

My Favorite Local Edible & Medicinal Plants

- *Amaranth (*Amaranthus retroflexus*)
- *Black Cohosh (*Actea racemosa*)
- *Black Walnut (*Juglans nigra*)
- *Burdock (*Arctium minus*)
- ~Calendula (*Calendula officinalis*)
- *Chickweed (*Stellaria media*)
- *Cleavers (*Gallium aparine*)
- ~Comfrey (*Symphytum officinale*)
- *Ox-Eye Daisy (*Chrysanthemum leucanthemum*)
- *Dandelion (*Taraxacum officinale*)
- ~Echinacea (*Echinacea purpurea*)
- *Elder (*Sambucus canadensis*)
- *Hawthorn (*Crataegus spp.*)
- *Hemlock tree (*Tsuga canadensis*)
- *Garlic Mustard (*Alliaria petiolata*)
- *Goldenrod (*Solidago spp.*)
- *Ground Ivy (*Glechoma hederaceae*)
- *Jewelweed (*Impatiens capensis*)
- *Lambsquarter (*Chenopodium album*)
- ~Lemon Balm (*Melissa officinalis*)
- *Lobelia (*Lobelia inflata*)
- *Mallow (*Malva neglecta*)
- *grows wild in Western North Carolina
- ~Motherwort (*Leonuris cardiaca*)
- *Mugwort (*Artemisia vulgaris*)
- *Mullein (*Verbascum thapsus*)
- *Plantain (*Plantago major/lanceolata*)
- *Poke (*Phytolacca americana*)
- *Purslane (*Portulaca oleracea*)
- *Red Clover (*Trifolium pratense*)
- *Reishi mushroom (*Ganoderma tsugae*)
- *Sheep Sorrel (*Rumex acetocella*)
- ~Skullcap (*Scutellaria lateriflora*)
- *Stinging Nettles (*Urtica dioica*)
- *St Johnswort (*Hypericum perforatum/punctatum*)
- *Usnea lichen (*Usnea spp.*)
- *Violet (*Viola spp.*)
- *Wild Carrot (*Daucus carota*)
- *Wild Garlic/Onion (*Allium spp.*)
- *Wild Lettuce (*Latuca spp.*)
- *Winter Cress (*Barbarea verna*)
- *Wood Sorrel (*Oxalis spp.*)
- ~Wormwood (*Artemisia absinthium*)
- *Yarrow (*Achillea millefolium*)
- *Yellow Dock (*Rumex crispus/ obtusifolius*)
- ~easily cultivated in a garden

Wildcrafting Guidelines

1. Start with a few easily recognized plants, and get to know new plants slowly.
2. Study the poisonous plants that grow in your area, and always know whether the plant you're harvesting has any poisonous look-alikes.
3. Always be sure you have identified a plant correctly, either through the use of a field guide or an experienced harvester.
4. Give your full attention to your task; its easy to make mistakes if you're distracted.
5. Some plants have parts that are edible and parts that are toxic (example; violet), and some plants have parts that are edible at certain times of the year but toxic at others (example; pokeweed). Make sure you know which part to use, and when to harvest it.
6. As with all foods, some plants will not agree with certain people. Start with small amounts of any wild food that is new to you.
7. Ask permission before harvesting on someone else's property
8. Avoid areas that are likely to be sprayed, for example around power lines, train tracks, golf courses, and weedless yards. Don't gather within 50 feet from a busy road, especially downhill from one.
9. Return often to your harvesting sites, to get to know the plants at different phases of their lifecycle.
10. A good rule of thumb is to harvest up to a third of a given patch. Learn which plants are endangered in your area and avoid harvesting them altogether. (Luckily, many edible and medicinal plants are prolific weeds, and you don't need to worry about over-harvesting.)
11. Ask the plant for permission to harvest. Listen intuitively for guidance from your green ally.