

FORAGING AS A WAY OF LIFE'S FIVE PLANTS TO FORAGE IN MARCH/APRIL

FORAGING AS A WAY OF LIFE

A YEAR-ROUND FIELD GUIDE
TO WILD PLANTS

BY MIKAELA CANNON

Dive into a richly detailed and engaging handbook that explores the world of wild plants and their many uses. Learn how to identify, nurture, and incorporate these plants into your life. With vibrant photos and charming illustrations, along with a user-friendly format, this book becomes your trusted companion on a year-long journey of foraging and discovery.

Welcome to Spring.



STINGING NETTLE

USES

Stinging nettle is a nutritious edible green rich in iron and vitamins, used in soups, teas, smoothies, and bread, while its seeds boost energy and dopamine in small doses. Medicinally, it supports blood health, allergy relief, and detoxification, while also serving as a natural fertilizer, pain reliever, fiber for rope, and material for handmade paper.

WARNINGS

Stinging nettle may interfere with medications, cause skin irritation, and overstimulate in high doses; consult a doctor before use in pregnancy.



WEeping WILLOW

USES

Weeping willow's edible shoots, flowers, catkins, and leaves can be eaten raw, cooked, or added to baked goods. The plant is also used for pain relief and inflammation due to its salicylic acid content, with its bark brewed into tea or chewed for aspirin-like effects, and its ability to aid in plant propagation through rooting hormone tea, and is commonly used in basket weaving and crafts.

WARNINGS

Avoid weeping willow if you are allergic to aspirin, pregnant, or nursing, and do not give it to children under 16 with viral infections due to the risk of Reye's syndrome.



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EARLY BLUE VIOLET

USES

Early blue violet's flowers and leaves are edible, used in baking, soups, stews, smoothies, and teas, while also providing vitamins A & C and acting as a skin emollient. It can be solar-infused for drinks, frozen into popsicles, or used medicinally as a mild laxative and sleep aid.

WARNINGS

Use early blue violet in moderation due to saponins, which can cause digestive upset in large amounts, and only consume the leaves, stems, and flowers, as the roots and seeds are toxic.



KINNIKINNICK

USES

Kinnikinnick is traditionally used for urinary tract health, aiding with infections, bladder control, and digestion while also serving as a key ingredient in Indigenous smoking mixtures. Its sweet winter berries are edible, and its leaves can be brewed into a tonic or frozen into popsicles.

WARNINGS

Do not use while pregnant. Limit kinnikinnick use to a few days or a week to avoid stomach and liver risks; it may also turn urine green but is harmless.



WILD GINGER

USES

Wild ginger is used as a spice in soups, stews, and stocks, and can also be brewed into a flavorful teas with wild undertones, (a flavor similar to commercial ginger.) The dried rhizome is preferred for a milder taste and long-term use, enhancing the depth of broths and stocks. Wild ginger also has traditional medicinal uses as it aids in digestion, helps flush out colds, and has antimicrobial properties used in traditional medicine.

WARNINGS

Avoid alcohol and vinegar extractions, as they increase aristolochic acid, which is toxic to the kidneys. Instead, use water-based preparations like cooking or steeping to minimize potential toxicity.

