

Welcome!
 Class will start at 6:35
 Please remember to keep yourself on
 mute.
 I will send a recording and the
 powerpoint after class.

Trailside Herbal Remedies

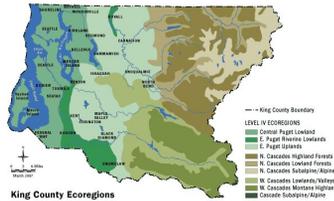
Using PNW plants for
 trailside woes



The Adiantum School of Plant Medicine 2021 Natalie Hammerquist

Different conditions, Different Plants

- Forests, Edges and fields
- Elevation
 - Lowland vs Mountain
- Slope directionality
 - North facing vs South Facing
- Riparian habitats
- Coastal Habitats
- Rain shadows
- Soil Disturbance



Two essential field tools

- **Bandana**
 - Collect plants into and tie up to carry
 - Wrap over a poultice to keep in place
 - Dip into tea for a compress
 - Tie around a large bundle of plants
- **Pocket knife**
 - Make clean cuts when harvesting
 - Peel bark off branches



Safety Notes

- pregnant/ breastfeeding folks
- interactions with pharmaceutical medications
- Toxic plants
- Poisonous plants
- **In the case of major injuries (bone breaks, spinal injuries, head injuries, etc) or major health events (heart attack, seizure, stroke etc), appropriate professional help should be sought immediately. Quick and wise decision making outdoors can save lives.**

Know poisonous plants like the back of your hand



Poultice:

Crushing or chewing medicinal plants and applying them to the skin

Plantain Leaf Poultice

- Mosquito Bites
- Bee Stings
- Nettle stings
- Rashes
- Chew leaf, spit onto area.
- Leave for 5-10 minutes



Broadleaf plantain (*Plantago major*)



Indian Hellebore (*Veratrum viride*)

Yarrow leaf poultice

- Stops bleeding
- Chew leaf and apply to bleeding wound.
- Traditional remedy for soldiers in battle.
- Grows at all elevations and in all ecoregions of WA
- Desert yarrow is very aromatic! Yum.



Goldenrod leaf poultice

- For bruising and swelling
- grows at low and high elevations.
- Loves open, gravelly areas with lots of sun
- Use leaves. Crush or chew and apply to injury/bruise.
- Difficult to ID before it flowers. Several lookalikes.





Pine resin

- Draws out splinters
- Apply a small pea sized amount to the area
- Cover with a bandaid, let sit overnight.
- Pine resin is also SUPER antimicrobial.
- Remove resin from hands with oil or alcohol.
- Do not collect resin from tree wounds. It needs that!
- Can collect from any species in the pine family: fir, spruce, pine, douglas fir.

Chewing on Leaves for their Herbal Properties

Guidelines for trailside leaf munching

- Get your ID right
- Never put something in your mouth you aren't positive about
- Start with a tiny amount
- Trust your tongue
- Know how much to consume
- Listen to your body
- My favorites:
 - **Huckleberry leaf- blood sugar balance**
 - Mountain ash leaf- GI tract irritation
 - Blackberry root- diarrhea
 - Dandelion leaf- liver stagnation

A medicinal plant is not the same as an edible plant.

- Look for pinnate leaf structure
- High amounts of cyanogenic glycosides (seeds and flowers are highest)
- Chew 1-2 leaves for irritated GI tract
 - Food allergies
- Should taste mildly of almond extract

Sitka Mountain Ash: A high elevation species (*Sorbus sitchensis*)

Blackberry Root

- For diarrhea. Its ASTRINGENT.
- Use fingers or stick to loosen soil around crown of plant.
- Pull out as much root as possible.
- Wash and chew 1" section of root. Spit out fibers.
- 3 species of blackberry in WA
- NOTE: Will make you constipated if taken when not needed.



The Three Blackberry species of Washington

Cut leaf blackberry: *Rubus laciniatus*



Trailing blackberry: *Rubus ursinus*



Himalayan blackberry: *Rubus bifrons*



Violet leaf (*Viola* spp., *Viola glabella*)

- Leaves soothe stomach, soothe heartburn
- Can also soothe itchy eczema as a poultice or wash
- Chew on 1-5 leaves
- Leaves have mucilage and some salicylates
- Lots of species of violet
- Evergreen violet is common in forest understory



Water Extractions



Types of Water Extractions

1. **Decoction:** boiling plants in water on a stove
2. **Hot infusion:** pouring boiling water over plants in a vessel, covering and steeping for 10-15 mins.
3. **Cold infusion:** Putting plants in cold water and letting them sit for a longer period of time (2-8 hours).



Making decoctions and infusions in the field

- **Crush and shove cold infusion:**
 - Cold infusion: crush and shove plants in your water bottle and shake
 - The longer you let sit, the better the extraction
- **Pour over hot infusion:**
 - Put the herbs in a cup and pour hot water over them. Cover and steep for 10 minutes.
 - Works best when herbs are dry.
- **Decoction on a stove:**
 - Put the plant in the pot with water
 - Bring to a boil. When boiling, reduce to a simmer. Simmer for five minutes.
 - Strain and drink hot.



