



Wildcrafting Guidelines

3 KEYS TO EXPLORING MEDICINAL WILD PLANTS

by Corinna Wood

Welcome, sister



Wise women have long used folk medicine—tried-and-true home remedies made from plants that grow on their doorsteps, in the neighboring woods or in nearby fields. Through wildcrafting, you're reweaving the lineage of natural healing that is your birthright as a woman.



CORINNA WOOD

For over 30 years, I've been teaching women's wisdom and holistic healing. Today, my offerings are at the cutting edge of synthesizing natural earth-based healing with feminist psychology.

Thus I weave science and spirit to support you in cultivating a more fulfilling and meaningful life—grounded and replenished.

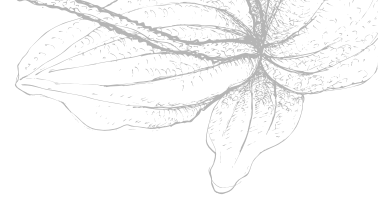
The art of wildcrafting may seem mysterious and intimidating at first. Yet it's also exciting and fun. As you may know, many common medicinal plants are so abundant that they're considered “weeds.”

Soon you'll discover more and more edible and medicinal plants are around you—whether at your doorstep, along your favorite nature path, or elsewhere in your stomping grounds.

As you head out, these 3 keys will help get you started and guide your way.

And remember, wild plants make wild women!

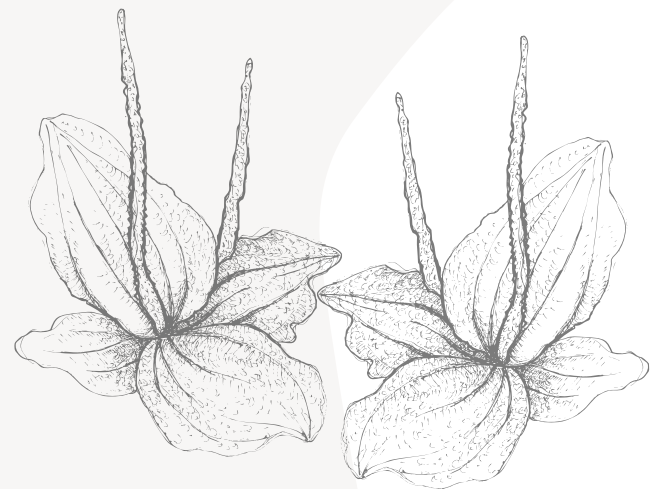




Choosing WHERE to harvest medicinal plants

- Look for wild medicinal plants among the common weeds in your backyard, at community gardens, nearby farms, or a local park. They may even be growing in your porch planters.
- Ask permission before harvesting on someone else's property. You'll be surprised how happy most people are for you to harvest their "weeds!" (They might even want to know about what you're using those plants for.)
- Avoid areas that are likely to be sprayed such as power lines, train tracks, golf courses, or weedless yards. As you return to your harvest sites over time, notice if large sections are brown, which could indicate periodic herbicide applications.
- Don't gather within 50 feet from a busy road, especially downhill from one. Along quiet country roads is generally fine.

Which spots in your stomping grounds would you like to get to know some plants?



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Identifying WHAT plants to harvest

- Start with a few easily recognizable plants, and get to know new plants slowly.
- Make note of the poisonous plants that grow in your area, and learn whether the plant you're harvesting has any poisonous look-alikes.
- In general, take no more of a third of a patch, so it can continue to regrow. Avoid harvesting endangered plants altogether. (Luckily, many edible and medicinal plants are prolific "weeds" so you don't need to worry about over-harvesting.)
- Of course it's essential to positively identify edible and medicinal plants. *See plant identification tips on the following page.*



3 POISONOUS PLANTS TO LOOK OUT FOR

Grab your free download
www.corinnawood.com/3-plants

[CLICK HERE](#)



Plant Identification



I recommend getting a *Peterson Field Guide to Wildflowers* for your region. They are very user-friendly, organized by flower color (rather than a keying system) and have clear line drawings.

Note: Relying on electronic apps for identifying medicinal herbs can be risky. Or even general books for edible/medicinal plants. You could always refer back to those once you've identified your plant.

Using your Peterson's wildflowers field guide

1. Scroll through for the section with your flower color

2. Go through that section page by page until you find the page(s) with flowers of a similar structure as the plant you are identifying (that's how plants are classified botanically).



3. When you find a possible match, read the brief description which often includes where the plant might be found, the size, and when the flower blooms.

4. Note the arrows pointing to features in the line drawings that are used to positively identify the plant

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Determining WHEN to harvest medicinal plants

- Return often to your harvesting sites.
 - Get to know the plants in different phases of their lifecycle.
 - Visit when the plant is flowering to positively identify the plant.
- Find out which part of the plant you want is the most medicinal, to help you determine the optimal time of year to harvest.

Blossoms	harvest when in full bloom	spring or summer
Leaves	harvest when leaves are lush	spring or summer
Roots	harvest after a hard frost, when leaves have died back	late fall or early winter

- Ask the plant for permission to harvest. Listen intuitively for guidance from your green ally.

Notes

Plants you're interested in	When to harvest



Wildcrafting woman



Before the healthcare industry took hold—bringing with it a focus on pharmaceuticals—there was folk medicine: tried-and-true home remedies that have sustained and healed for generations.

Before the craze for exotic herbs—dried and shipped from the other side of the planet and delivered in capsules that mimic drug compounds—wise women looked no further than the plants that grew on their doorsteps and in the neighboring woods and fields for the ingredients that they used in their salads, soups, infusions, tinctures, and teas.

Many local wild plants, including those that are considered “weeds,” have long histories of edible and medicinal usage.

They are abundant, free and extremely potent.

Because they are fresh, growing and thriving in the same climates and geographies that we do, they are even better able to support our own thriving within the ecosystems where we live.

Happy harvesting, you wonderful wildcrafting woman!

♡ Corinna

