

Wildcraft! Plants

A POCKET GUIDE



Wildcraft! Plants: A POCKET GUIDE

Author: Kimberly Gallagher

Designer: Jenny Barandich

Herbal Consultant: Rosalee de la Forêt

Editor: Emily Han

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The herbal and plant information in Wildcraft! is for educational purposes only. The information within the Wildcraft! game and activities are not intended as a substitute for the advice provided by your physician or other medical professional. Always consult with a health care practitioner before using any herbal remedy or food, especially if pregnant, nursing, or have a medical condition.

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Welcome to *Wildcraft! Plants: A Pocket Guide*

Grandma gives you this little field guide for your journey up Huckleberry Hill. In it, she has tried her best to anticipate some of the different troubles you might face along the way. She gives you information about how you might use the plants to help with your healing. Growing up visiting Huckleberry Hill in the summers, you have been introduced to all the plants by your grandparents. Together, you have already made all the remedies mentioned in this book. Still, Grandma knows that even the most experienced herbalists need reminders about the information they've learned.

Wildcraft! Plants: A Pocket Guide gives you information about the identifying characteristics of all the plants featured in the game, as well as some harvesting information. These hints can help you find the plants yourself if you don't have anyone to introduce you to them. It's important to double-check that you have properly identified the plant by checking with a knowledgeable person before using any plant in or on your body. This is an important first step.

Once you're sure you've identified the plant correctly, this little guide tells you how Grandma might use it for the different troubles in the game – whether you might make a tea with the roots or perhaps a poultice of the leaves. In the index, the guide gives you a brief description of how to make teas and poultices as well as all the different herbal preparations mentioned in this book. So, the next time you get stung by a bee, perhaps you will be able to make a poultice from plantain leaves and put it over the sting. As you feel your pain subside, your knowledge of plantain will grow.

In the *Wildcraft!* game, once you find the plant that works for your ailment, you can discard the Trouble Card right away. This makes it seem that the plants work like magic, but of course there is much more involved. As I've studied herbalism over the years, I've noticed that the more I learn about healing plants, the more I realize I need to learn. This pocket guide is only a basic starter resource so you can begin learning about healing plants.

Follow the ladybugs  from page to page and have fun watching your plant knowledge grow! Can you find a ladybug on every page? How many are there in the whole book? We hope they will be fun companions for you as you make your way through the pages of this field guide... playing, experimenting, and learning about the herbs!

Have fun!



Kimberly Gallagher
Creator of *Wildcraft!* and author of this little guide



Let's go!



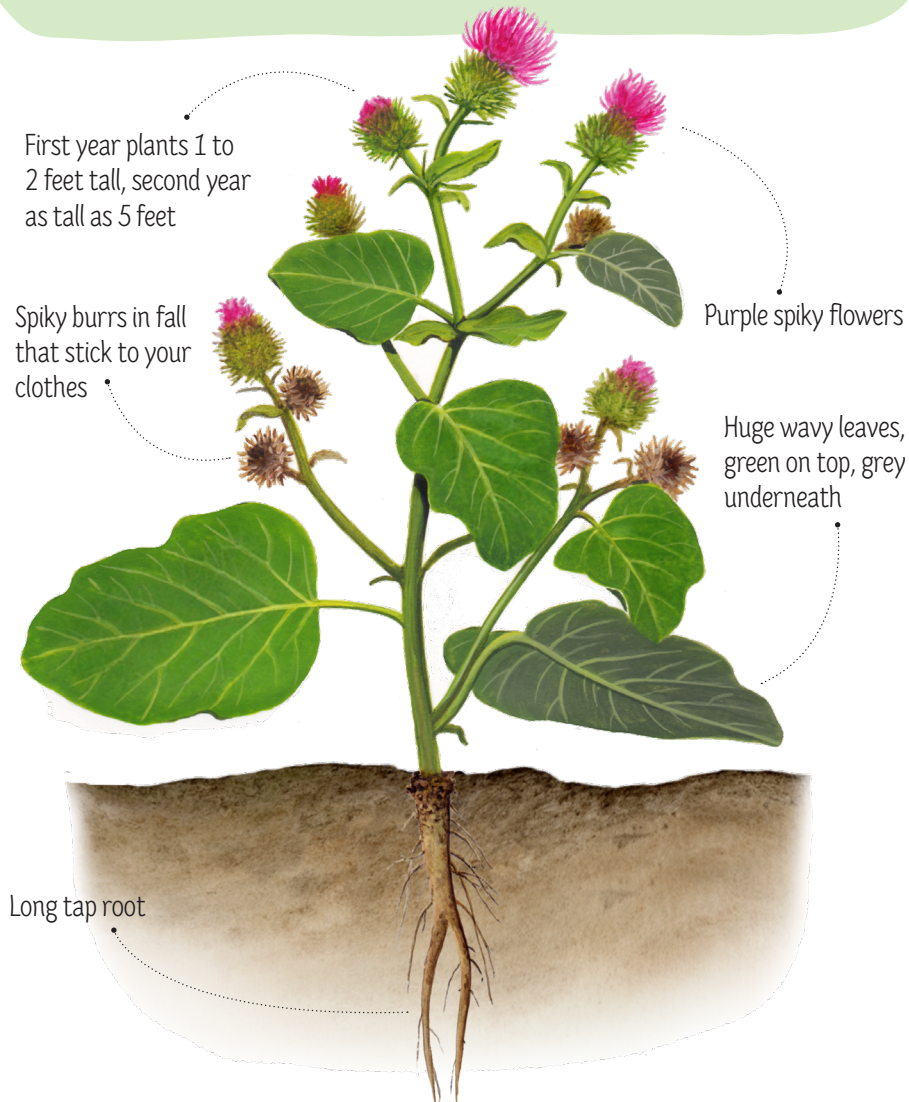
BURDOCK

Botanical name: *Arctium lappa*

Family: Asteraceae

Gifts

cooling, helps reduce fevers (seeds), helps reduce swelling in lymph glands, increases pee, promotes healthy skin, nourishing, supports healthy liver functioning



HAVE you noticed the leaves turning color and starting to fall? The energy of the plants is returning to their roots, so come on, pull on your boots and a jacket (the ones you don't mind getting dirty) and grab your shovel. It's time to harvest burdock root!

There's some growing up in the beds of Grandma's farm. Burdock is native to Asia and Europe but is easy going and will grow in many kinds of soil as long as it gets sunshine and rain. Many farmers think of it as a weed, but burdock is one nourishing and healing weed!

LOOK up ahead. I see a good, healthy patch. See how some plants have tall flower stalks with the burrs on them and others just have low-to-the-ground, huge, curly-edged leaves? Those are the ones we want, the ones without the flower stalks. Burdock plants are biennial, which means they only grow for two years. They flower and seed in their second year, but the best roots to harvest are fall roots of first year plants. Be sure and let

some of the first year plants stay rooted though, so they can seed new plants next year.

READY to dig? You're going to need a big, deep hole to get the whole root. Sometimes they are two to three feet long. You can eat the leaves and stems of burdock plants, too, but those are better in the early spring. I think I'm going to add my burdock root to my soup tonight, or maybe make some pickles. What will you do with yours? 🌿

Parts Used:
root, leaf, stem

How the plant is used:

- Eat (root, leaf, stem): hungry
- Poultice (leaf): rashes, poison ivy, nettle stings, burns, splinters



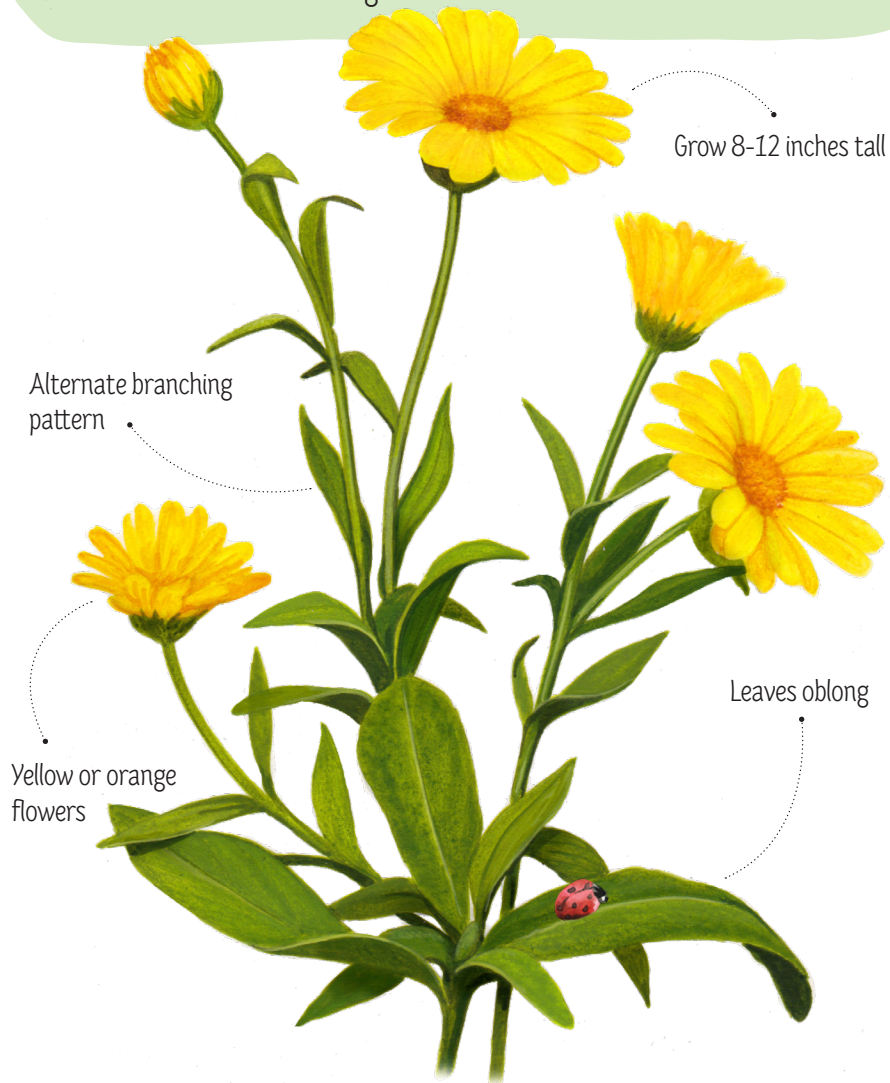
CALENDULA

Botanical name: *Calendula officinalis*

Family: Asteraceae

Gifts

drying, helps reduce inflammation, nourishing for liver and lymph system, prevents infection, relaxes muscles, slightly moistening, supports immune system, warming, wound healing



WE don't have to go far to harvest calendula flowers. There are tons right out Grandma's front door. Calendula is native to southern Europe, but it now grows in gardens around the world. This sun-loving plant can bloom from early spring all the way through early fall. It's fun to pick the flowers on sunny summer days when the blossoms are wide open.

DON'T worry about picking too many. The more you pick, the more flowers the plant will make. Notice how your fingers get sticky after picking just a few? That sticky stuff is called resin and it's part of what makes these flowers so healing. Let's take them inside and freeze them so we can make poultices or soaks for stings or burns whenever we need to. 🌿

How the plant is used:

- **Oil:** sunburns, earaches (drops in the ear)
- **Poultice:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; burns; sprained ankles; bumps and bruises; nettle stings; blisters; poison ivy; rashes; toothaches; sore muscles
- **Salve:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; bumps and bruises; blisters; rashes
- **Soak:** sprained ankles, burns
- **Tea:** diarrhea
- **Tincture:** toothaches
- **Vinegar:** sunburns
- **Wash:** burns, itchy eyes, poison ivy



Parts Used:
flower

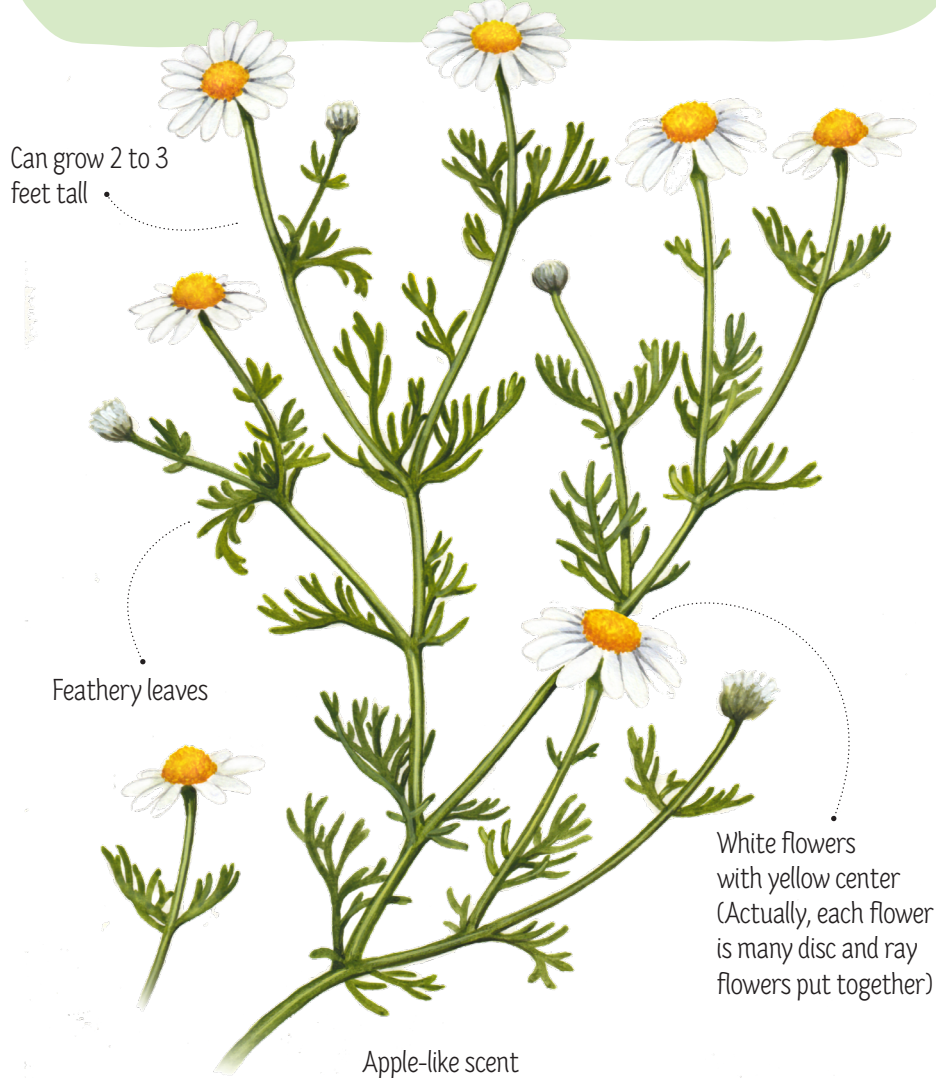
CHAMOMILE

Botanical name: *Matricaria chamomilla*

Family: Asteraceae

Gifts

aids digestion, aromatic, calms nerves, healing for mucous membranes, helps reduce fevers, helps reduce inflammation, relaxes muscles, wound healing



CHAMOMILE is one of Grandma's dooryard herbs; she has a nice patch just outside her front door. Come on, you won't even need your shoes for harvesting these flowers. Mmmmmmm! I can smell them as soon as the door is open. Let's follow our noses until we find those delicate, white flowers. See how they look kind of like daisies with white petals and a yellow center?