Peeling Bark off of Branches

- Use a knife
- Scrape off everything down to the wood
- Chop into smaller pieces for medicine making: surface area=potency
- **Make sure the branch is living and not diseased or dead**



Using teas as a wash or compress

- Wound wash for infection
 - Oregon grape
- Eye compress (conjunctivitis)
 - Oregon grape
- Injury compress
 - Whiplash, sprain etc
 - Willow bark
- Sunburn:
 - Plantain tea



Oregon Grape Bark Decoction

- Three species in wa, look for yellow bark
- Harvest any time of year
- This bark KILLS STUFF
- Drink tea Internally for:
 - Food poisoning
 - Try for eczemat
- Apply compress or wash for:
 - Infections
- Too much can give you a headache.



Willow Bark Decoction

- Willow trees are SUPER COMMON in washington
- Make a decoction
- Lots of species, not all tasty
- Look near water
- Bark is most peelable April-July
- Drink internally for:
 - Headaches, cramps, joint pain
- Apply compress for:
 - Minor injuries with swelling



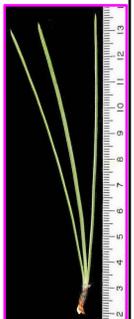
Fir/ Pine Needle Tea

- COLD or HOT infusion
- Drink hot tea internally for
 - colds
 - coughs
 - stuck phlegm
- A great, delicious tea for camping.
- Add honey for extra deliciousness!
- **sinus steam:** Boil needles in water and inhale fragrant steam for stuffy nose.
- Can also munch on tips on the trail.



Spruce, Pine, Hemlock, Fir and Douglas Fir

- Spruce stabs
- Hemlock hangs
- Fir is fragrant
- Pine has packets
- Douglas fir doesn't fit!





Sitka Valerian
(*Valeriana sitchensis*)

- More advanced remedy
 - ID and sustainable harvest
- Sedative for sleeping
- Use while backpacking in the cascades or olympics to help you sleep
- Make a hot infusion of the roots, or just chew on it.
- A 2" section of root should be enough.




California Poppy

- sedative
- Use for pain, anxiety or sleep
- Chew on 1 whole leaf
- Taste is very strong
- Tea can also be made. OR harvest to bring home and make tincture



Non-Plant Remedies

Snow

- Snow hikes provide a great resource!
- Ice reduces swelling and pain.
 - Sprains, strains, bumps
- How to ice an injury properly
 - Apply immediately after injury
 - Ice 15-20 minutes at a time
 - Elevate injury above heart
 - Allow 45 minutes between applications
 - If applying directly, move around to avoid prolonged contact with one spot.



Cold Water

- Soak sore feet after/ during a hike
- Soak Minor injuries with swelling
- Full body immersion:
 - Stay in the cold water until you can feel cold water in the back of your throat.
 - Best done when you feel warm/ hot before you go in, and you can warm back up when you get out.
 - Cold water hydrotherapy increases overall circulation and improves your vital energy
 - Check out the work of Wim Hof



Charcoal

- Highly absorbent
- Use for drawing out
 - Pus from a wound
 - Splinters
 - Poison
- Take internally immediately after consuming something toxic.
 - Absorbs toxins
- Food poisoning
 - Absorbs organisms
- Activated Charcoal vs campfire charcoal
- If using campfire charcoal internally, make sure there is no ash by washing it with water first, then crushing finely with rocks.



You can make your own activated charcoal too!

Check out instructions online...

GUIDE TO MAKING ACTIVATED CHARCOAL



shtfpreparedness.com

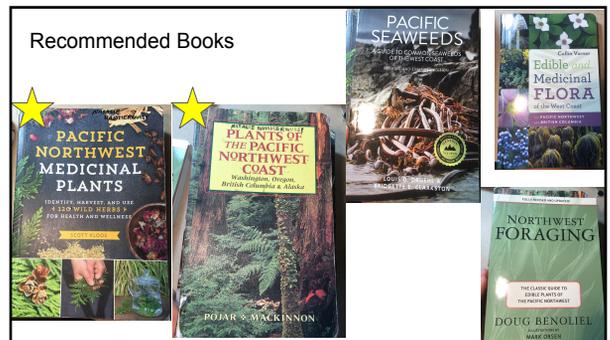
Making In-Field Tinctures

- Chop herbs as finely as possible into a jar or other vessel.
- Pour any liquor 40% or higher over the herbs. (carry a flask)
- You want JUST cover the herbs.
- Shake vigorously and let sit for at least 24 hours.
- Strain. Remove plant material to the best of your ability in the field.
- IDEAS:
 - Valerian root (for sleep)
 - Fir (for delicious campfire cocktails)
 - Willow bark (for headaches)



Show and tell

Recommended Books



Thank



you!

I offer online classes, in person plant walks, yearlong programs and private foraging walks.

Follow my facebook page or go to my website for more info:

www.adiantumschool.com

Put your email address in the chat window if you'd like to be added of my mailing list to receive updates about classes and programs.