and chrysanthemums.
- Use with caution if pregnant, as it may stimulate uterine contractions in large doses.
- As a precaution, always consult a medical professional before consuming this and all herbs.

## **12. Comfrey (Symphytum officinale) – "The Bone Setter"**

### **Why the Name?**

The name "Comfrey" is derived from the Latin *comfrey* meaning "to strengthen" or "to unite," reflecting its historical use for healing broken bones and wounds. It's also known as "Knitbone" due to its reputation for promoting the healing of fractures.

### **Identification:**

- A tall, herbaceous plant with large, rough, lance-shaped leaves.
- Produces clusters of tubular, bell-shaped flowers that range in color from purple to pink, or even white.
- Often found in moist, nutrient-rich soils such as stream banks, meadows, and gardens.

### **Beneficial Properties:**

- Supports tissue regeneration and wound healing
- Promotes bone and joint health
- Anti-inflammatory and pain-relieving
- Soothes digestive discomfort
- Rich in allantoin, a compound that encourages cell growth and repair

### **Ailments it Supports:**

- Broken bones, sprains, and strains
- Joint pain and inflammation (arthritis, tendonitis)
- Cuts, bruises, and burns
- Digestive issues (ulcers, diarrhea)
- Skin conditions (eczema, dermatitis)

### **Usage & Dosage:**

- **Poultice:** Crush or chop fresh leaves and apply directly to sprains, strains, or wounds to accelerate healing.
- **Tea:** Steep dried leaves in hot water for 10–15 minutes. Drink up to 2 times daily for digestive support or to soothe inflammation.
- **Tincture:** Take 20–30 drops in water, up to 3 times daily, for joint pain or to promote healing in bones and tissues.

### **Cautions:**

- **External use:** Generally safe in topical applications.
- **Internal use:** Should be used with caution, as long-term use or large quantities of comfrey can be toxic to the liver and kidneys due to pyrrolizidine alkaloids.
- Avoid consuming during pregnancy and breastfeeding.
- As a precaution, always consult a medical professional



## Bonus Herb

### Dandelion (*Taraxacum Officinale*) - "Nature's Detoxifier"

**Why the name?** Dandelions are named after the French phrase "dente de Lion", which means The Lion's Tooth, referring to the jagged leaves that this bitter, herbaceous beauty is known for.

**Identification:** Known as a common weed, (although she's anything but, common imho) with bright, yellow- hued blossoms and deeply rooted. Found amongst the grassy lawns of the world, fields and along roadsides.

#### **Beneficial Properties:**

- Aids digestion
- Natural diuretic properties
- Supports liver function
- Rich in minerals and vitamins

#### **Ailments she supports:**

- Great for gallbladder and liver health
- Digestive distress
- Water retention

#### **Usage & Dosage:**

**Tea:** Use both leaf, root and blossom for the optimal health benefits; Steep roots in hot water for 10 minutes. The leaves and delicate blossoms for less.

**Cook:** The leaves can be used in the same manner as any hearty, leafy green. They have a slight, pleasantly bitter flavor and lend themselves well to soups, stews and stirfry. Absolutely delicious sautéed with garlic, shallots and white wine.

**Tincture:** 30 drops in water up to 3 times daily

As a precautionary measure, always consult a professional



# Dandelion Chimichurri

**A flavorful way to enjoy dandelion's benefits!**

## **Ingredients:**

**1 cup fresh dandelion leaves, chopped**

**½ cup fresh parsley, chopped**

**3 cloves garlic, minced**

**½ teaspoon red pepper flakes**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

**½ cup olive oil**

**2 tablespoons apple cider vinegar**

**1 tablespoon of fresh lemon juice**

## **Instructions:**

**Finely chop the dandelion leaves and parsley.**

**Mix them in a bowl with minced garlic, red pepper flakes, salt, and black pepper.**

**Stir in the olive oil, apple cider vinegar, and lemon juice.**

**Let sit for 10 minutes before serving to allow the flavors to meld.**

**This chimichurri pairs perfectly with grilled meats, mushrooms, roasted vegetables, or even as a zesty dip for bread!**

## Conclusion

For me, foraging is a way to connect deeply with nature. It's about rediscovering ancient wisdom. Our ancestors from far-off lands recognized the importance of nurturing the earth and caring for the soil, acting as stewards for the prosperity of future generations. They shared their knowledge through quiet whispers and subtle nods. They wove seeds from their homelands into their hair and lifted their faces to the sun, hoping to witness the familiar blossoms dancing in the breeze of new and unfamiliar places. They utilized both known and new herbs to heal, survive, and endure. Some of these same herbs have supported me on my own wellness journey. I've harnessed this wisdom to combat autoimmune dis-ease, and I share a portion of what I've learned with you, dear reader, in hopes that you too may benefit. As you embark on your own journey, remember to embrace the weeds! Forage responsibly and tread lightly; for every ailment, Mother Nature offers a remedy. We only need to listen and observe. Happy foraging! May your journey be filled with adventure, health, and delightful discoveries.



## Glossary

**Decoction** – A method of extracting the medicinal properties of tough plant materials (like roots and bark) by simmering them in water over low heat for an extended period.

**Diuretic** – A substance that increases urine production, helping to flush excess fluids and toxins from the body.

**Expectorant** – An herb or compound that helps loosen and clear mucus from the lungs and respiratory tract.

**Infusion** – A preparation method similar to tea, where delicate plant parts (like leaves and flowers) are steeped in hot water to extract their medicinal properties.

**Poultice** – A moist mass of crushed herbs applied directly to the skin to soothe irritation, reduce inflammation, or promote healing.

**Tincture** – A concentrated liquid herbal extract made by soaking plant material in alcohol (or sometimes vinegar or glycerin) to draw out medicinal compounds.