I SLIP my hands under the flowers, palms up with the stems between my fingers, and pop a whole bunch of blooms off the stems all at once, collecting them by the handful. We'll dry these on Grandma's drying screens so we can use them for tea through the whole year or if we need a steam for a stuffy nose this winter. 🌿

Parts Used:
flower

How the plant is used:

- **Bath:** fevers
- **Fomentation:** headaches
- **Oil:** earaches (drops in ear)
- **Poultice:** mosquito bites; bee, wasp or hornet stings; cuts; bumps and bruises; rashes
- **Salve:** cuts, bumps and bruises, rashes
- **Steam:** sniffles
- **Tea:** bumps and bruises, sniffles, fevers, earaches, headaches, hay fever, toothaches, diarrhea, scared
- **Tincture:** headaches, scared
- **Wash:** mosquito bites; bee, wasp or hornet stings; cuts; itchy eyes; rashes



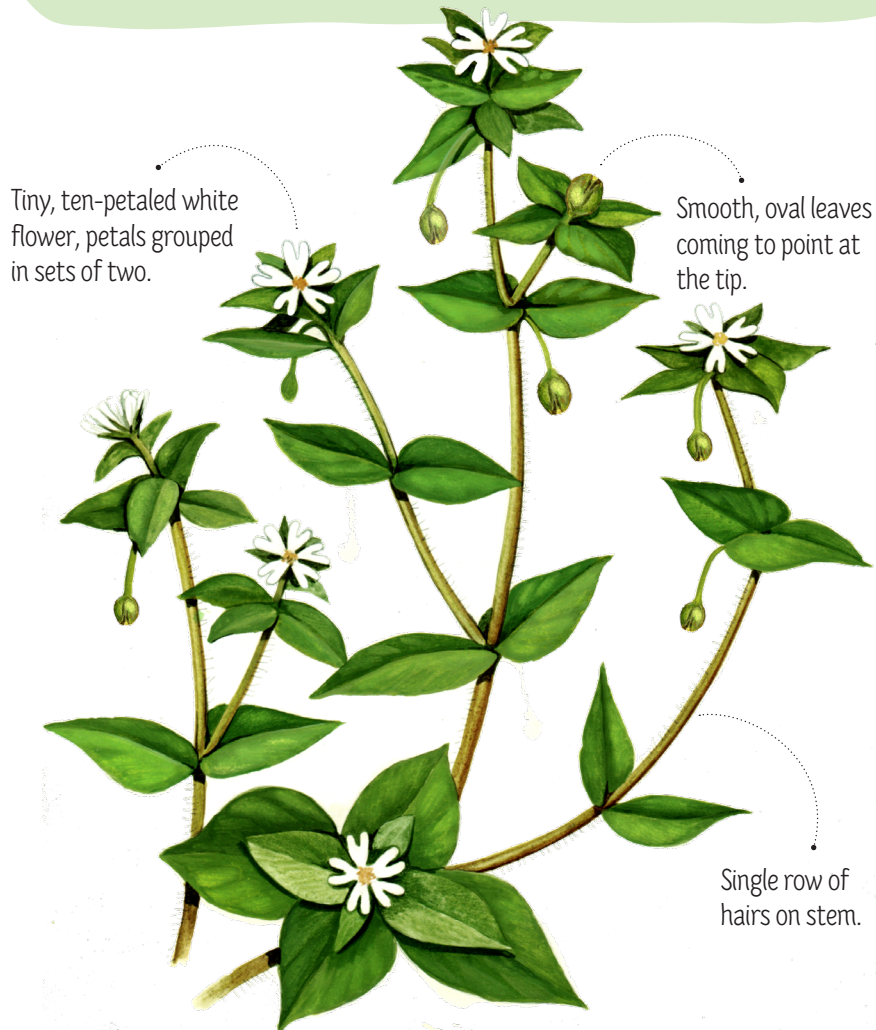
CHICKWEED

Botanical name: *Stellaria media*

Family: Caryophyllaceae

Gifts

cooling, helps reduce fevers, helps reduce inflammation, helps restore health, helps reduce swelling in lymph glands, increases pee, moistening, nourishing, relieves congestion, skin soothing, wound healing



GRANDMA is hoping for some chickweed to make some pesto today. Want to come on a treasure hunt with me to look for this dainty, little, star-flowered plant? It likes cool, damp places so I'm going to try under the weeping willow tree or maybe under the big leaves of the squash plants on Grandma's farm.

LET'S duck into the shady, secret place under the willow branches. Yes! I think I see some chickweed here. Get down low to the ground

and take a close look. Another plant called spurge sometimes grows right in with the chickweed and looks a lot like it. See how this plant has a tiny row of hairs that grows down just one side of stem? That's the best way to be sure we've really found chickweed. We can fill our basket. There's so much here. Oh my gosh, I can hardly wait for pasta and pesto for dinner tonight! 🌿

Parts Used:
leaf, stem, flower

How the plant is used:

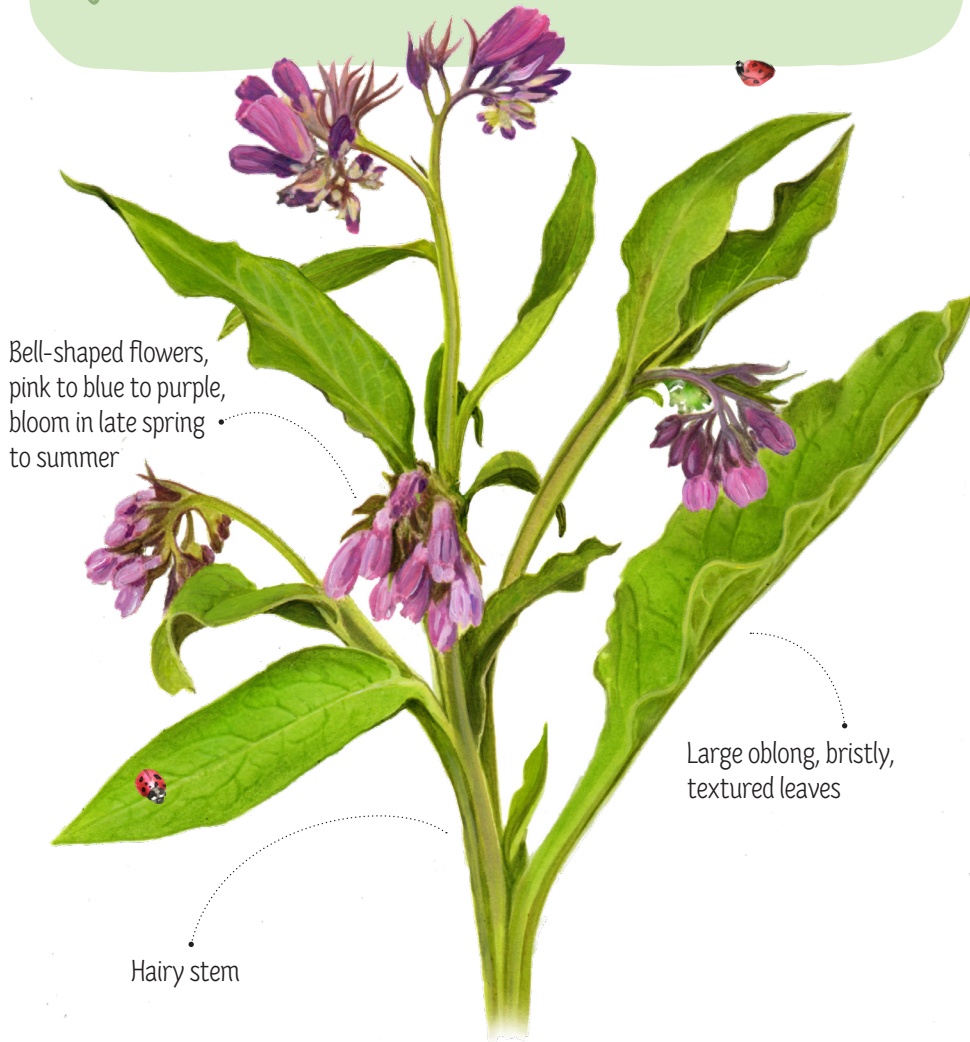
- **Eat** (leaf, stem): hungry, fevers, coughing, hay fever
- **Poultice:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; splinters; burns; sprains; sunburns; blisters; poison ivy; rashes
- **Salve:** scraped knees, cuts, burns, blisters, rashes
- **Tea:** coughing
- **Tincture:** fevers, coughing
- **Wash:** itchy eyes, poison ivy

COMFREY

Botanical name: *Symphytum officinale*

Family: Boraginaceae


Gifts cooling, relieves congestion, soothing and moistening, wound healing



GRANDMA'S back is a little sore today. Let's help her out with a comfrey poultice! Did you notice the tall stand of comfrey in her side garden by the house? It's over here on the south side in a garden that gets watered regularly. Comfrey loves sunshine and plenty of water. Now that Grandma has planted it, comfrey will probably be in this spot forever. It will die back completely in the fall, but come spring, the roots will send up new leaves, and it will be three feet tall in no time. Comfrey only needs a small piece of root left in the soil to survive over the winter.

THIS is a great time to harvest comfrey leaves, when it is

flowering. We can just cut the stem all the way down at the base. The plant will send up a new stem where we cut that one. We probably only need a few leaves for Grandma's poultice, but let's cut a few stems while we are out here. We can make up some extra poultices and put them in the freezer.

LET'S start an oil going for salve, too. Did you know comfrey salve is one of the best ways to knit up wounds? Comfrey helps your body make new cells super quickly, so cuts and scrapes heal fast! 

Parts Used:
root, leaf



How the plant is used:

- **Poultice:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; sunburns; blisters; sore muscles (leaf poultice for these); burns; sprained ankles; bumps and bruises (root or leaf poultice for these)
- **Salve:** scraped knees, cuts, bumps and bruises, blisters
- **Wash:** itchy eyes

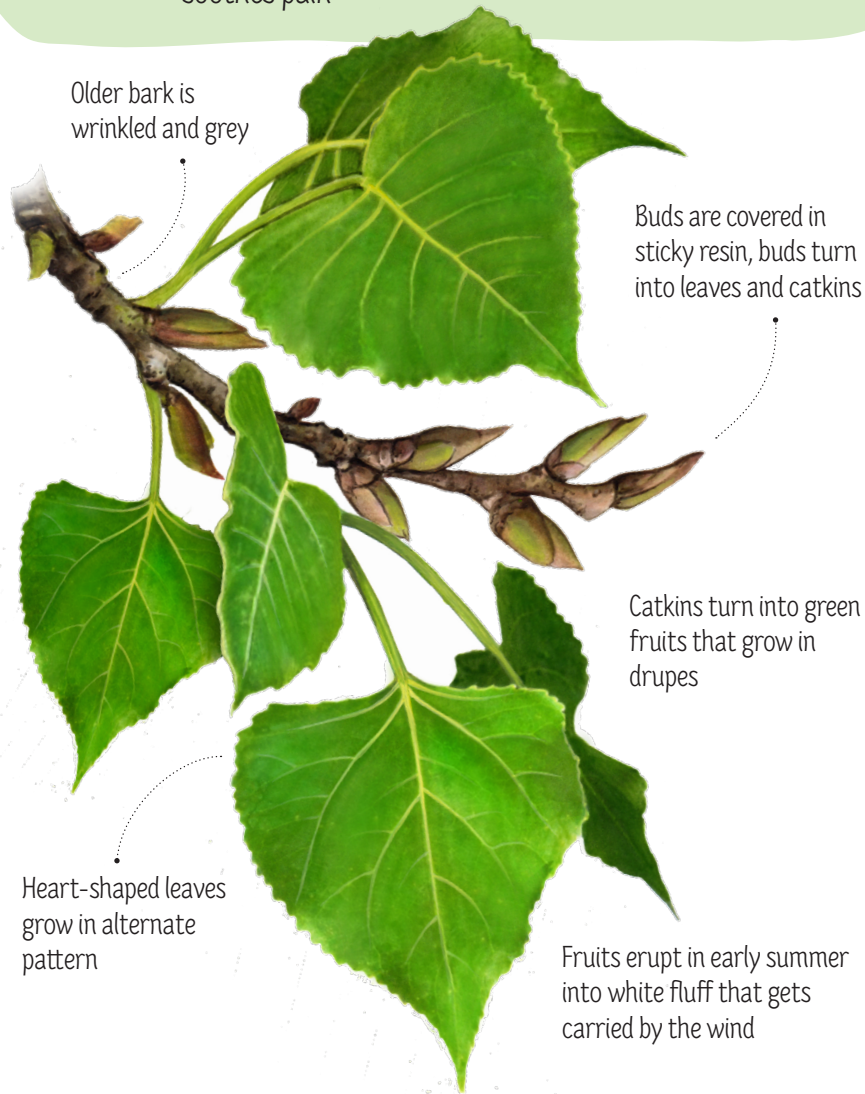
COTTONWOOD

Botanical name: *Populus balsamifera*

Family: Salicaceae

Gifts

cooling, drying, helps reduce fevers, helps reduce inflammation, preservative, prevents and heals infections, promotes healthy skin, relieves congestion, soothes pain



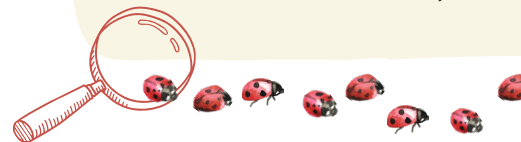
OH MY GOSH, that was quite a windstorm last night! Come on, I have a harvesting idea for us today. Bring some clippers and a bag. We're just going into the backyard. See, over there, near the creek, where that big branch has fallen? We're going to collect cottonwood buds so Grandma can make her balm of Gilead oil, the one she rubs on your sore muscles after a long hike.

