

Wildin' Out

Two thousand twelve is the year of consciousness and as we humans raise our consciousness through various means including bringing back our awareness and appreciation of Mother Earth, we should think about **wildin' out**.

We should create edible landscapes and wild areas in our yard...we should consider eating *wild* edible plants—sometimes referred wrongly to as weeds; understand the importance of food, water, and shelter for pollinators—not just European honeybees; understand the importance of meadows/prairies/grasslands and wetlands, not just forests.

We should also become familiar with the whole ecological system—Ecosystem Management: The New Tool of Land Managers? [<http://culter.colorado.edu:1030/~tims/ecomanaage.html>]

Online Resources - Edible Plants

<i>Title of Web site/page</i>	<i>URL</i>
"Wilderness Survival: Survival use of Plants - Edibility of Plants"	http://www.wilderness-survival.net/plants-1.php
"Wildcrafting.net: Foraging Database, Edible & Medicinal Plants"	http://www.wildcrafting.net/
"Wild Plants Used for Medicine and Food"	http://www.wildernesscollege.com/plants-used-for-medicine.html
'The "Wild Edible Plants: Promoting Dietary Diversity in Poor Communities of Lebanon" project'	http://wildedibleplants.org/
"Montana Plant Life - Flora and Identification of Edible, Medicinal and Poisonous Plants"	http://montana.plant-life.org/
"Edible wild plants"	http://gardeningfromthegroundup.us/Edible%20wild%20plants.htm
"Eat The Weeds by Green Deane, the most watched forager in the world"	http://www.eattheweeds.com/
"Edible Wild Food, Recipes Edible Weeds Identification, Pictures, Foraging"	http://www.ediblewildfood.com/
"Guide to Common Edible Wild Plants"	http://dsc.discovery.com/adventure/guide-to-common-edible-wild-plants.html
"Wild Food Adventurer Newsletter - Edible Wild Plants, North America"	http://www.wildfoodadventures.com/newsletter.html#Wild%20Concepts
"Wild Food Foragers - For those who delight in the Culinary and Medicinal Uses of Weeds"	http://www.wildfoodforagers.org/

Online Resources – Weeds

<i>Title of Web site/page</i>	<i>URL</i>
“Global Compendium of Weeds”	http://www.hear.org/gcw/index.html
“Weed Science at the University of Illinois: Weed Identification”	http://weeds.cropsci.illinois.edu/weeidid.htm
“Weed Science at the University of Illinois”	http://weeds.cropsci.illinois.edu/weeidid.htm#GrassPhotoGallery
“NCSU TurfFiles Decision Aids – Turf & Weed ID”	http://turfid.ncsu.edu/
“Virginia Tech Weed Identification Guide: identification of common weeds and weed seedlings found throughout Virginia and the Southeastern U.S.”	http://www.ppws.vt.edu/weedindex.htm
“Virginia Tech Weed Identification Guide: Wildflowers”	http://www.ppws.vt.edu/scott/weed_id/wildflowers.htm
“Early Spring Weeds of No-till Crop Production”	http://weeds.cropsci.illinois.edu/extension/Other/NCR614.pdf (PDF)
“Weeds of the North Central States”	http://www.aces.uiuc.edu/vista/html_pubs/WEEDS/list.html
“Takinogawa Gobo; a Common Weed or Valuable Edible”	http://www.veggiegardeningtips.com/takinogawa-gobo-a-common-weed-or-valuable-edible/
“Wonderful World of Weeds” By Lynn Smythe	http://oldfashionedliving.com/weeds.html

Online Resources – Wildflowers, Herbs, and Other Plants

<i>Title of Web site/page</i>	<i>URL</i>
“Wildflowers of the Southeastern United States”	http://2bnthewild.com/index2.shtml
“Wild Mountain Herbs of Tennessee, North Carolina and Georgia”	http://www.appalachia-adventures.com/wildherbs.htm
“Alternative Nature Online Herbal: Herbs, Medicinal Plants, Finding and using wild herbs”	http://www.altnature.com/
“Southeastern Flora: Southeastern US Plant Identification Resource”	http://www.southeasternflora.com/
“Alderleaf Wilderness College Plant Identification: A Practical Approach”	http://www.wildernesscollege.com/plant-identification.html
“Plant Encyclopedia – Plant & Flower Names, Pictures, Plant Identification – BHG.com”	http://www.bhg.com/gardening/plant-dictionary/
“PLANTS Database USDA PLANTS”	http://plants.usda.gov/
“PlantFiles: The Largest Plant Identification Reference Guide – Dave's Garden”	http://davesgarden.com/guides/pf/
“Learn to Identify Plants”	http://www.nal.usda.gov/learn-identify-plants
“Ways to Identify Native American Plants”	http://www.buzzle.com/articles/ways-to-identify-native-american-plants.html

Online Resources – Wildflowers, Herbs, and Other Plants cont.'d

<i>Title of Web site/page</i>	<i>URL</i>
“What Makes Wild Plants Special?” (From <u>The Wild Vegan Cookbook</u> by “Wildman” Steve Brill)	http://wildmanstevebrill.com/Books.Folder/Wild%20Vegetarian%20Folder/Special.html
“International Rewilding Discussion Forum – Index”	http://www.rewildportland.com/Conversations/
“Wilderness Survival: Poisonous Plants”	http://www.wilderness-survival.net/chp10.php
“Wilderness Survival: Poisonous Plants Pictures”	http://www.wilderness-survival.net/Appc.php
“Mosquito Repellent Plants”	http://www.buzzle.com/articles/mosquito-repellent-plants.html