**Astringent** – An herb that tightens or tones tissues, often used to reduce inflammation, stop bleeding, or support skin health.

**Adaptogen** – A plant or herb that helps the body adapt to stress and restore balance.

**Anti-inflammatory** – A substance that reduces swelling, pain, and irritation in the body.

**Antimicrobial** – A plant with natural compounds that help fight bacteria, viruses, and fungi.

**Vulnerary** – An herb used to support wound healing and tissue repair.

**Emollient** – A substance that soothes and softens the skin, often used in salves and balms.

**Wildcrafting** – The practice of harvesting wild plants responsibly and sustainably to ensure their continued growth and availability.

# Index

## **Medicinal Herbs**

- Mullein – Nature's Lung Support (p. 9)
- Yarrow – The Wound Healer (p. 10)
- Stinging Nettles – Nutrient Hero (p. 11)
- Cleavers – Lymphatic Cleaner (p. 12)
- Red Clover – The Blood Purifier (p. 14)
- Purslane – Omega-3 Powerhouse (p. 15)
- Feverfew – Migraines-Be-Gone (p. 16)
- Prunella (Self-Heal) – Wound & Immune Support (p. 17)
- Milk Thistle – Liver Protector & Detoxification (p. 19)
- Plantain – Skin Soothing & First Aid (p. 20)
- Goldenrod – Allergy & Kidney Support (p. 21)
- Comfrey – Bone-Knit & Tissue Repair (p. 22)
- Dandelion – Detoxification & Digestive Health (p. 24)

## **Preparation & Usage Methods**

- How to Make a Tincture (p. 6)
- Tincture – Glossary, Herbal Preparation (p. 27)
- Infusion – Glossary, Herbal Tea Preparation (p. 27)
- Decoction – Glossary, Herbal Extraction Method (p. 27)
- Poultice – Glossary, Herbal First Aid (p. 27)

## **Foraging & Sustainability**

- Wildcrafting – Glossary, Sustainable Harvesting (p. 27)
- Foraging Ethics – Disclaimer, Harvesting in Pesticide-Free Areas (p. 3)

## **Common Uses & Benefits**

- Respiratory Support – Mullein (p. 9), Goldenrod (p. 21)
- Digestive Health – Chicory, Dandelion (p. 24), Milk Thistle (p. 19)
- Liver Support – Milk Thistle (p. 19), Dandelion (p. 24)
- Wound Healing – Yarrow (p. 10), Comfrey (p. 22), Plantain (p. 20)
- Allergy Relief – Goldenrod (p. 21), Stinging Nettles (p. 11)
- Hormonal Balance – Yarrow (p. 10), Red Clover (p. 14)
- Detoxification – Dandelion (p. 24), Cleavers (p. 12)

## **Recipes & Additional Content**

- Dandelion Leaf Chimichurri Recipe – p. 25
- Photo References – Pages 8, 13, 18
- Further Reading Resources – Pages 29, 30

## Further Reading & Resources

For those looking to deepen their knowledge of foraging, herbal medicine, and wildcrafted food, here are some great resources: TikTok & Social Media Foragers:

Herb Gotti – A great source for herbal wisdom, traditional healing, and practical foraging tips on TikTok.

For those looking to deepen their knowledge of foraging, herbal medicine, and wildcrafted food, here are some great resources:

### Books:

**The Forager's Harvest by Samuel Thayer** – A comprehensive guide to identifying and using wild edibles.

**Braiding Sweetgrass by Robin Wall Kimmerer** – A beautiful blend of indigenous wisdom, nature, and science.

**Medicinal Plants of the Pacific West by Michael Moore** – A fantastic herbal guide focusing on medicinal uses of wild plants.

**Rosemary Gladstar's Herbal Recipes for Vibrant Health** by Rosemary Gladstar – A great introduction to home herbal medicine.

**Self Heal By Design by Barbara O'Neill** – A natural approach to healing and health through herbal remedies.

**African American Herbalism: A Practical Guide to Healing Plants and Folk Traditions** by Stephanie Rose Bird – Focused on the rich traditions of herbal medicine in African American culture.

**A Handbook of Native American Herbs by Alma R. Hutchens** – A classic guide on indigenous herbal practices.

**New Wildcrafted Cuisine by Pascal Baudar** – A deep dive into wild foraging and crafting meals from nature's bounty.

**Edible and Medicinal Wild Plants of the Midwest by Matthew Alfs** – A detailed guide for Midwestern foragers.

**Foraging New England by Tom Seymour** – A regional guide for wild edible and medicinal plants in New England.

**Southeast Foraging by Chris Bennett** – A great resource for wild edibles in the Southeastern U.S.

\*\*\*\***Dr. Sebi's Alkaline Herbal Medicine: The Beginners Guide to Understanding Dr. Sebi's Alkaline Diet and Natural Remedies** by Kerri M. Williams – A guide inspired by Dr. Sebi's natural healing methods and plant-based remedies.

## **Websites & Online Resources:**

Eat The Weeds ([www.eattheweeds.com](http://www.eattheweeds.com)) – A great resource for identifying and using edible plants.

Plants for a Future ([www.pfaf.org](http://www.pfaf.org)) – A searchable database of edible and medicinal plants.

The Herbal Academy ([www.theherbalacademy.com](http://www.theherbalacademy.com)) – Courses and articles on herbal medicine.

## **YouTube Channels:**

Learn Your Land – Fantastic videos on foraging and plant identification.

Herbal Jedi (Yarrow Willard, Cl.H.) – Deep dives into herbalmedicine and foraging.

These resources can help you continue your journey into foraging and herbal medicine.

Happy foraging 🌿

~ Toshi