HERE, take one of the buds and crush it between your fingers and smell the resin. Yep, divine! There's no other smell quite like it. It's great to collect these buds in late winter while they are still a little frozen because that yummy smelling resin sure is sticky! 🍃

Parts Used: bud

How the plant is used:

- **Chew:** toothaches
- **Decoction:** sniffles
- **Oil:** headaches (rubbed into shoulders and neck), sore muscles
- **Poultice** (squeeze bud onto affected area): mosquito bites; bee, wasp or hornet stings
- **Salve:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; splinters; burns; sprained ankles; bumps and bruises; blisters; rashes; headaches (rubbed into shoulders and neck); sore muscles
- **Tincture:** sniffles, sore throats, coughing, toothaches



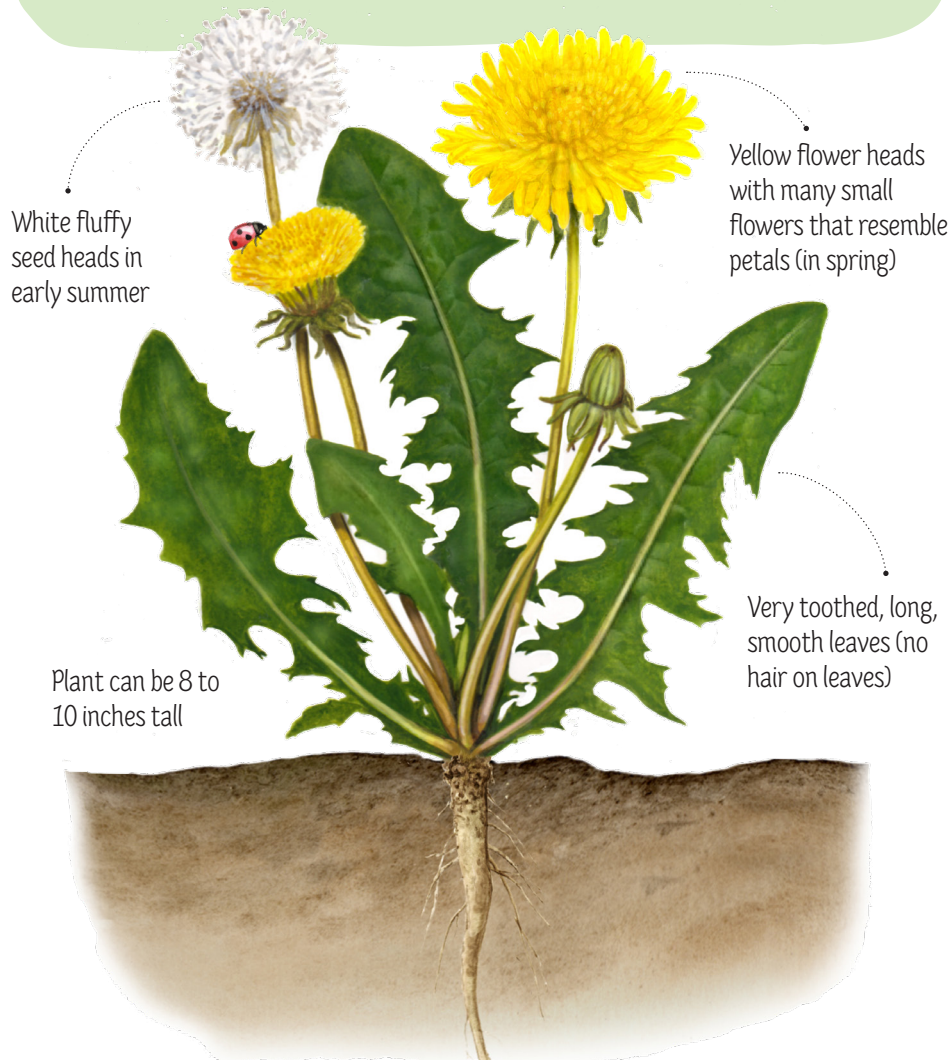
DANDELION

Botanical name: *Taraxacum officinale*

Family: Asteraceae

Gifts

aids digestion, cooling, drying, helps restore health, nourishing; leaf: increases pee; root: helps you poop, promotes flow of bile



DID you notice the sea of yellow flowers in Grandma's yard this morning? It must be spring, the dandelions are blooming! Let's go pick some flowers for fritters. I bet Grandma will make us some if we bring the flowers to her. Wait, what? You've never tasted dandelion flowers? Just weeded them out of your yard? Oh my gosh, you are in for a treat!

DANDELIONS often grow in our yards or fields in parks because they love disturbed soil, but I like

to think that they are also growing right around people so they can offer us all their gifts. Dandelions are super good for our liver, can really help with digestion and they are considered an alterative herb, which means that they have a favorable effect on the course of ailments. Besides that, the flowers are fun to pick and eat, and their sunny yellow color always makes me smile. Let's get picking. I can't wait for you to try Grandma's fritters! 🌿

How the plant is used:

- **Eat:** hungry (whole plant), stomachache (leaf)
- **Oil** (flower): sunburns
- **Poultice** (leaf, flower): rashes
- **Tea** (whole plant): stomachaches
- **Wash** (flower): itchy eyes

Parts Used:
whole plant (flower, leaf, sap, seed, root)

ECHINACEA

Botanical name: *Echinacea angustifolia*

Family: Asteraceae

Gifts

cooling, drying, helps restore health, increases circulation, helps reduce fevers, helps reduce inflammation, helps reduce swelling in lymph glands, increases saliva, prevents infection, supports immune system, wound healing



LOOKS like your little sister is getting a cold. That often happens in the fall as the weather starts to get cooler. Let's help boost her immune system by adding a little echinacea tincture to her juice this morning. Oh, wow, it looks like Grandma is almost out of echinacea tincture. Would you like to come with me to harvest some echinacea roots so we can make some more?

COME ON, I know Grandma has some growing just outside her cottage. If we were looking for it growing wild, we'd search for a prairie or open woodland, but it has been over harvested in the wild. It's great to grow it in our gardens instead, so that wild echinacea stands have time to

recover. Here's some now. See how the leaves are wilting and the flower petals are gone? There's just these cone-shaped, spiky seed heads on top of browning stems. Most of the plants' energy is back in the roots.

LET'S sprinkle the seeds so even more echinacea plants can grow next year. Now dig carefully around the base with your little shovel. We'll just take a few pieces of root from each plant and then replant the rest because the plants will grow again next year from the roots that we leave. Grandma is going to be really happy to get these roots to replenish her tincture supply. Thank you for helping! 🌿

Parts Used:

primarily root, but also whole plant (flower, root, leaf, seed)

How the plant is used:

- **Chew** (root): toothaches
- **Decoction** (root): fevers
- **Tincture**: topically for mosquito bites and bee, wasp or hornet stings; internally for sniffles, fevers; drops in ear for earaches; throat spray (mixed with honey) for sore throats, toothaches
- **Vinegar**: burns, sunburns

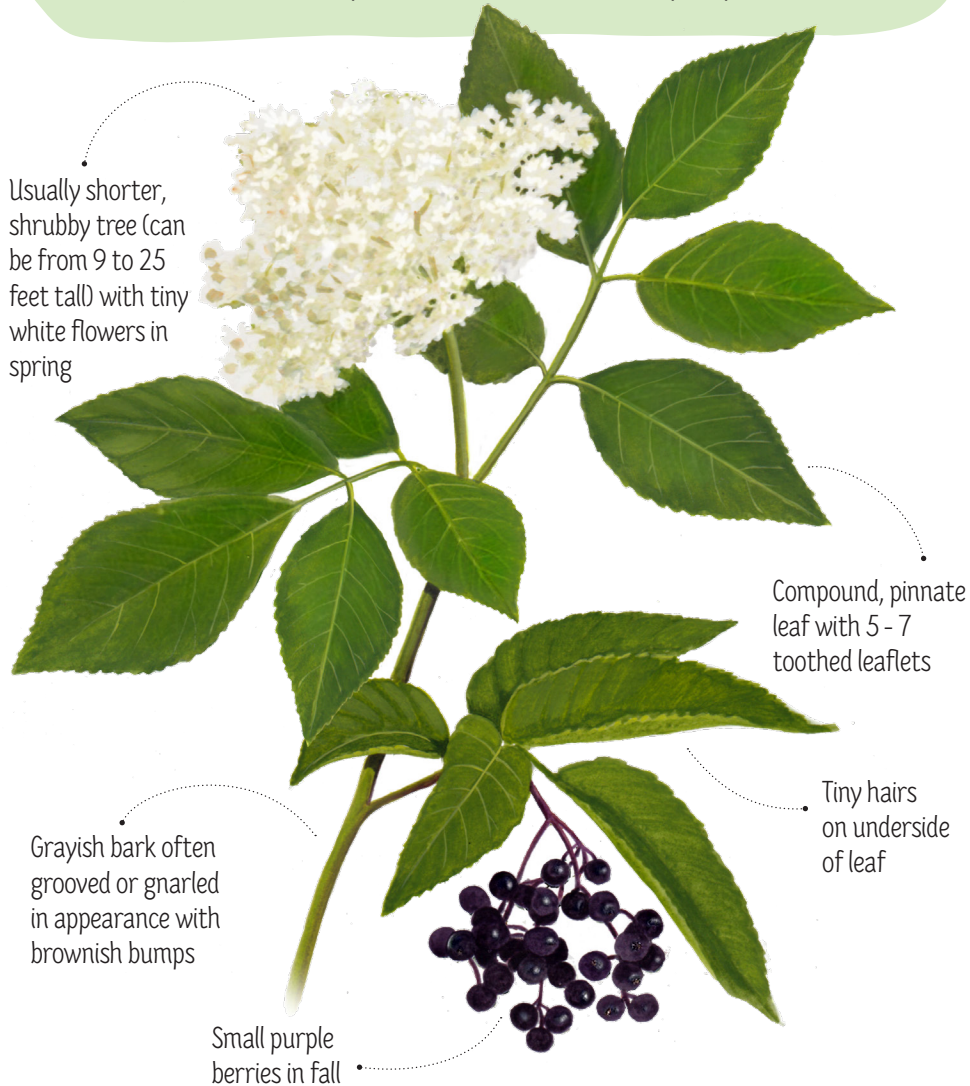
ELDER

Botanical name: *Sambucus cerulea*

Family: Adoxaceae

Gifts

cooling, drying, helps stop viral infections, prevents cell damage, strengthens eyes; Berry: helps reduce inflammation, supports immune system; Flower: calms nerves, helps reduce fevers, increases pee, protects skin



GRANDMA wants to make some elder berry syrup to get us ready for cold and flu season. Would you like to come with me to harvest some berries? We'll have to climb part way up Huckleberry Hill, but I remember some elder trees growing by one of the bridges that crosses the stream. Elder trees really like moist soil and sunny spots like that one. Let's take our clippers and a big bag so we can harvest lots of berry clusters. Grandma will be able to freeze the extra ones and make syrup all year long.

OKAY, here we are, and there are lots of berries! I love their pretty blue color, don't you? I know Grandma and some of her neighbors harvest elder flowers in the spring, but they are always careful not to harvest too many so that there are plenty of berries this time of year. Here, I'll bend down a branch and you cut some of the berry clusters and put them in the bag. We'll freeze them when we get home and then take the berries off the stems when they are frozen. It's much easier that way. 🍃

How the plant is used:

- **Bath** (flower): fevers
- **Eat** (flower, cooked berry): hungry
- **Oil** (flower): burns
- **Tea** (flower): sniffles, fevers, hay fever, scared
- **Syrup** (berry): hay fever, sniffles
- **Wash** (flower): itchy eyes

Parts Used:
flower, berry

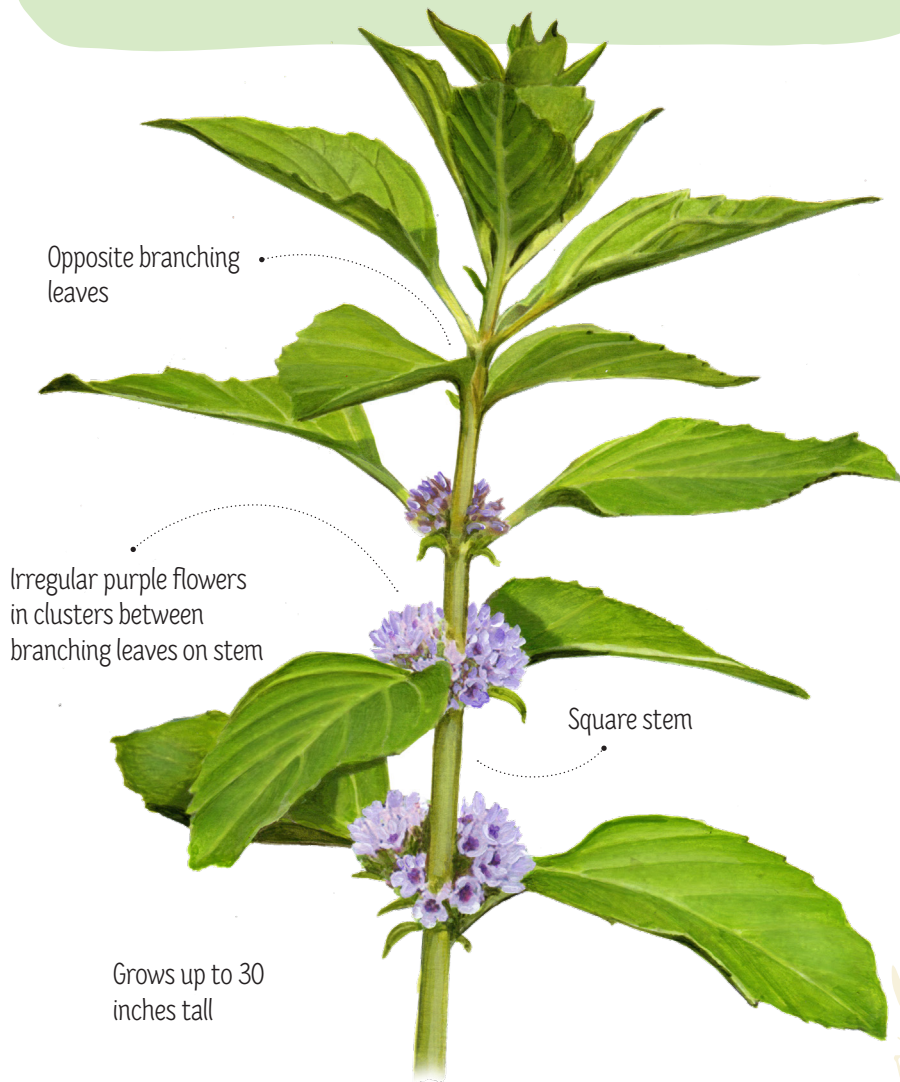


FIELD MINT

Botanical name: *Mentha* spp.

