

# Wildin' Out

Two thousand twelve was the Year of Consciousness. We, individually and collectively, should continue re-learning the connections that we have with each other and Mother Earth, including, how we think about the plants in our *neck of the woods*.

We should create edible landscapes and wild areas in our yard...we should consider eating *wild* edible plants (sometimes wrongly called weeds or a nuisance); understand the importance of food, water, and shelter for pollinators—not just European honeybees; and 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>]

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Wildin' Out Disclaimer - Obiora Embry [EConsulting™] and Irucka Embry, E.I.T. [EcoC<sup>2</sup>S], as the resource providers, provide this information on edible & medicinal plants for educational purposes only. It is not the intention of the resource providers to advise on health care. Please see a medical professional about any health concerns that you have.

These statements have not been evaluated by the US FDA. The information provided through our various resources is not intended to prevent, diagnose, treat, or cure any disease.

This information is intended as an introduction to edible and medicinal plants and how they can be used. We are not medical professionals and we cannot prescribe what edible and/or medicinal plants are right for you. We cannot answer medical questions, so please do not ask us to tell you which edible plants to consume, eat, drink, use, etc.; to tell you which medicinal plants to consume, eat, drink, use, etc.; to prescribe herbal cures; to provide medical treatment; and/or to guess what is wrong with you.

If you use edible and medicinal plants, then please do so responsibly. It is important to know whether the edible plant can be eaten raw or cooked; which parts of the plant can and cannot be eaten; when can the plant be eaten (young, mature, old, spring, fall, summer, winter, etc.); etc. Consult your doctor about your health conditions and use of medicinal plant supplements (medical herbs). Medicinal plants (medical herbs) may be harmful if taken for the wrong conditions, used in excessive amounts, combined with prescription drugs or alcohol, and/or used by persons who do not know what they are doing. Just because medicinal plant (medical herb) is natural does not mean it is safe! There are herbs that are poisonous such as Poison Hemlock, Jimson weed, Poison Sumac, and many more.

{This disclaimer is based on the disclaimer for "Alternative Nature Online Herbal" at <http://www.altnature.com/>.}

## Online Resources – Edible Plants

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

## Online Resources – Weeds

<i>Title of Web site/page</i>	<i>URL</i>
“Global Compendium of Weeds”	<a href="http://www.hear.org/gcw/index.html">http://www.hear.org/gcw/index.html</a>
“Weed Science at the University of Illinois: Weed Identification”	<a href="http://weeds.cropsci.illinois.edu/weeid.htm">http://weeds.cropsci.illinois.edu/weeid.htm</a>
“Weed Science at the University of Illinois”	<a href="http://weeds.cropsci.illinois.edu/weeid.htm#GrassPhotoGallery">http://weeds.cropsci.illinois.edu/weeid.htm#GrassPhotoGallery</a>
“NCSU TurfFiles Decision Aids – Turf & Weed ID”	<a href="http://turfid.ncsu.edu/">http://turfid.ncsu.edu/</a>
“Virginia Tech Weed Identification Guide: identification of common weeds and weed seedlings found throughout Virginia and the Southeastern U.S”	<a href="http://www.ppws.vt.edu/weedindex.htm">http://www.ppws.vt.edu/weedindex.htm</a>
“Virginia Tech Weed Identification Guide: Wildflowers”	<a href="http://www.ppws.vt.edu/scott/weed_id/wildflowers.htm">http://www.ppws.vt.edu/scott/weed_id/wildflowers.htm</a>
“Early Spring Weeds of No-till Crop Production”	<a href="http://weeds.cropsci.illinois.edu/extension/Other/NCR614.pdf">http://weeds.cropsci.illinois.edu/extension/Other/NCR614.pdf</a> (PDF)
“Weeds of the North Central States”	<a href="http://www.aces.uiuc.edu/vista/html_pubs/WEEDS/list.html">http://www.aces.uiuc.edu/vista/html_pubs/WEEDS/list.html</a>

## Online Resources - Weeds cont.'d

<i>Title of Web site/page</i>	<i>URL</i>
"Takinogawa Gobo; a Common Weed or Valuable Edible"	<a href="http://www.veggiegardeningtips.com/takinogawa-gobo-a-common-weed-or-valuable-edible/">http://www.veggiegardeningtips.com/takinogawa-gobo-a-common-weed-or-valuable-edible/</a>
"Wonderful World of Weeds" By Lynn Smythe	<a href="http://oldfashionedliving.com/weeds.html">http://oldfashionedliving.com/weeds.html</a>

