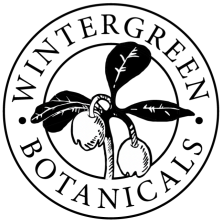


Wild Medicinal Herb Walk in New Hampshire



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PLEASE READ: The information in this handout has not been approved by the FDA and does not in any way intend to diagnose or prescribe. Always consult with your health practitioner before taking any remedy

Above this, I also recommend that you...

1. Research an herb in at least three good sources before ingesting it (see my website for recommended sources),
2. Listen to your body/intuition to determine if an herb resonates or doesn't resonate with you.
3. Take proper steps to ensure that any wildcrafted or cultivated plant is what you think it is, AND
4. Check with your pharmacist for herb-drug interactions if you take prescriptions.

Antioxidant Fruits

Autumn Olives (+)
Blackberries & Dewberries
Blueberries
Cranberries
Elderberries (cooked/dry)
Grapes
Hawthorn Berries
Raspberries
Rosehips (+)
Strawberries
Serviceberries

Nutritious

See "Antioxidant Fruits"
Dandelion Leaf
Horsetail
Lambsquarters
Purslane
Red Clover Flowers
Sheep & Wood Sorrel
Stinging Nettle Leaf
Violet Leaf & Flower

Tasty Tea

Rose Petals (+)
Red Raspberry Leaf
Wintergreen Leaf
Sassafras Rt/Lf
Wild Mint Lf

Pain Relievers

Black Birch Bark
Bunchberry Leaves (dried)
Elder Leaves (topical only)
Wintergreen Leaves
Solomon's Seal Root
St. John's Wort (esp topical)
Viburnum spp Bark

Hemostatics

Shepherd's Purse
Yarrow Leaf
Nettle Leaf (mild)

Mild Astringents

Uterine & GI Tonic
Alder Bk/Catkin/Twig
Bidens spp Herb
Cinquefoil Leaf
Purple Loosestrife (+)
Red Raspberry Leaf
Rose Petals & Leaves (+)
Strawberry Leaf
Partridgeberry (-)

Strong Astringents

Diarrhea & Topical
Blackberry Root
Canadian Fleabane Herb
Pearly Everlasting Herb
White Oak Bark (strong!)
Witch Hazel Bk/Lf (tpcl)

Liver & Lymph

Tonic/Detox
Alder Bark/Catkin/Twig
Artemisia spp (w/caution)
Burdock Root
Chicory Root
Cleavers Greens
Dandelion Root or Leaf
Sassafras Root/Lf
Violet Leaf & Flower
Wild Sarsaparilla Root
Yellow Dock Root

Diuretic

Dandelion Leaf
Horsetail
Juniper Needle/Berry
Nettle Leaf

Kidney/UT Support

Joe Pye Weed
Goldthread Rt/Lf
Dandelion Leaf
Nettle Leaf

UT Infections

Blueberry Leaves
Cranberries
Juniper Needle/Berry
Uva Ursi Leaves
(Mayflower Leaves)

Digestion

Artemisia (w/caution)
Blue Flag (w/caution)
Malva/Marshmallow
Pineapple Weed
Wild Mint

Wound/Skin Healers

Chickweed & Cleavers
Elder Lf (topical/bruises)
Goldthread Rt/Lf (-)
Jewelweed (poison ivy)
Plantain & Alder Lf/etc
Self-Heal
St. John's Wort Flwr/Bud
Sweet Fern (poison ivy)

Anti-fungal/bacterial

Topical & internal
Alder Bk/Catkin/Twig
Goldthread & Barberry Rt
Thuja (safest topical)
Oak Bk (safest topical)
Usnea lichen
Celandine (warts-topical)
Barberry root bark (+)

Bug Repellent

Yarrow Lf/Flw
Sweet Fern

Diaphoretics (Fever)

Black Elder Flwr (dried)
Boneset Lf/Flwr
Yarrow Lf/Flwr

Cough Suppressant

Wild Cherry Bark (dry)
White Pine Needles/Resin

Immune/Resp/Allergies

Aster Lf/Flwr
Alder Bk/Catkin/Twig
Elderberries (cooked or dry)
Goldenrod Lf/Flwr
Goldthread Rt/Lf
Ground Ivy Lf
Lobelia Herb (w/caution)
Hemlock Tree Needles
Mullein Lf/Flwr
White Pine Needles/Resin
Usnea Lichen

Heart Tonic

Hawthorn Berry/Lf/Flwr
Dandelion Lf/Root
Yarrow Lf/Flwr

Blood Sugar Balance

Blueberries & Leaves

Mood/Relax

Aralia spp Root/Berry
Blue Vervain Leaf/Flwr
Skullcap Leaf
St. John's Wort Flwr/Bud

Women's Health

Partridgeberry (-)
Queen Anne's Lace Sd/Flw
Red Clover Flower
Red Raspberry Leaf
Trillium Root (-)

Men's Health

Autumn Olives
Nettle Root
Yellow Pond Lily Root

Most Deadly in NH

Foxglove (Digitalis)
Amanita Mushrooms
Veratrum (False Hellebore)
Poison & Water Hemlock
Aconite (Monkshood)...