Family: Lamiaceae

Gifts aids digestion, cooling, helps prevent vomiting or nausea, helps reduce fevers, helps reduce inflammation, relaxes muscles, soothes pain



DON'T you just love this mountain meadow? It's so wonderful to lie in the grass here and feel the sun on our skin after hiking through the cool, damp forest. Mmmmmmm. Do you smell that minty smell? I think there must be field mint growing nearby. Let's look. I love picking the leaves and taking tiny bites to taste the minty flavor. We can put some leaves in our water bottles, too. It will give our water a fresh, minty taste.

COME ON, I bet we'll find it over by the stream. It loves moist locations. Yep! Here's a nice stand of it. See the square stems and the pretty clusters of purple flowers? Oh my gosh, there is so much! Mint does like to spread. We certainly won't have to worry about picking too much. Let's put some in our gathering pouch and bring it back to Grandma to dry. She can use it for tea all year long. 🌿

How the plant is used:

- **Eat:** stomachaches
- **Fomentation:** headaches
- **Poultice:** sore muscles
- **Tea:** sniffles, tired, stomachaches, fevers, headaches, sore throats, hay fever, diarrhea, scared

Parts Used:

leaf

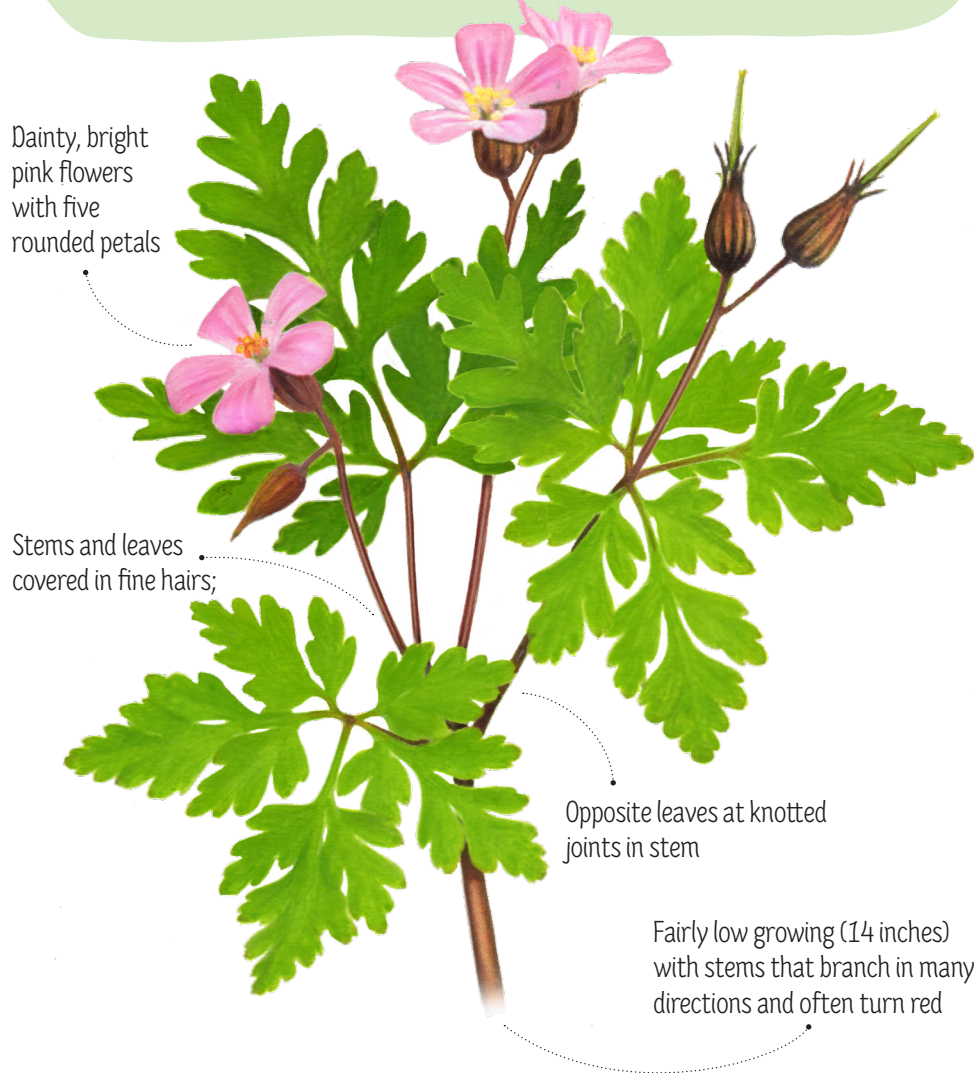
HERB ROBERT

Botanical name: *Geranium robertianum*

Family: Geraniaceae

Gifts

aids digestion, calming, detoxifying, drying, helps stop bleeding, helps stop viral infections, increases pee, nourishing, nourishing for blood, prevents cell damage, prevents infection, supports healthy immune system, tonic, wound healing



OUCH! That scraped knee looks painful. Would you like to make a poultice to help heal it quickly? Look! Here's some herb Robert in Grandma's garden. See its pretty pink flowers and lacy leaves? This plant is a wild geranium. It loves to grow in rocky woods and along roadsides and is a common weed in the gardens around here. Most people would have pulled it out, but Grandma knows what good healing medicine it provides.

LET'S pick a few leaves. Some people have noticed that when the leaves are crushed, they smell like burning tires. What do you think? Even with that smell, this plant has lots of vitamins and minerals and is good to eat, so you can chew the leaves up to make a quick spit poultice. There you go. Just put that on your scrape and sit quietly here on the garden bench and your knee will be feeling better in no time. 🌿

How the plant is used:

- **Poultice:** scraped knees, cuts, poison ivy, nosebleeds (put up into nose)
- **Salve:** scraped knees, cuts
- **Tea:** sore throats, diarrhea
- **Wash:** poison ivy

Parts Used: leaf, flower

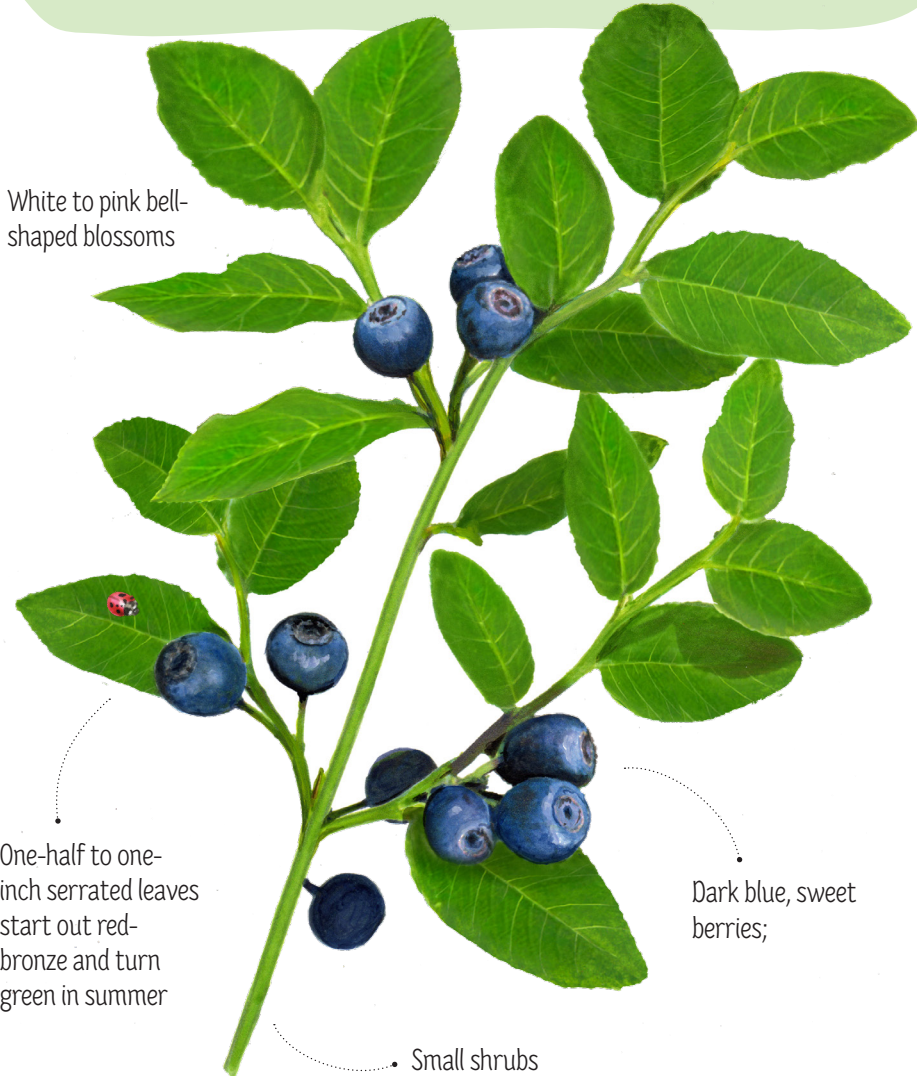
HUCKLEBERRY

Botanical name: *Vaccinium* spp.

Family: Ericaceae

Gifts

helps regulate water balance and eliminate waste; high in iron, which helps build red blood cells; nourishing; promotes healthy metabolism; soothing for eyes; supports immune system; Leaf: drying, prevents infection



OH, WOW! These huckleberries sure are a treat after hiking all the way up Huckleberry Hill. You may wonder why Grandma doesn't just add a few huckleberry plants down in the orchard. Well, these berries love the acidic mountain soils and thrive at elevations of 2,000 to 11,000 feet. They grow especially well in open woodlands and mountain meadows just like this one. In a way, I think the hike helps make them all the more special.

WE really look forward to Grandma's once-a-year huckleberry

pie after this long hike to the top of the hill. What you may not realize is that that pie is as much treat for our whole bodies as it is for our taste buds. These berries are super rich in nutrients, which makes them great for our immune systems and protective for our hearts. They are also high in vitamins A, B and C and in iron and potassium. So eat up! This is a treat that is as healthy as it is delicious. 🌿

Parts Used:
leaf, berry

How the plant is used:

- **Eat** (berry): hungry, tired
- **Poultice:** nosebleeds (leaf in nostril)
- **Tea** (leaf): sore throats, diarrhea, toothaches (swish)
- **Wash** (berry): itchy eyes

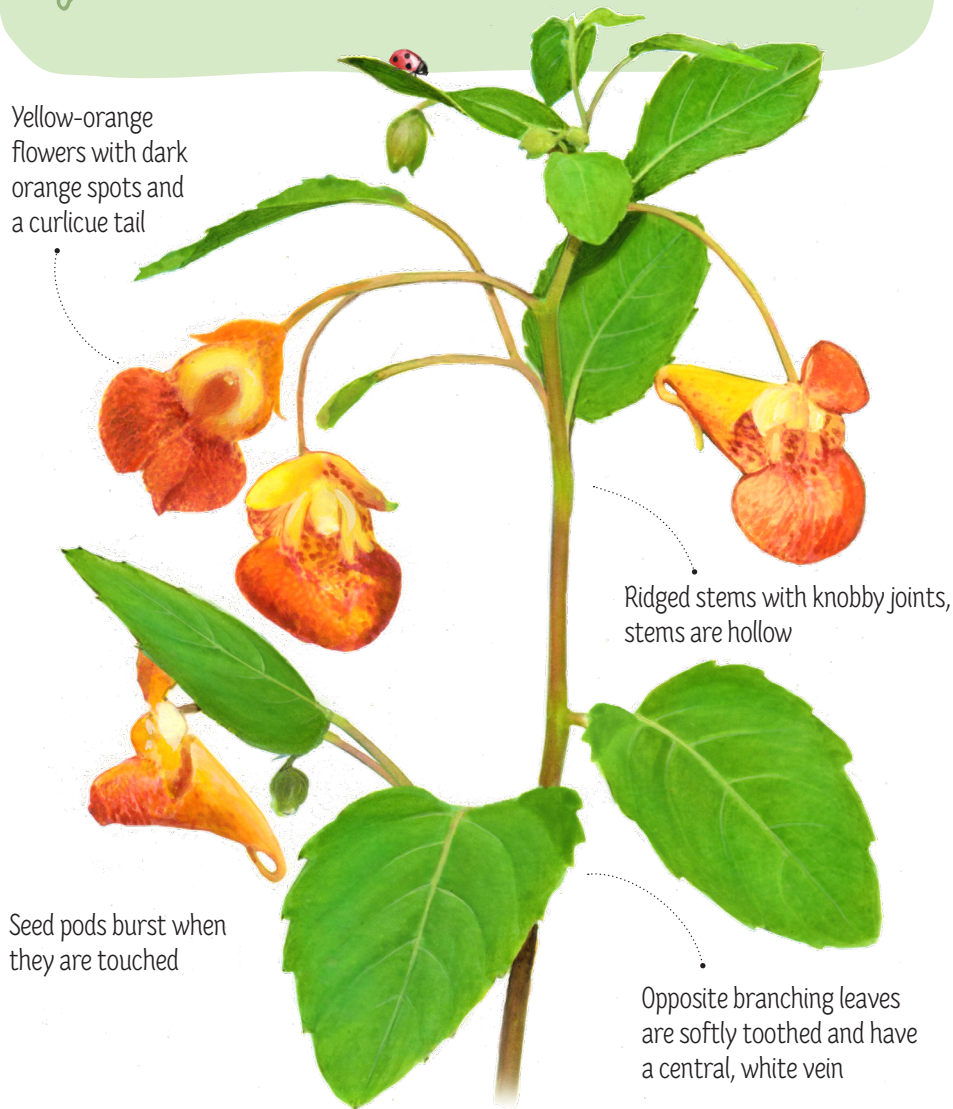


JEWELWEED

Botanical name: *Impatiens capensis*

Family: Balsaminaceae

Gifts cooling, moistening, provides allergy relief, reduces swelling, skin soothing and softening



UH-OH! It looks like some of your cousins got into poison ivy out in the woods. Let's go get some jewelweed to help them out.

Jewelweed is my favorite poison ivy remedy. It works so well to moisten, cool, soften and soothe the skin and it also helps with allergic reactions and reduces swelling so it will help with the deeper healing as well.

JEWELWEED loves wet areas, so let's take a look along one of the creeks on Huckleberry Hill. Here's some now! See the pretty, yellow-orange flowers with dark orange spots and the little curlicue tails? Oh, and I see some seed pods

already formed, too. If you want a surprise, reach out and touch one of those pods. Whoa! Yep, that's how jewelweed spreads its seeds, in those little explosions when the pods are touched.