## Online Resources - Wildflowers, Herbs, and Other Plants

<i>Title of Web site/page</i>	<i>URL</i>
"Native American Ethnobotany Database"	<a href="http://naeb.brit.org/">http://naeb.brit.org/</a>
"Wildflowers of the Southeastern United States"	<a href="http://2bnthewild.com/index2.shtml">http://2bnthewild.com/index2.shtml</a>
"Wild Mountain Herbs of Tennessee, North Carolina and Georgia"	<a href="http://www.appalachia-adventures.com/wildherbs.htm">http://www.appalachia-adventures.com/wildherbs.htm</a>
"Alternative Nature Online Herbal: Herbs, Medicinal Plants, Finding and using wild herbs"	<a href="http://www.altnature.com/">http://www.altnature.com/</a>
"Southeastern Flora: Southeastern US Plant Identification Resource"	<a href="http://www.southeasternflora.com/">http://www.southeasternflora.com/</a>
"Plant Encyclopedia - Plant & Flower Names, Pictures, Plant Identification - BHG.com"	<a href="http://www.bhg.com/gardening/plant-dictionary/">http://www.bhg.com/gardening/plant-dictionary/</a>
"PLANTS Database   USDA PLANTS"	<a href="http://plants.usda.gov/">http://plants.usda.gov/</a>
"PlantFiles: The Largest Plant Identification Reference Guide - Dave's Garden"	<a href="http://davesgarden.com/guides/pf/">http://davesgarden.com/guides/pf/</a>
"Learn to Identify Plants"	<a href="http://www.nal.usda.gov/learn-identify-plants">http://www.nal.usda.gov/learn-identify-plants</a>
"Ways to Identify Native American Plants"	<a href="http://www.buzzle.com/articles/ways-to-identify-native-american-plants.html">http://www.buzzle.com/articles/ways-to-identify-native-american-plants.html</a>
'What Makes Wild Plants Special? (From The Wild Vegan Cookbook by "Wildman" Steve Brill)'	<a href="http://wildmanstevebrill.com/Books.Folder/Wild%20Vegetarian%20Folder/Special.html">http://wildmanstevebrill.com/Books.Folder/Wild%20Vegetarian%20Folder/Special.html</a>
"International Rewilding Discussion Forum - Index"	<a href="http://www.rewildportland.com/Conversations/">http://www.rewildportland.com/Conversations/</a>
"Wilderness Survival: Poisonous Plants"	<a href="http://www.wilderness-survival.net/chp10.php">http://www.wilderness-survival.net/chp10.php</a>
"Wilderness Survival: Poisonous Plants Pictures"	<a href="http://www.wilderness-survival.net/Appc.php">http://www.wilderness-survival.net/Appc.php</a>
"Mosquito Repellent Plants"	<a href="http://www.buzzle.com/articles/mosquito-repellent-plants.html">http://www.buzzle.com/articles/mosquito-repellent-plants.html</a>

## Online Resources - Wilderness and Pollinators

<i>Title of Web site/page</i>	<i>URL</i>
"Chicago Wilderness Magazine: Prairies, Woodlands, Wetlands"	<a href="http://chicagowildernessmag.org/issues/winter2008/howtoenjoy.html">http://chicagowildernessmag.org/issues/winter2008/howtoenjoy.html</a>
"Chicago Wilderness Magazine"	<a href="http://www.chicagowildernessmag.org/">http://www.chicagowildernessmag.org/</a>
"U.S. EPA Wetlands"	<a href="http://water.epa.gov/type/wetlands/">http://water.epa.gov/type/wetlands/</a>

## Online Resources – Wilderness and Pollinators cont.'d

<i>Title of Web site/page</i>	<i>URL</i>
“U.S. EPA Wetlands Prairie Potholes”	<a href="http://water.epa.gov/type/wetlands/potholes.cfm">http://water.epa.gov/type/wetlands/potholes.cfm</a>
“U.S. EPA Great Lakes Greenacres: Landscaping with Native Plants”	<a href="http://www.epa.gov/greenacres/wildones/index.html">http://www.epa.gov/greenacres/wildones/index.html</a>
“U.S. EPA Great Lakes Greenacres: Landscaping with Native Plants: Weedlaws: The John Marshall Law Review”	<a href="http://www.epa.gov/greenacres/weedlaws/index.html">http://www.epa.gov/greenacres/weedlaws/index.html</a>
“Prairie: From Wikipedia, the free encyclopedia”	<a href="https://en.wikipedia.org/wiki/Prairie">https://en.wikipedia.org/wiki/Prairie</a>
“Grassland: From Wikipedia, the free encyclopedia”	<a href="https://en.wikipedia.org/wiki/Grasslands">https://en.wikipedia.org/wiki/Grasslands</a>
“The Nature Conservancy Grassland & Prairies Land Conservation”	<a href="http://www.nature.org/ourinitiatives/habitats/grasslands/index.htm">http://www.nature.org/ourinitiatives/habitats/grasslands/index.htm</a>
“The Nature Conservancy Forest Conservation”	<a href="http://www.nature.org/ourinitiatives/habitats/forests/index.htm">http://www.nature.org/ourinitiatives/habitats/forests/index.htm</a>
“The North American Prairies”	<a href="http://www.radford.edu/~swoodwar/CLASSES/GEOG235/biomes/tempgrass/prairie">http://www.radford.edu/~swoodwar/CLASSES/GEOG235/biomes/tempgrass/prairie</a>
“EcoC <sup>2</sup> 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.]”	<a href="https://www.ecoccs.com/resources_links.html#pos_ag">https://www.ecoccs.com/resources_links.html#pos_ag</a>

## Books – Edible and Medicinal Wild Plants

<i>Title</i>	<i>Author(s) [Publishing Company, Publication Year]</i>
<u>A field guide to edible wild plants, Eastern and Central North America</u>	Lee Peterson [Houghton Mifflin Co., 1978]
<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>Herbal Remedy Gardens: 38 Plans for Your Health &amp; 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>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]

## 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]