Online Resources – Wilderness and Pollinators

<i>Title of Web site/page</i>	<i>URL</i>
“Chicago Wilderness Magazine: Prairies, Woodlands, Wetlands”	http://chicagowildernessmag.org/issues/winter2008/howtoenjoy.html
“Chicago Wilderness Magazine”	http://www.chicagowildernessmag.org/
“U.S. EPA Wetlands”	http://water.epa.gov/type/wetlands/
“U.S. EPA Wetlands Prairie Potholes”	http://water.epa.gov/type/wetlands/potholes.cfm
“U.S. EPA Great Lakes Greenacres: Landscaping with Native Plants”	http://www.epa.gov/greenacres/wildones/index.html
“U.S. EPA Great Lakes Greenacres: Landscaping with Native Plants: Weedlaws: The John Marshall Law Review”	http://www.epa.gov/greenacres/weedlaws/index.html
“Prairie: From Wikipedia, the free encyclopedia”	http://en.wikipedia.org/wiki/Prairie
“Grassland: From Wikipedia, the free encyclopedia”	http://en.wikipedia.org/wiki/Grasslands
“The Nature Conservancy Grassland & Prairies Land Conservation”	http://www.nature.org/ourinitiatives/habitats/grasslands/index.htm
“The Nature Conservancy Forest Conservation”	http://www.nature.org/ourinitiatives/habitats/forests/index.htm
“The North American Prairies”	http://www.radford.edu/~swoodwar/CLASSES/GEOG235/biomes/tempgrass/prairie
“EcoC ² S Pollination & Pollinators”	http://www.ecoccs.com/resources_links.html#pollination
“EcoC ² S Positive Agricultural Paradigms [Pollination & Pollinators; Native Vegetation Information & Plant Sources (Seeds and Plant Nurseries); Food Not Lawns; Edible Perennials; Edible & Medicinal Plants; Bio(logical)diversity; Agroforestry; Soil Ecology & Composting; etc.]”	http://www.ecoccs.com/resources_links.html#positive

Books - Edible and Medicinal Wild Plants & Mushrooms

<i>Title</i>	<i>Author(s) [Publishing Company, Publication Year]</i>
<u>Newcomb's Wildflower Guide</u>	Lawrence Newcomb [Little, Brown and Company, 1989]
<u>A Field Guide to Wildflowers: Northeastern and North-central North America (Peterson Field Guides)</u>	Roger Tory Peterson, Margaret McKenny [Houghton Mifflin Co., 1998]
<u>National Audubon Society Field Guide to North American Wildflowers: Eastern Region</u>	National Audubon Society [Knopf, 2001]
<u>A Field Guide to Edible Wild Plants: Eastern and central North America (Peterson Field Guides)</u>	Lee Allen Peterson [Houghton Mifflin Co., 1999]
<u>Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods</u>	Thomas Elias, Peter Dykeman [Sterling, 2009]
<u>Guide to Edible Weeds</u>	James A. Duke [Random House, 1999]
<u>Handbook of Edible Weeds (Herbal Reference Library)</u>	James A. Duke [CRC Press, 2000]
<u>Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants</u>	Samuel Thayer [Forager's Harvest Press, 2010]
<u>Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat</u>	Ellen Zachos [Storey Publishing, LLC, 2013]
<u>Northeast Foraging: 120 wild and flavorful edibles from beach plums to wineberries</u>	Leda Meredith [Timber Press, 2014]
<u>Herbal Remedy Gardens: 38 Plans for Your Health & Well-Being</u>	Dorie Byers [Storey Publishing, LLC, 1999]
<u>The Complete Guide to Edible Wild Plants</u>	Department of the Army
<u>Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places</u>	"Wildman" Steve Brill [Harper-Collins Publishers, 1994]
<u>The Wild Vegan Cookbook</u>	"Wildman" Steve Brill [Harvard Common Press, 2002]
<u>Shoots and Greens of Early Spring in Northeastern North America</u>	"Wildman" Steve Brill [self-published, 1986, revised 2008]
<u>The Complete Illustrated Book of Herbs</u>	Reader's Digest [Reader's Digest Association, Inc., 2009]
<u>Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America, Third Edition</u>	Steven Foster, James A. Duke [Houghton Mifflin Co., 2014]
<u>Medicinal Plants of North America: A Field Guide</u>	Jim Meuninck [FalconGuides, 2008]
<u>Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market, with 88 Recipes</u>	Tama Matsuoka Wong and Eddy Leroux [Clarkson Potter, 2012]
<u>A Field Guide to Mushrooms: North America</u>	Kent H. McKnight, Vera B. McKnight [Houghton Mifflin Co., 1998]

Books - Wilderness and Food Web

<i>Title</i>	<i>Author(s) [Publishing Company, Publication Year]</i>
<u>America's Prairies and Grasslands: Guide to Plants and Animals</u>	Marianne D. Wallace [Fulcrum Publishing, 2004]
<u>The National Wildlife Federation's Guide to Gardening for Wildlife: How to Create a Beautiful Backyard Habitat for Birds, Butterflies and Other Wild</u>	Craig Tufts, H. Peter Lower [Rodale Press, 1995]
<u>Teaming with Microbes: The Organic Gardener's Guide to the Soil Food Web</u>	Jeff Lowenfels & Wayne Lewis [Timber Press, 2010]
<u>Attracting Native Pollinators: Protecting North America's Bees and Butterflies</u>	Xerces Society staff members Eric Mader, Matthew Shepherd, Mace Vaughan, and Scott Black in collaboration with Gretchen LeBuhn [Storey Publishing, 2011]

Created in 2012 and Updated in 2014

Available online at http://www.ecoccs.com/Wilding_Out_Resources.pdf