LET'S cut some stems and take them back to Grandma's house. We'll make a wash with the leaves, stems and flowers and your cousins will be feeling better in no time. 🌿

Parts Used:
stem, leaf, flower

How the plant is used:

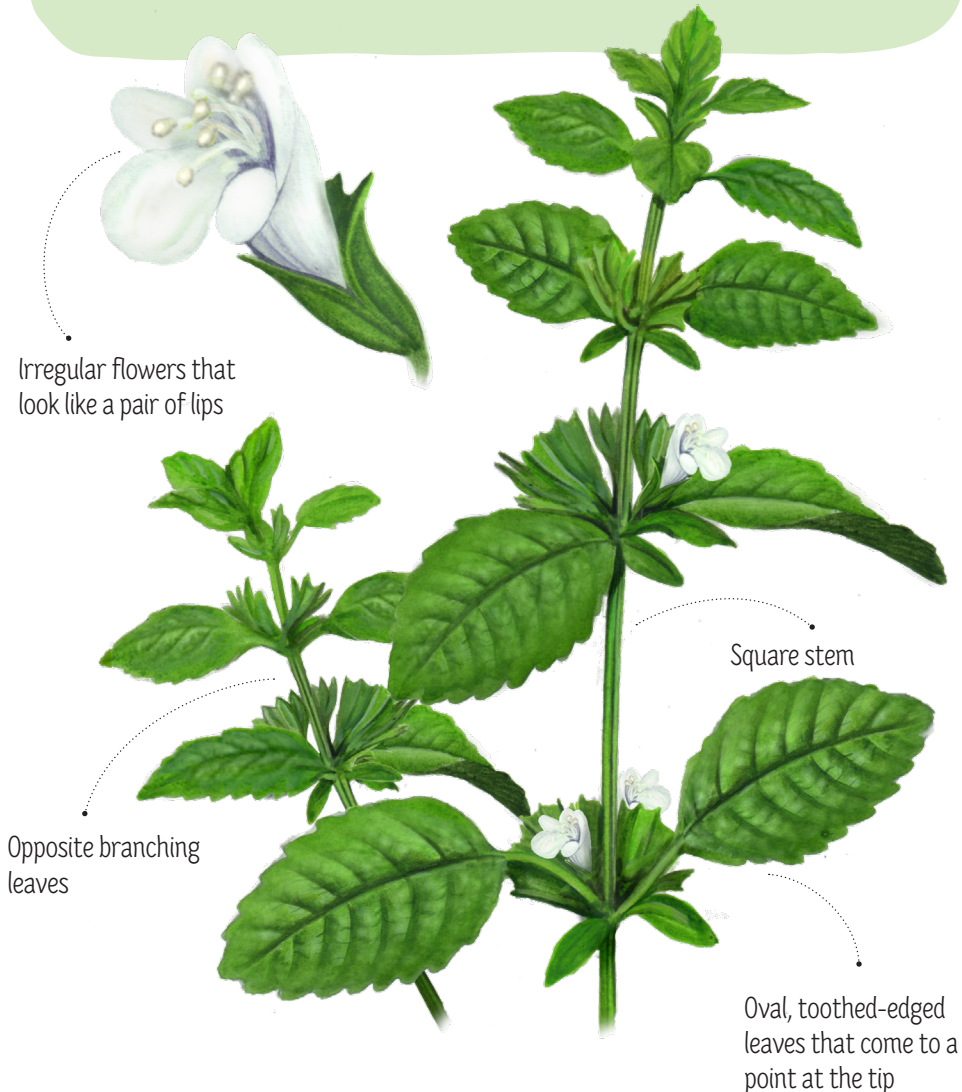
- **Poultice:** nettle stings, poison ivy
- **Wash:** poison ivy

LEMON BALM

Botanical name: *Melissa officinalis*

Family: Lamiaceae

Gifts aids digestion, calming, cooling, drying, helps reduce fevers, helps stop viral infections, reduces swelling, relaxes muscles



OH MY GOODNESS! Your legs are all red from scratching those itchy mosquito bites. How about we make a poultice to cool them down and stop the itch? I noticed how tall the lemon balm is getting in Grandma's garden. Do you want to come with me to harvest some? You can go barefoot if you want. The patch is just down the path here.

SEE the square stems and opposite branching leaves? All the mint family plants have those. Pick one of the leaves and crush it between your fingers. Now sniff. Can you smell the lemony scent?

HERE, I brought a picnic blanket. Why don't you pick a handful of leaves and we can sit in the shade of the cottonwood tree while you let the poultices do their work. Just chew up the leaves and put them right on the bites. Feel how it cools them down? I'll tell you a story to help pass the time while you hold still and let the plant do its work. Then, I think we should harvest some more lemon balm and take it to Grandma. Maybe she'll make some lemon balm tea and freeze it for popsicles for us! 🍃

How the plant is used:

- **Fomentation:** headaches
- **Poultice:** mosquito bites; bee, wasp or hornet stings; nettle stings
- **Tea:** stomachaches, fevers, headaches, sore throats, coughing, diarrhea, scared
- **Tincture:** stomachaches, fevers, headaches

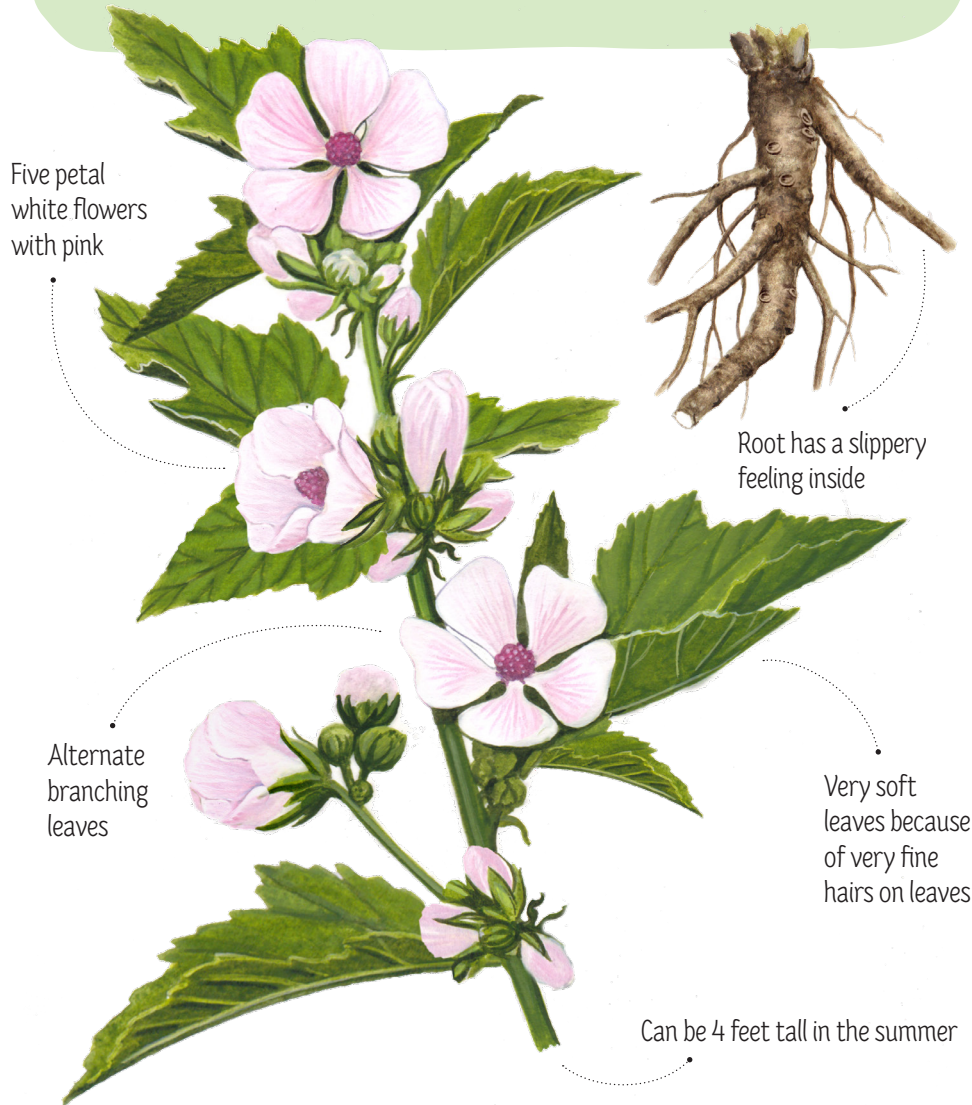
Parts Used:
Leaf

MARSHMALLOW

Botanical name: *Althaea officinalis*

Family: Malvaceae

Gifts cooling, increases pee, moistening, nourishing, relieves congestion, soothing and protecting for skin, supports immune system, wound healing



HEY, let's stop here in the orchard for a minute. We're almost back to Grandma's house, but I remember seeing some marshmallow growing here, and I think it will work wonders to help heal that blister on your heel. Grandma was smart to put her orchard where the soil usually stays pretty moist. Fruit trees need water to make delicious, juicy fruits and marshmallow plants really like moist soil, too. They are native to salt marshes in Europe, Africa, and Asia, and do well in gardens where they get plenty of water.

OH, WOW! Just feel these leaves. I love how soft they are. They kind of make me think of the cushiony softness of marshmallows. Even though marshmallows don't grow on this plant, the roots were used to make the very first marshmallows. Won't that softness feel good on your blister? Just chew up a few leaves and we'll put them on as a poultice and then cover it with another leaf as a soft Band-Aid. You hold it in place and I'll carefully put your sock back on. 🌿

Parts Used:
whole plant (leaf, flower, root)

How the plant is used:

- **Poultice** (leaf): burns, sunburns, blisters, rashes
- **Tea** (leaf, root): stomachaches, sore throats, coughing
- **Wash** (leaf): itchy eyes

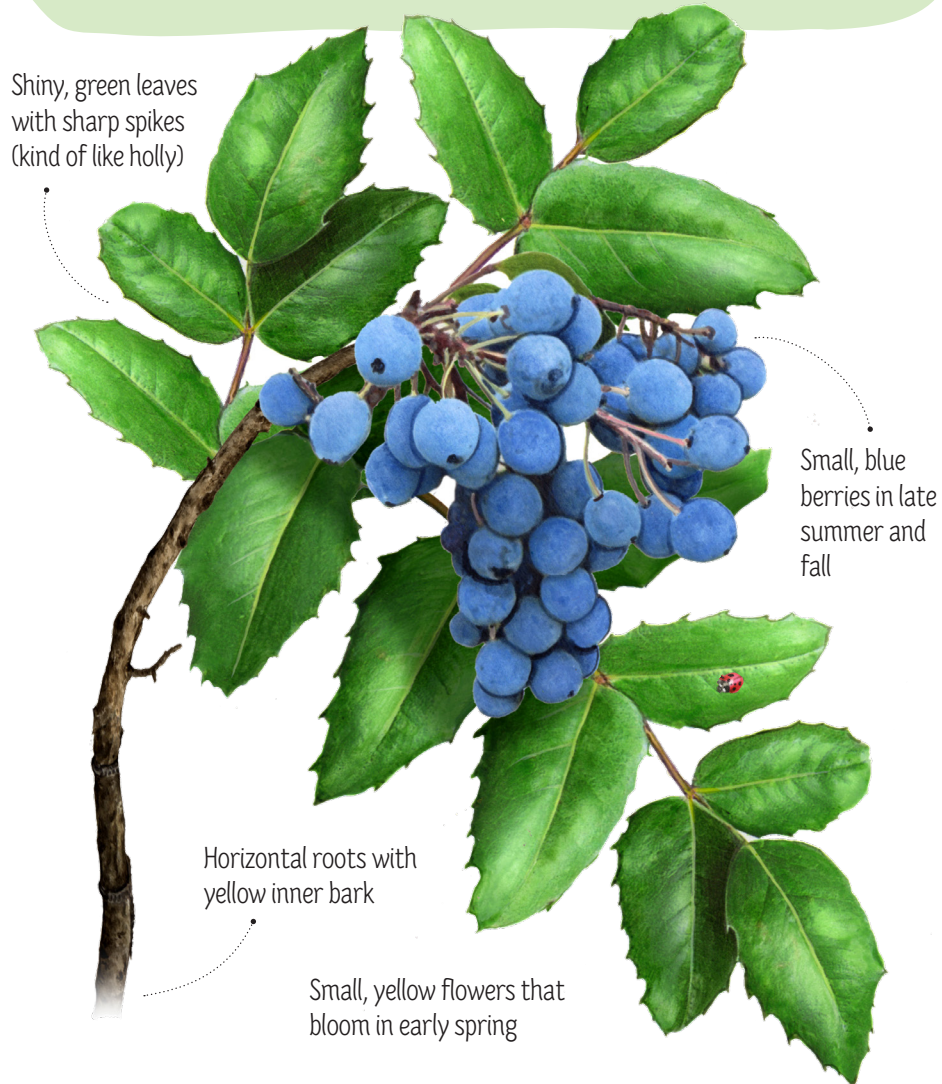


OREGON GRAPE

Botanical name: *Mahonia aquifolium*

Family: Berberidaceae

Gifts cooling, drying, prevents and heals infections, supports healthy liver functioning



DON'T you just love hiking in early spring? These first days of sunshine and a taste of warmth are so sweet after the cold and dark of winter. I love seeing all the new shoots of fresh plant growth coming up through the soil. Oh my gosh, look at this, a flowering Oregon grape plant! These sunny, little, yellow flowers brighten up the trail even more. Here, taste one. Yep, you can eat them. I enjoy their surprising

sour taste. How about you? They always feel like a spring treat for me.

THIS bush really likes it here in this sunny patch by the creek where its roots can be in the moist soil. Look at all these flowers! The ones we don't eat will turn into berries later in the year, but there are plenty. Let's pick a few to take back to decorate our dinner salad tonight. 🌿

Parts Used:
root, flower, berry

How the plant is used:

- **Tincture** (root): stomachaches, sniffles, earaches (drops in ear), diarrhea

PINE

Botanical name: *Pinus* spp.

Family: Pinaceae

Gifts

drying, helps reduce fever, helps reduce inflammation, increases pee, nourishing, prevents infection, relieves congestion, stimulating, warming, wound healing

Clusters of five needles with whitish undersides.



Slender cones 3-6 inches long.



Mature tree's bark is dark grey and deeply furrowed.

I'M OFF on an adventure today to gather some pine resin for Grandma's famous salve. Would you like to join me? Pull on your boots and your warm coat. It's cold out on the mountain today, but that is the best time to gather pine resin because when it is frozen, it is less sticky. We'll take this olive oil with us to help clean up our hands after we harvest, a little jar to put the resin in and a knife for scraping it off the tree. Okay, ready? Let's head up the trail.

