

**CHICKWEED**  
*Stellaria media*  
 Salads, soups, green drinks.



**Saponins**  
 regulates flora  
 absorbs toxins → bowels  
 dissolves fat cells  
 ↓ cholesterol

**WALL LETTUCE**  
*Lactuca muralis*  
 (H) Leaf ~ edible  
 very bitter - insomnia

**DANDELION**  
*taxaxacum*  
 Vitamin D  
 Bee plant



process quickly as flower will close!  
 blend root + flower for deep massage + breast cysts in olive oil

**OREGON GRAPE**  
 Manonia  
 Root yellow dye  
 Tonic liver gallbladder  
 ANTI-microbial  
 MRSA Staph  
 candida  
 → pregnant - breast feeding + dizziness - vomiting

**ELDERBERRY**  
*Sambucus*  
 red + blue + purple  
 ancient musical instrument  
 white bloem - ok. (H) flowers  
 cashes found  
 ANTI-viral cold/flu  
 (H) berry → freeze + processing  
 hay fever, sinus  
 note: toxic leaf, stem, root, bark

**PLANTAIN**  
 Plantago  
 (H) Leaf raw soup steamed



gentle expectorant - soothing inflamed membranes  
 LUNGS ~  
 earth and company info@gmail.com (FB) realized through earth awareness  
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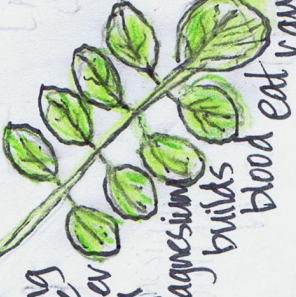
**SALAL**  
*gaultheria shallon*  
 anti-inflammatory  
 astringent  
 (H) Leaf  
 cramps heart burn ulcers  
 important FN trade \*  
 jam vanilla almonds cranberries - elderberry



**ROSE**  
 (H) FALL  
 \*\* vit c / mineral rich  
 iron calcium zinc  
 (H) Tonic  
 Parasites Rosacea  
 seeds - itchy bum  
 gastritis  
 edible salads stress infections  
 (H) SPRING before flowers blood cleanser

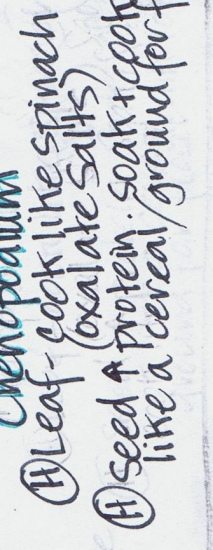
**TAP ROOT**  
 1 meter ↓ drainage  
 retrieves minerals  
 (H) Spring before frost  
 (H) Fall after frost  
 LIVER TONIC

**LANDREST**  
 Cardamine  
 (H) Spring before flower  
 magnesium builds blood eat raw



**THIMBLE + SALMON BERRY**  
*Rubus*  
 (H) new shoots in spring  
 Peel + eat raw or steamed  
 (H) Berries May-June  
 jam ↓, smoked clams  
 (H) Leaf of Thimble  
 Spring → Fall for tea + old leaves BEST.

**LAMB'S QUARTER**  
 Chenopodium  
 (H) Leaf - cook like spinach (oxalate salts)  
 (H) seed ↑ protein. Soak + cook like a cereal/ground for flour



**SPITPOULTICE**  
 make tea or spray on tongue - quit smoking  
 anti-microbial



(H) Roots toothaches  
 (H) Seeds  
 Soak in H2O 1st drink in lots of H2O  
 bowel cleanser