(-) These plants are sensitive in the wild and should generally not be harvested. See UnitedPlantSavers.org.

(+) Invasive in NH. Illegal to plant/propagate and technically to harvest due to propagation concerns. See <https://plants.usda.gov/>

TIPS for IDENTIFYING HERBS & WILDFLOWERS

The best way to learn how to identify plants is to get some good guides, plants, and PRACTICE.

To Identify a Plant, You'll Need:

- At least one (ideally several) identification field guides
- Your plant in flower, preferably the *whole* plant in front of you (It's *very* difficult to confirm the identify of a plant for the first time if it's not in flower.)
- A magnifying "loop" is handy but not essential for introductory ID

Favorite Field Guides for New England Wildflowers

 Listed in order of preference, * = favorites

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- * *Newcomb's Wildflower Guide*
 - * GoBotany, Simple Key <https://gobotany.nativeplanttrust.org/>
 - Marilyn Dweley's New England-specific Guides (out of print)
 - *Wildflowers of New England*
 - Clemants & Gracie's *Wildflowers in the Field and Forest*
 - *Peterson's Field Guide to Wildflowers* Northeastern and North-Central
 - *Audubon Field Guide to Wildflowers* Eastern Region
 - *Peterson's Medicinal Plants and Herbs* (Eastern) and *Edible Wild Plants* (Eastern): BACK UP ONLY!
 - See my [website's Recommended Reading page](#) for tree/shrub books, foraging books, and herbals that cover a lot of wild medicinal plants.

Herbals for How to USE Wild Plants – *not for identification*

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- *Backyard Medicine* by Julie Bruton-Seal & Matthew Seal
 - *Medicinal Plants of the Mountain West* and *Medicinal Plants of the Pacific West* by Michael Moore
 - *Ancestral Plants Vol 1 & 2* by Arthur Haines: <http://www.arthurhaines.com>
 - *The Earthwise Herbal: New World Plants* by Matthew Wood
 - *Invasive Plant Medicine* by Timothy Scott
 - *Planting the Future* by the United Plant Savers
 - **Historical:** <http://www.henriettes-herb.com> also see <https://botanical.com/>

Identification Tips

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- **Field guides typically only cover *wildflowers***, so cultivated plants and trees/shrubs are *not* included. Those are much trickier to ID from scratch and beyond the scope of today's discussion. Newcomb's, GoBotany, and Audubon to include some more overtly flowering trees and shrubs. [Bailey's Manual of Cultivated Plants](#) and [Wendy Applequist's Identification of Medicinal Plants](#) are useful for cultivated and herbs of commerce.
 - **It's best to watch a plant for a full year. You should only identify plants for the first time when they are in flower**, then get to know them during the other times in their cycle.
 - **Please do *not* taste a plant you do not know the identity of 100%**. Although *technically* you could take a tiny bite, taste, then spit it out and probably be okay, eating even small amounts of some of the most toxic plants could be deadly, so please don't go there.
 - **Read the descriptions, don't just look at pictures.** These will have finer details that can make or break the accuracy of the identity, such as chickweed's mohawk, spines at the base of bristly sarsaparilla, the strong stench of tree of heaven.
 - **With the exception of GoBotany, most websites and apps are completely unreliable.**
 - **You'll need a good *herbal* to learn how to actually USE the herbs.** ID guides only help with identification. Favorite authors include Julie Bruton Seal, Arthur Haines, Michael Moore. See [my Recommended Reading page](#)
 - **It's easier (and more fun) to practice identification on spring plants than fall plants.** Figuring out the exact species of asters and goldenrods can be maddening... *so* many Composites!

Lots more resources on my website, including my Virtual Herb Walk & Blog! Also my books!

Visit the Links page of www.WintergreenBotanicals.com for Local & Online sources for *herb supplies, herbs...* as well as links to *informative herbal websites, my Virtual Herb Walk, recipes, recommended books, etc.*