DO YOU know how to tell the difference between a pine tree and other evergreen trees? I always look at the needles. Pine needles grow in groups of two or more and have a papery sheath that holds the needles together at the base. Other evergreens have needles that are individually attached to the branches. Here's one now. See how the needles are in groups of five? This is a white pine.

LET'S look and see if there is an area on the bark where we can gather some resin. Here's a spot. See how there is resin dripping

down the bark? We'll use our knife to gather some of those drips. Here's where the drips started. This is a spot where the tree was wounded. The resin is the tree's way of covering the wound so insects and pathogens can't get in and cause internal damage. It's like a super sticky Band-Aid. Since we want this tree to be healthy long into the future, we won't take resin from right around the wound. We'll just harvest what was extra. 🍃

Parts Used: resin, needle

How the plant is used:

- **Decoction** (needle): sniffles, fevers, earaches, sore throats
- **Oil** (needle): earaches
- **Salve** (resin): scraped knees, cuts, splinters, bumps and bruises, blisters, rashes, sore muscles
- **Tincture** (resin): sniffles, toothaches (diluted and swished)



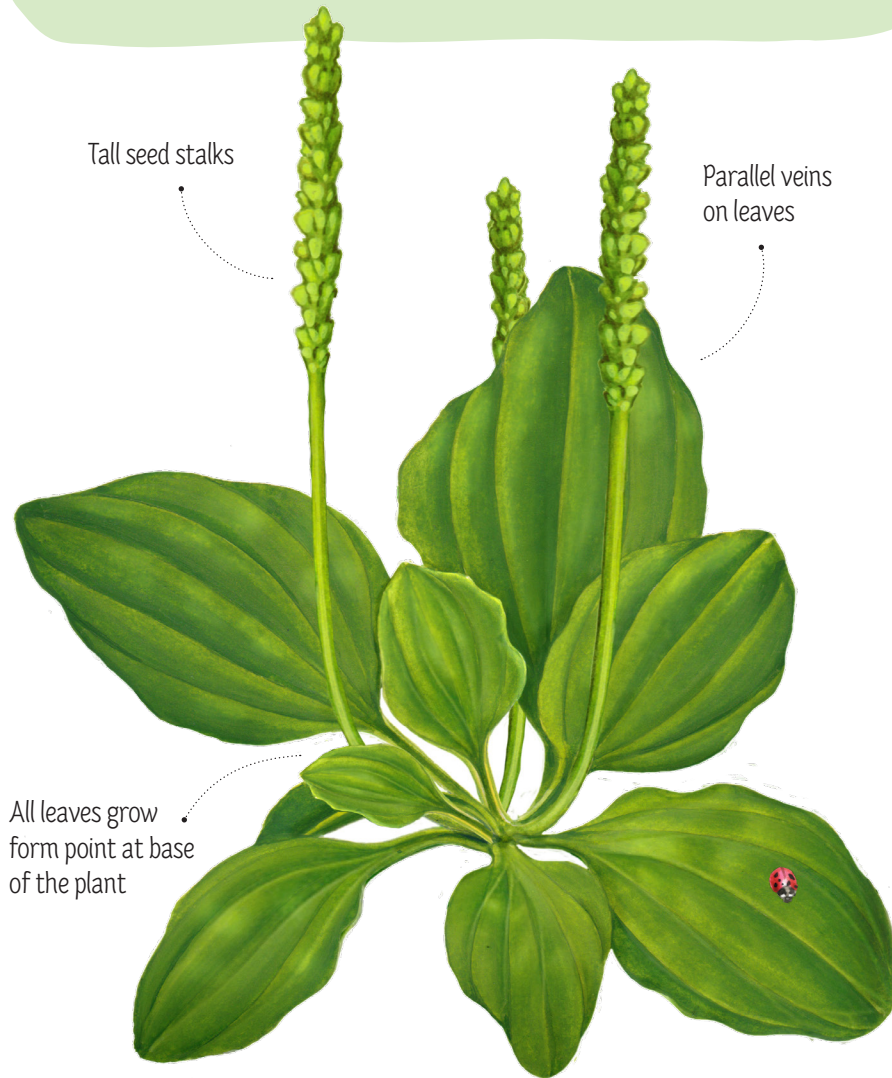
PLANTAIN

Botanical name: *Plantago major*

Family: Plantaginaceae

Gifts

cooling, drawing, helps reduce inflammation, increases pee, moistening, nourishing, prevents infection, relieves congestion, slightly drying, wound healing



HAVE Oh no! Kevin was stung by a bee. Quick, help me find some plantain. That's my favorite plant for bee stings. There should be some right here at the park.

Plantain loves to grow in disturbed areas like parks or lawns. It's much harder to find in the deep forest.

DID you find some? Great job! You recognized the oval leaves with parallel veins and see how all the leaves start at the base of the plant and branch up from there? You are getting good at recognizing the helpful plants. I'm glad the city does not spray pesticides in this

park, and since this one is mostly under the rose bush, it should be pretty clean. We can go ahead and make a spit poultice. Just chew up a couple of leaves and put it right on the sting. That's right. See how he stopped cry-ing? It takes the pain away so quickly. If you leave it on for a bit, it will help pull the stinger out, too. Plantain draws stingers out of our fingers the same way it draws up nutrients to survive in disturbed soils. Isn't it great to know about the healing qualities of plants so we can help our friends? 🌿

How the plant is used:

- **Poultice:** mosquito bites; bee, wasp or hornet stings; scraped knees; cuts; splinters; nettle stings; toothaches; burns; sunburns; blisters
- **Salve:** blisters
- **Tea:** sniffles, coughing, diarrhea
- **Tincture:** sniffles
- **Vinegar:** burns, sunburns
- **Wash:** burns, rashes



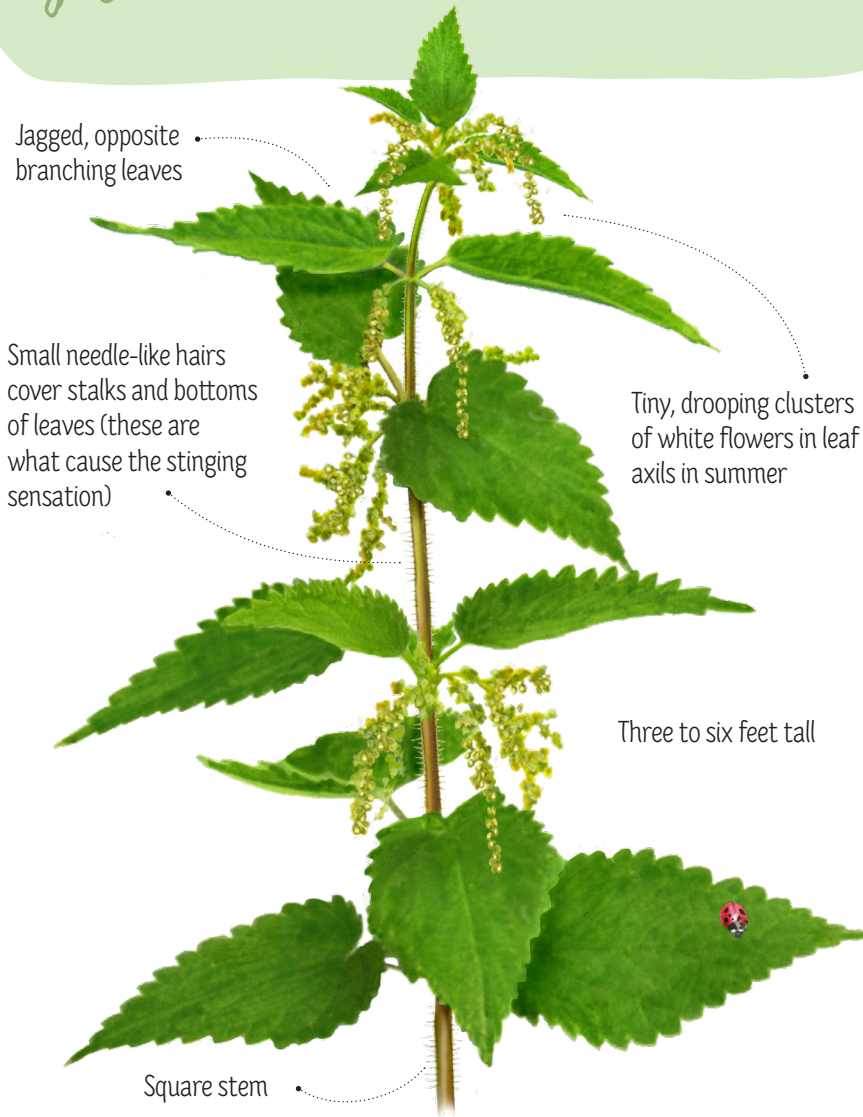
Parts Used: leaf

STINGING NETTLE

Botanical name: *Urtica dioica*

Family: Urticaceae

Gifts cooling, drying, helps restore health, helps stop bleeding, increases pee, nourishing



GRANDMA wants to make nettle soup tonight. Are you brave enough to come with me to harvest the nettles? We'll take our gloves and you'll want to wear long pants and a long-sleeve shirt. That should help protect you against nettle stings. Still, you have to be careful. This plant is asking us to stay awake, and harvest carefully and consciously.

WE'LL follow the trail up to this big patch under the maple trees. Nettles like the damp soil up by that stream and they grow pretty close to the trail because they like disturbed soil. That soil must be pretty healthy, though. The nettles there grow up to six feet high, and I know they thrive in nutrient-rich soil. Keep an eye out; they will not be six feet tall this time of year. It's too early in the spring. We'll be looking for nettles that are maybe

one foot tall or shorter. These early spring nettles are my favorite. To me, they are the taste of green life returning after winter.

JUST pick the top leaves and leave the roots in the ground. Then we'll be able to come back here to harvest again and again as the plants grow through the spring and summer. Wow! There are so many here. We'll easily be able to fill our bags. I can hardly wait for Grandma's soup tonight! 🍃

Parts Used:
leaf

How the plant is used:

- **Eat:** hungry, tired (cooked or infusion)
- **Freeze-dried:** hay fever
- **Poultice:** nettle stings



ST. JOHN'S WORT

Botanical name: *Hypericum perforatum*

Family: Hypericaceae

Gifts

calms nerves, drying, helps reduce inflammation, helps restore health, helps stop viral infections, supports nervous system, supports liver function, wound healing

Five-petaled,
yellow flowers



One to three feet tall

Tiny, black holes (oil
glands) in leaves

COME ON! Grandma's St. John's wort oil supply is running short after treating Susie's sunburn. Let's surprise her and gather some flowers today so she can make more. We can hike up to that spot with the rocks and rowan tree near the stream. St. John's wort loves growing in that sunny, moist place. I think it likes the gravelly soil there, too. I often see it in more rocky areas. Let's pack a lunch and we can have a picnic!

OH, WONDERFUL! They are blooming. I was hoping it was late enough in the summer for that. We need to pick the flowering tips. It's okay to

get flowers and buds and even a few leaves. See how when you crush the flowers and buds they turn your fingers red? That's a sign that the medicine is going to work. The oil we make will turn red, too, kind of like the sunburn it helps treat. Let's pick enough to fill a quart jar. That will give Grandma a good supply of oil for the year to come. 🌿

Parts Used:

flowering tip includ
flower, leaf

How the plant is used:

- **Oil:** burns, bumps and bruises, sunburns, earaches (drops in ears)
- **Salve:** bumps and bruises
- **Tea:** tired, scared
- **Tincture:** scared

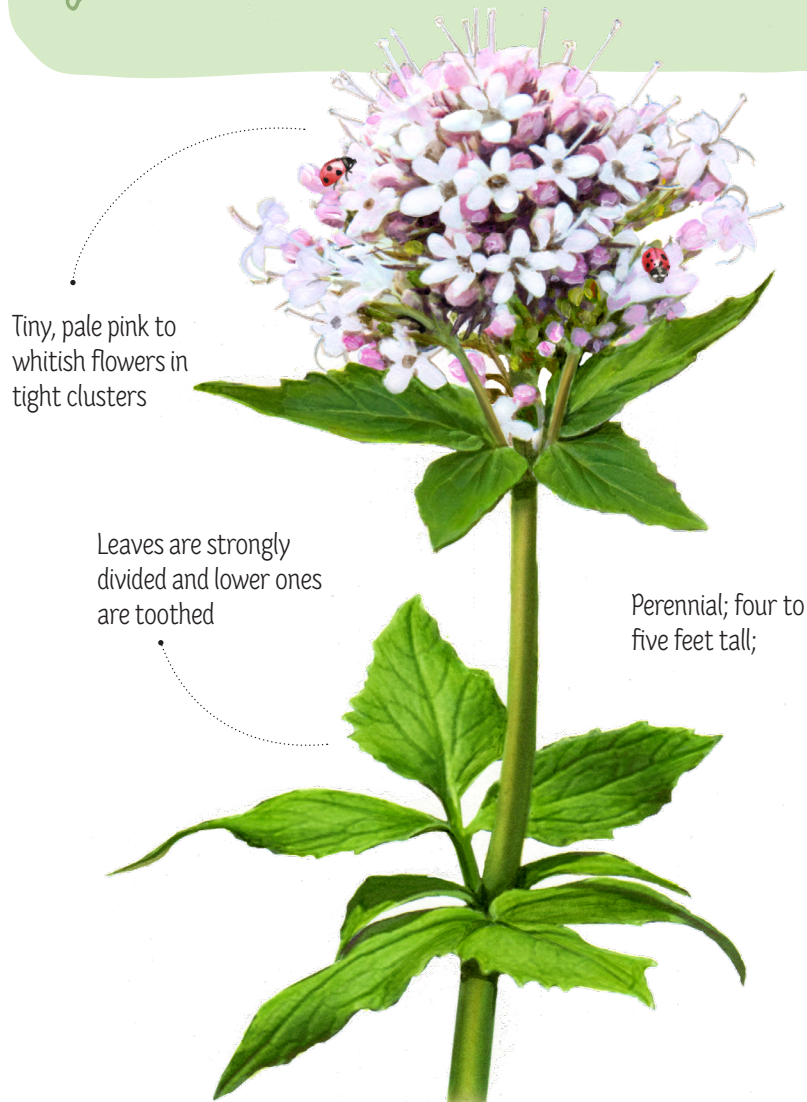
VALERIAN

Botanical name: *Valeriana officinalis*

Family: Caprifoliaceae

Gifts

aids digestion, calms nerves, helps with sleep, relaxes muscles



Tiny, pale pink to whitish flowers in tight clusters

Leaves are strongly divided and lower ones are toothed

Perennial; four to five feet tall;

OH! I love alpine meadows. Look at all the flowers way up here. That beautiful stretch of color makes the whole hike worth it for me. Look, here's Indian paintbrush and purple lupine and red columbine. What about this one with the tiny, pale pink flowers in little clusters? Do you recognize it? That's right. Valerian. This plant is great if you are having trouble sleeping because you're feeling anxious or nervous.

