



SOUL GARDENS + THIRTEEN MOONS



FINDING THE SACRED IN PLANTS WALK: URBAN FORAGING // HERBSTALK

- **Books on Identifying and Foraging For Wild Plants**
- *Newcomb's Wildflower Guide* by Lawrence Newcomb
- *A Field Guide to Wildflowers of Northeastern and North-Central North America (Peterson Field Guides)*
- *The Audobon Society Field Guide to North American Wildflowers: Eastern Region*
- *A Field Guide to Edible Wild Plants: Eastern and Central North America (Peterson Field Guides)*
- *A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America (Peterson Field Guides)*
- *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*
by Samuel Thayer
- *Edible Wild Plants: Wild Foods from Dirt to Plate* by Dr. John Kallas

Books About Plant Spirit Communication

- *Plant Spirit Medicine* by Eliot Cowan
- *Plant Spirit Healing: A Guide to Working with Plant Consciousness* by Pam Montgomery
- *The Hidden Life of Trees* by Peter Wohlleben
- *Herbal Rituals* by Judith Berger
- *Sacred Plant Medicine* by Stephen Harrod Buhner
- *Braiding Sweetgrass* by Robin Wall Kimmer

Websites, Blogs

- www.eattheweeds.com
- www.ediblewildfood.com/edible-weeds.aspx
- www.wildfoodadventures.com/ John Kallas
- www.wildmanstevebrill.com/ Wildman Steve Brill's site, includes apps for foraging and plant i.d.
- <https://gobotany.newenglandwild.org/> Identification tools for New England plants

Points of safety:

1. **Know where** you are picking and harvesting. Make sure it is not polluted or contaminated, and that you have permission to be harvesting there.
2. **Identify** correctly the *plant* you are harvesting; know the *botanical name (Genus, species)* which is unique to the plant. Know the *parts* you are using, and the *time of year* at which to be using those parts. Make sure that it is edible and/or medicinal or for whatever use you are planning on.
3. **Proceed with caution!** Don't assume that just because it's natural it cannot poison or otherwise harm you. Also don't assume that just because it's natural you can ingest a lot of it. With a new plant, start with a little bit, see how you react, and then if you are fine, go ahead and use it.
4. And **don't overharvest**. Even when there is an abundant stand of plants, make sure to leave enough to reproduce and keep the population going. Know if a plant is endangered or rare, and leave it if it is. Respect the environment and all it offers, and leave enough for others, including the insects and other animals.

CREATING A CONNECTION WITH THE PLANTS

- REMEMBER PLANTS ARE LIVING BEINGS THAT ARE HAVING AN EXPERIENCE JUST LIKE YOU
- RUB YOUR HANDS TOGETHER, TAKE A DEEP BREATH, CLOSE YOUR EYES + LIGHTLY CUP A LEAF OR FLOWER
- SAY HELLO TO THE PLANT, AND ACKNOWLEDGE ITS NAME IF YOU KNOW IT. PICTURE IT AS IF YOU ARE KNOCKING ON THE DOOR OF A FRIEND'S HOUSE AND INTRODUCE YOURSELF!
- PICTURE YOUR RIGHT HAND GIVING ENERGY TO THE PLANT AND YOUR LEFT HAND RECEIVING THE ENERGY, THEN MOVING IT THROUGH YOUR HEART AND BACK OUT THE RIGHT HAND, CREATING A CIRCLE OF FLOWING ENERGY

- DROP INTO YOUR AWARENESS + RELAX AND BE RECEPTIVE TO ANYTHING THAT COMES THROUGH. ASK THE PLANT QUESTIONS, TELL IT ABOUT YOURSELF OR HOW YOU ARE FEELING IN PRESENT TIME. *LISTEN!*
- ASK THE PLANT IF IT HAS A MESSAGE FOR YOU. DOES IT WANT TO WORK WITH YOU, AND IF SO, HOW? HOW WOULD IT LIKE YOU TO THANK IT?
- MESSAGES CAN COME IN AS WORDS OR VISUAL PICTURES, FEELINGS, SOUNDS, OTHER SENSATIONS
- WHEN YOU ARE DONE, THANK THE PLANT TO SHOW YOUR APPRECIATION

PLANTS WE MAY MEET TODAY

COMMON NAME	BOTANICAL NAME	PARTS USED	EDIBLE, MEDICINAL, OTHER
Barberry	<i>Berberis thunbergii</i>	Roots, berries, bark	Edible--berries, Medicinal--roots
Celandine		Sap, leaves	Medicinal
Dandelion	<i>Taraxacum officinale</i>	Roots, leaves	Edible, Medicinal
Evergreens: Hemlock, Spruce, Pine, Juniper/Red Cedar, Arbor Vitae/White Cedar	<i>Tsuga canadensis</i> , <i>Picea</i> spp., <i>Pinus strobus</i> , <i>Juniperus</i> spp., <i>Thuja occidentalis</i>	Needles, resin or pitch	Medicinal--Needles, resin or pitch, inner bark; Tea--needles
Goosefoot, Lamb's Quarters	<i>Chenopodium album</i>	Leaves, seeds	Edible
Grapes	<i>Vitis</i> spp.	Fruit, leaves	Edible
Honey Locust	<i>Gleditsia triacanthos</i>	Pulp inside pods	Edible
Japanese Knotweed	<i>Reynoutria japonica</i>	Young shoots	Edible
Juneberry/Serviceberry	<i>Amelanchier</i> spp.	Berries	Edible
Linden	<i>Tilia europea</i> or <i>T. americana</i>	Flowers, young leaves	Edible, Medicinal
Milkweed	<i>Aesclepias syriaca</i>	Young shoots, flower buds, young pods	Edible
Mulberry	<i>Morus</i> spp.	Berries	Edible
Mullein	<i>Verbascum thapsus</i>	Flowers, leaves	Medicinal
Peppergrasses	<i>Lepidium</i> spp	Leaves , young seedpods	Edible
Plantain --Greater Plantain, Rib-Leaf Plantain	<i>Plantago major</i> , <i>Plantago lanceolata</i>	Young leaves, seeds	Edible, Medicinal
Queen Anne's Lace	<i>Daucus carota</i>	Roots, leaves, seeds	Edible, Medicinal
Roses	<i>Rosa</i> spp	Flowers, hips, leaves	Edible, Medicinal, Tea
Violets	<i>Viola</i> spp	Flowers, Leaves	Edible, Medicinal
Wood Sorrel	<i>Oxalis stricta</i>	Flowers, leaves, seedpods	Edible
Yarrow	<i>Achillea millefolium</i>	Flowers, leaves	Edible, Medicinal, Crafts, Magical/Energetic, Dye plant

MY JOURNEY COMMUNICATING WITH THE PLANTS TODAY //