CAN you smell it from where you are? It's got a strong scent. Many people think it smells like stinky gym socks! Luckily, it has a pleasant taste, despite the smell.

USUALLY people harvest the roots. Shall we dig one up and take a look? It's nice that it likes to grow

in moist soil. That makes it easier to dig. See how all these small roots branch out from the base in all different directions? Some people have said that the roots resemble all the wrinkles on the human brain, which is what we want to calm when we are anxious or nervous. Back in ancient Greece, two physicians named Dioscorides and Galen referred to this phenomenon as the doctrine of signatures because they found that sometimes an herb resembles the body part it is said to treat. 🌿

Parts Used:
root

How the plant is used:

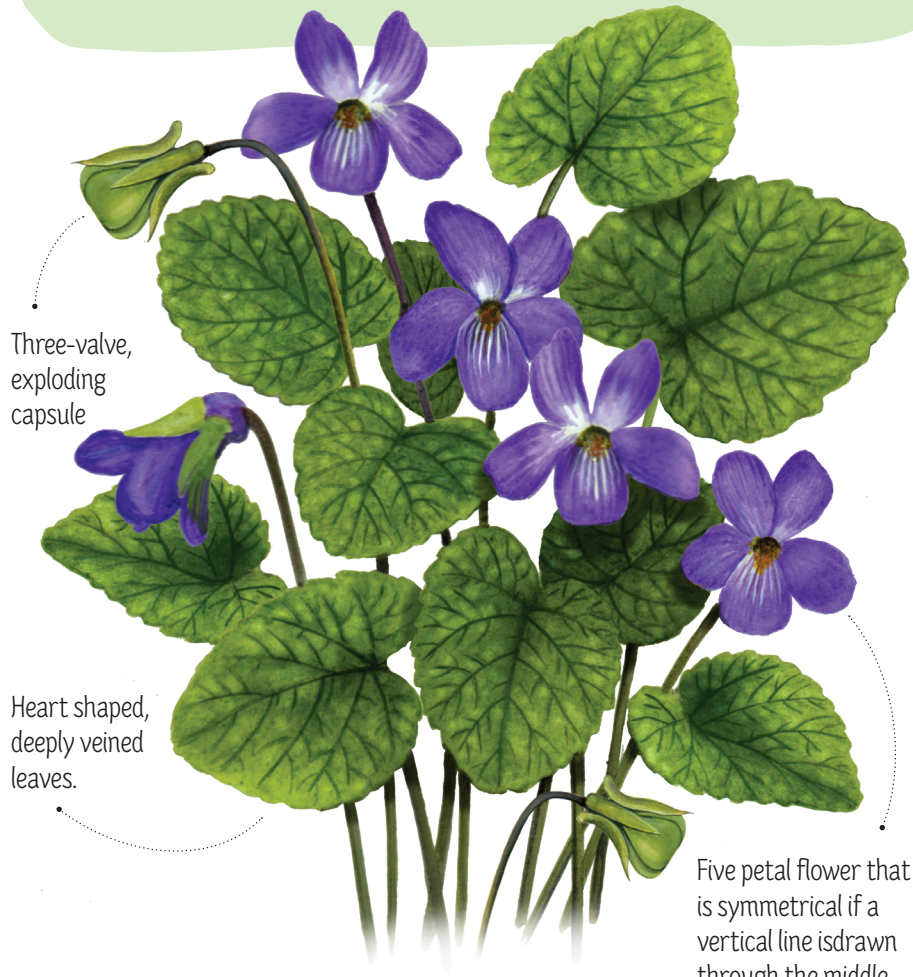
- **Tea:** scared, sore muscles, headaches
- **Tincture:** scared, sore muscles, coughing, headaches, stomachaches

VIOLET

Botanical name: *Viola odorata*

Family: Violaceae

Gifts cooling, helps reduce inflammation, helps reduce swelling in lymph glands, helps restore health, moistening



Three-valve, exploding capsule

Heart shaped, deeply veined leaves.

Five petal flower that is symmetrical if a vertical line is drawn through the middle of them. This is called: zygomorphic.

LET'S stop here for a rest before we head deeper into the forest. I noticed that Tom has been limping a little bit. I think he has a blister and these violets will make a great poultice for that. Let's sit down on this log and he can take his boot off. Oh, yep. Ouch! Pick a few of these violet flowers and leaves and we'll make a poultice.

TRY eating a couple, too. I love putting violet flowers on salads or dipping them in egg and sugar to

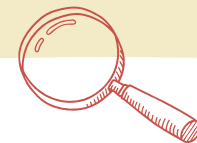
make candied violet flowers. They are such beautiful food and tasty, too.

OKAY, here we go, I'll just put this Band-Aid over the poultice to hold it on. It will feel good. Violets are so cooling for blisters, rashes, burns or stings, and they are moistening and healing. I bet it will feel better to put the boot back on now, and Tom will be able to keep up for the rest of the hike without making the blister worse. I'm so glad we found these violets. 🌿

How the plant is used:

- **Eat** (leaf, flower): hungry
- **Poultice:** mosquito bites; bee, wasp or hornet stings; burns; sunburns; blisters; rashes
- **Salve:** blisters, rashes
- **Syrup:** sore throats, coughing
- **Tea:** fevers, sore throats, scared
- **Tincture:** fevers
- **Vinegar:** burns, sunburns
- **Wash:** burns, itchy eyes, rashes

Parts Used:
leaf, flower



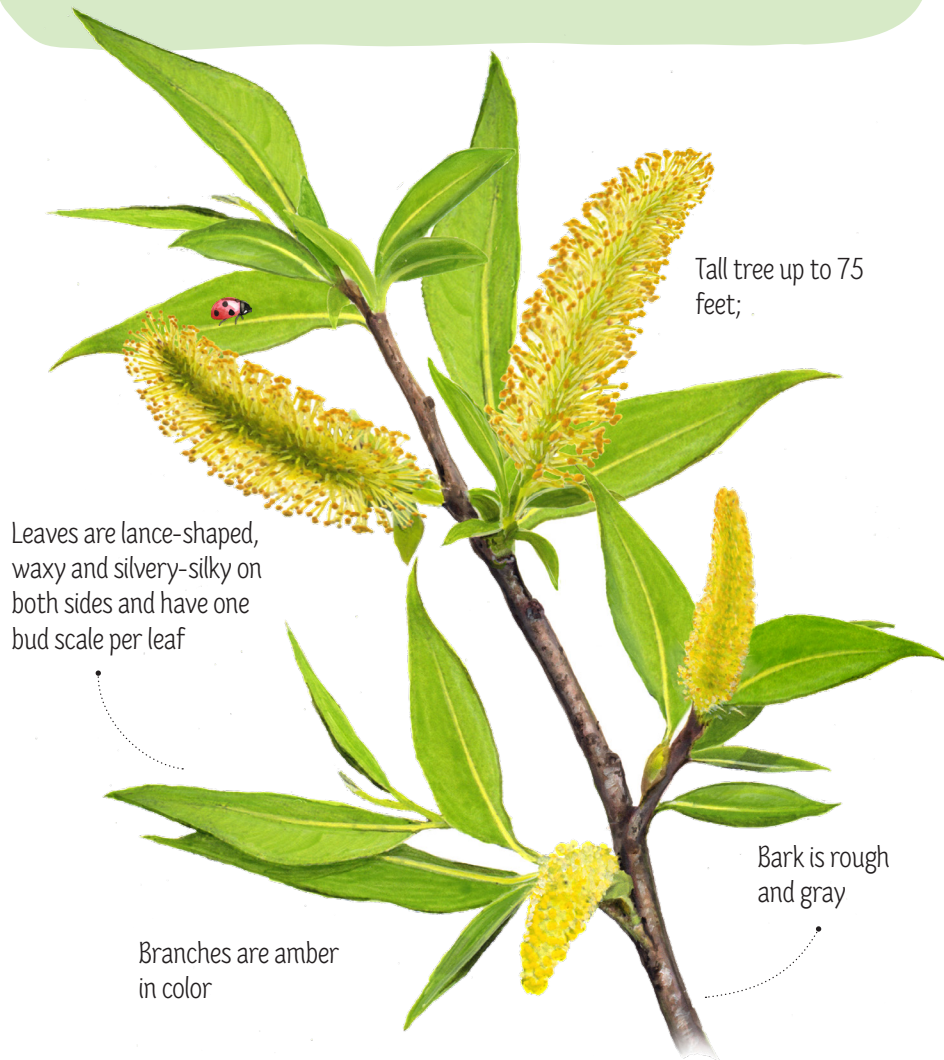
WHITE WILLOW

Botanical name: *Salix alba*

Family: Salicaceae

Gifts

drying, helps reduce fever, helps reduce inflammation, increases pee, pain relieving, prevents infection



DON'T you love these sunny days just as winter turns to spring? I can't stand to spend another moment inside! Remember how Grandma was wanting some willow bark for her medicine chest? This would be a perfect day to harvest it. Grab your clippers and a gathering basket and let's go!

I REMEMBER a white willow growing up by the bridge near the alpine stream. Willows like to grow in wetlands and boggy places. Ah, there, see the rough, gray bark of the trunk and the amber branches? It looks like the leaves haven't returned yet this spring. We'll just cut off some of these small branches and take a bundle back with us. We can strip the bark off

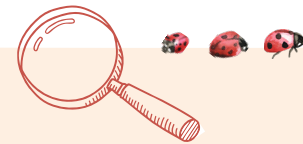
the branch back at Grandma's. Be sure you never strip the bark all the way around the trunk. That would kill the tree!

GRANDMA will dry the bark shavings and store them in an airtight container as part of her medicine kit. White willow is famous for relieving pain. Whenever someone has a headache, Grandma will be able to simmer the bark to make a strong tea to help them feel better. 🌿

Parts Used:
inner bark,
leaf, twig

How the plant is used:

- **Decoction:** fevers, headaches, toothaches, sore muscles, sprained ankles, bumps and bruises (for these, use externally as a soak or internally like a tea)
- **Fomentation:** mosquito bites; bee, wasp or hornet stings
- **Tincture:** sore muscles
- **Wash:** splinters



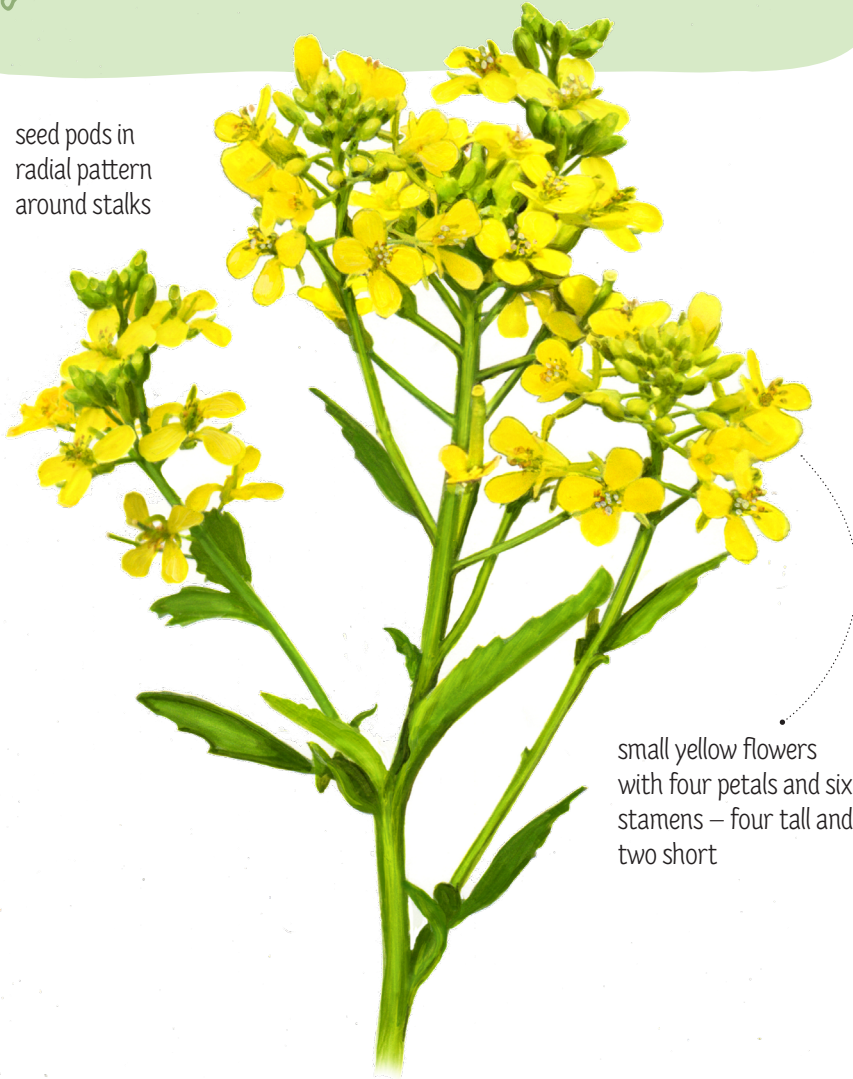
WILD MUSTARD

Botanical name: *Sinapis arvensis*

Family: Brassicaceae

Gifts aids digestion, helps reduce fever, nourishing, relieves congestion, soothes pain, stimulant

seed pods in radial pattern around stalks



small yellow flowers with four petals and six stamens – four tall and two short

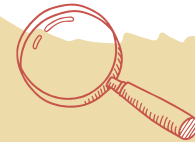
OH, YEAH! That felt so good to lie down in the sun in the meadow after our long hike. I feel like I could just go to sleep right here, but we better get going if we are going to make it back to Grandma's house before nightfall.

HEY, LOOK, here's some wild mustard. See the little yellow flowers with four petals each? Let's

eat a little of this before we hit the trail. That should help wake us up! We can just pick some of the flowers and leaves. They're spicy like mustard, so you won't want to eat a lot of them, but they'll be the perfect snack to help us get going for this final bit of our hike. How lucky that we found some growing here right when we need it. 🌿



Parts Used:
leaf, flower



How the plant is used:

- **Eat:** hungry, tired, sniffles
- **Poultice:** coughing, sore muscles, earaches (on neck)

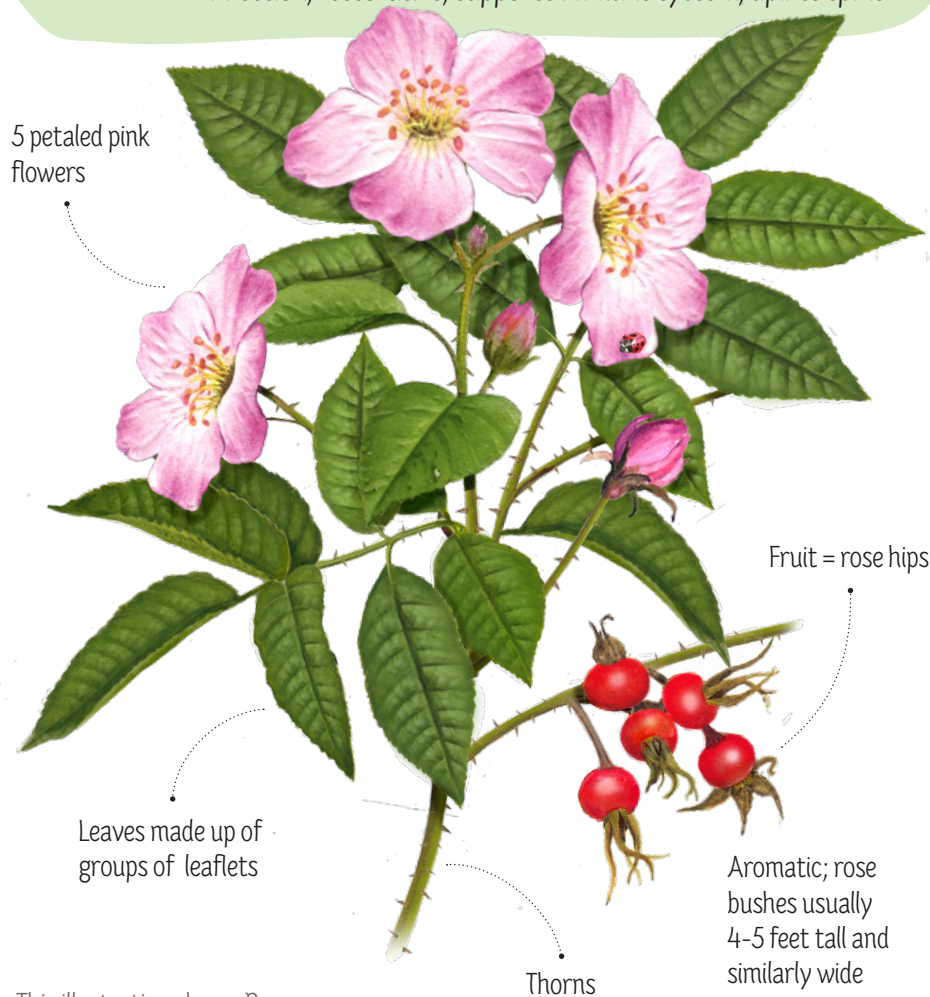
WILD ROSE

Botanical name: *Rosa* spp.

Family: Rosaceae

Gifts

calms nerves, cooling, drying, helps prevent cell damage, helps reduce inflammation, helps stop viral infections, nourishing, supports heart and circulatory system, pain relieving, prevents infection, restorative, supports immune system, uplifts spirit



THE roses are blooming! Oh my gosh, I can hardly wait to get up to the meadow to harvest. This is my favorite gathering mission of the year. I absolutely love the smell of wild roses and they are so beautiful growing up there in the sunshine. Grab a bag or, even better, that deep gathering basket and let's go!

WE made it! The flowers smell so good, and the petals are super soft! Just beware of the thorns when you are picking. There are so many flowers, we can gather lots, but

I love to just take the petals and leave the center and maybe a petal or two on some of the flowers. That way bees will still be attracted to come pollinate them, and hips will still form in the fall. I love rose hips almost as much as the flowers.

I AM going to make some rose honey and fermented rose soda with the petals I am picking. What are you going to make? 🌿

Parts Used:
flower, hip

How the plant is used:

- **Eat:** hungry (flower, hip), sniffles (hip)
- **Oil** (flower): sunburns
- **Pastille** (petal powder): sniffles
- **Poultice** (flower): scraped knees, cuts, splinters, nettle stings, blisters, poison ivy, headaches, nosebleeds (in nostrils)
- **Salve:** blisters
- **Syrup:** sore throats
- **Tea** (flower or hip): sniffles, sore throats, hay fever, diarrhea
- **Tincture** (flower or hip): sniffles
- **Vinegar:** sunburns (flower), sore throats (flower or hip – gargle)
- **Wash** (flower): itchy eyes, poison ivy

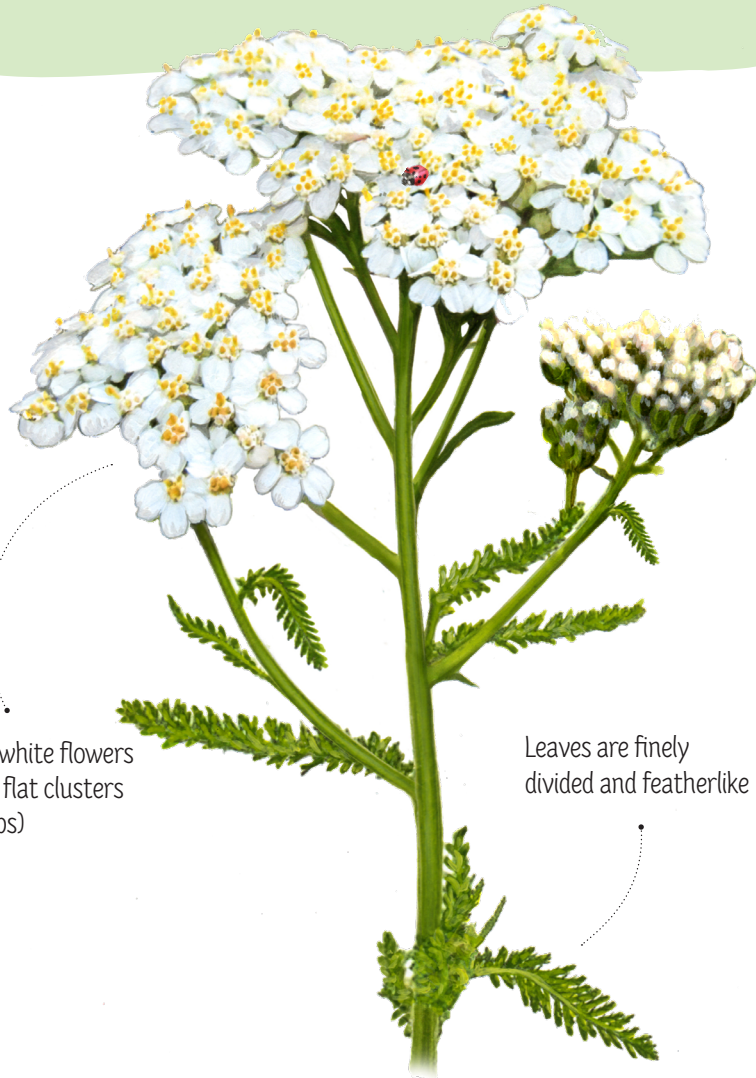
YARROW

Botanical name: *Achillea millefolium*

Family: Asteraceae



Gifts helps reduce inflammation, prevents infection, soothes pain, wound healing




pink or white flowers grow in flat clusters (corymbs)

Leaves are finely divided and featherlike

GRANDMA is getting low on that bug spray we've been using to keep the mosquitoes away on all our hikes this summer. It's such a nice day, let's head up to the sunny meadow to gather some yarrow so she can make more. Grab your hiking boots, harvesting basket and clippers.

OH, WOW! There's so much here! See how some of the flowers are white and some are pink? We'll clip the flowers and feathery leaves, but leave the roots behind so these plants will come back next year.

Let's leave plenty for the bees and the other meadow creatures, too. Today, we just need enough to fill a quart jar.

IT'S great to leave some behind for poultices, too. A yarrow poultice stops bleeding on cuts and scrapes faster than anything else I know, and it starts the healing process right away! 

Parts Used:
leaf, flower

How the plant is used:

- **Bath:** fevers
- **Oil:** earaches (drops in ear), sore muscles
- **Poultice:** scraped knees, cuts, splinters, bumps and bruises, blisters, nosebleeds (in nostrils)
- **Salve:** scraped knees, cuts, bumps and bruises, blisters, sore muscles
- **Tea:** fevers, toothaches, diarrhea
- **Tincture:** fevers, earaches (drops in ear)

YELLOW DOCK

Botanical name: *Rumex crispus*

Family: Polygonaceae

Gifts

detoxifying, drying, helps reduce inflammation, helps restore health, helps you poop, increases pee, nourishing, promotes flow of bile, supports healthy liver function, prevents infection

flower stalks abundantly covered with small flowers; each flower has six petals and six sepals

flowers turn into seed capsules, which start out green and become rust colored in the autumn



HEY, look at this plant with the large, curly leaves and yellow veins growing along the trail! This is yellow dock and it is jam-packed with medicine. Early spring is a great time to harvest the young leaves. Have you ever tried one? Go ahead and put a leaf into your mouth and chew it. Pretty sour, huh? Do you notice how your mouth feels dry and cool? These two medicinal actions are what makes this the perfect remedy for stings and rashes. You can chew the young leaves and make a spit

poultice as a quick and easy remedy for stings.

WE'LL come back in the fall and harvest yellow dock roots, and you'll notice how yellow they are. That yellow root is how this plant got its name. It can be used in many ways. One remedy is to make a syrup with a decoction of the root for tummy aches when you're having trouble pooping. 🌿

Parts Used:
root, leaf, seed

How the plant is used:

- **Decoction** (root): stomachaches
- **Eat** (young leaf, seed): hungry
- **Poultice** (leaf): nettle stings, poison ivy
- **Wash** (leaf): poison ivy

GLOSSARY

Bile: liquid secreted by liver that aids digestion

Congestion: excess mucus in respiratory system

Detoxifying: removing toxic (unhealthy) substances

Inflammation: physical condition in which part of the body becomes reddened, swollen, hot and often painful, especially as a reaction to injury or infection

Lymph glands: small organs in the body that produce white blood cells, which help fight infection

Metabolism: all the chemical processes in the body, especially those allow food to be used for energy and growth

Stimulant: increasing functional activity or efficiency in the body

BASIC HERBAL FIRST AID PREPARATIONS

These descriptions are meant to give you basic idea of how the herbs would be prepared for use in the first-aid situations that come up in the *Wildcraft!* board game. They are not intended as complete instructions, since that is well beyond the scope of this guide.

For simple video instructions about making these preparations, consider [Apothecary by LearningHerbs](#).

If you would like to explore further with your children, consider [Herb Fairies by LearningHerbs](#).

By joining [HerbMentor](#) (the LearningHerbs membership website), you will gain access to the Herbal Basics course where you will find simple, detailed instructions for most of these remedies.

Bath: To make an herbal bath, add an herbal decoction or infusion to your bath water. You may want to make as much as a gallon of decoction or infusion to receive the plant benefits.

Decoction: A decoction is a strong herbal tea. Decoctions are used mainly to extract the nourishing or medicinal qualities of hard plant material (like roots, bark, stems and seeds) into water. When we drink the decoction, our bodies benefit from the plant's gifts. To make a decoction, combine one ounce of plant material with one pint of water in a saucepan. Bring to a boil and simmer until the liquid is reduced by half (about 20 minutes). Strain and drink.

Fomentation: A fomentation is basically a warm compress. To make a fomentation, soak a clean cloth in a warm herbal infusion or decoction and apply the cloth to the affected area of the body while it is still warm.

Freeze-dried: You would have to have a special machine to freeze-dry herbs, but you can simply buy them already freeze-dried.

Infusion: An infusion is a strong herbal tea. Herbal infusions are used to extract nourishing or medicinal qualities of softer plant material (like leaves and flowers) into water. To make an herbal infusion, put one ounce of dried herbs into a quart jar and pour boiling water over the herbs to fill the jar. Let steep at least four hours, strain and drink.

Oil: An herbal oil is different from an essential oil; it is an oil infused with the healing qualities of plants. An infused oil is made by soaking plant material in oil (like olive oil) for one day to six weeks in order to extract the medicinal plant qualities into the oil. Herbal oils can be tricky to make because the water content in plant material can easily cause the oil to go rancid.

Pastille: An herbal pastille is a lozenge made by mixing a powdered herb with a small amount of honey and rolling into balls.

Poultice: An herbal poultice is a way of applying fresh plant material to a wound. A poultice is made by crushing plant material up with a small amount of water or saliva. This can be done in a mortar and pestle or by chewing the plant material and spitting it out (called a spit poultice). Place the poultice directly on the affected area and cover with a cloth or bandage.

Powder: Herbal powders are made by grinding herbs very finely. Some blenders or coffee grinders are capable of powdering herbs.

Salve: An herbal salve is an ointment. It that can be made by melting one ounce of beeswax and then add-ing one cup of herbal infused oil to the hot wax and continuing to heat just until a smooth liquid forms, removing from the heat and pouring into a small jar or container. When cooled, the resulting salve can be applied directly to wounds.

Soak: To prepare an herbal soak, simply make a decoction or infusion and instead of drinking it, use it to soak the affected area of the body.

Steam: To make a chamomile steam, simply make a large pot of chamomile tea by boiling two quarts of water and then adding one-half cup of dried chamomile flowers. Let it steep for about 20 minutes with the lid on the pot. Remove the lid and cover the pot with a large towel. Put your head under the towel and breathe in the steam, being careful not to burn yourself on the pot. Take long, slow breaths for about a minute. You can lift the towel to let in some cool air if it is too hot. You'll want a box of tissues ready to blow your nose after breathing in the steam. Repeat several times for best effects.

Syrup: A very basic herbal syrup can be made by adding one-half to one cup of honey to one cup of an herbal decoction.

Tea: An herbal tea is made by pouring boiling water over one tablespoon of dried plant material and allowing it to steep for about 20 minutes, then straining out the plant material.

Tincture: An herbal tincture is alcohol or glycerin that has been infused with the healing qualities of plants. It is usually taken in drops. A tincture is made by soaking chopped plant material in alcohol (100-proof vodka works well) or glycerin for six weeks and then straining out the plant material.

Vinegar: An herbal vinegar is a vinegar that has been infused with the nourishing and healing qualities of plants. A simple herbal vinegar can be made by soaking chopped plant material in apple cider vinegar for six weeks and then straining out the plant material.

Wash: An herbal wash is made by soaking a cloth in an infusion or decoction and laying it over the affected area or by pouring an infusion or decoction over the affected area.



There are 74 ladybugs in the book.



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