

Wild Weed Walk with Brigitte Mars
www.brigitemars.com

Here are some plants that can be viewed at in the Rocky Mountain Region of Colorado.

Achillea millefolium: **Yarrow**. Anti-inflammatory, antiseptic, diaphoretic, febrifuge, hemostatic. styptic, I Ching tool. Bruised leaves for toothache and to stop bleeding.

Allium cernuum : **Nodding Onion**. Edible. Antiseptic.

Allium textile: **Prairie Onion**. Edible

Alyssum alyssoides: **Yellow Alyssum**. Edible flowers, leaves and seeds.

Alyssum minus: **Wild Alyssum**. Edible.

Amaranthus retroflexus: **Rough Pigweed**. Edible. I sometimes juice it.

Ambrosia artemesifolia: **Common Ragweed**. "Patches Earth's wounds," soil preserver.

Ambrosia trifida: **Greater Ragweed**. Fiber from stems, antiseptic, poultice for infection and poison ivy. Seeds consumed by birds.

Arctium minus: **Burdock**. Edible. Roots and seeds used as an alterative, herb for environmental pollution, acne, eczema, psoriasis, and arthritis.

Arctostaphylos uva ursi: **Uva Ursi**. Berries edible but not very flavorful. Leaves used as a genito-urinary for bladder and kidney infections. Leaves smoked. Leaves, rich in tannins, were used to tan leather.

Argemone polyanthemus: **Prickly Poppy**, aka **Chicolate**. Used for pain, as opium. Yellow sap.

Artemisia frigida: **Fringed Sagebrush**. Dream herb. Herb of Artemis. Antiparasitic. Soft leaves used as menstrual pads, toilet paper, and shoe liners. Tea used as hair conditioner, gargle for sore throats.

Artemisia ludoviciana: **Western Mugwort**. Rub on body to repel bugs. Use for smudging and to revive people in a coma. Antiseptic.

Barbarea orthoceras. **Wintercress**. Edible.

Berberis repens: **Creeping Oregon Grape**. Edible berries. Roots are used as an alterative and laxative. Great for skin, liver and blood disorders.

Brassica niger: **Black Mustard**. There are no poisonous mustards. True Brassicas are identified by their stout beak shaped pods.

Camelina microcarpa: **False Flax Mustard**. Herbs with pungent flavors move lung congestion and are often antiseptic.

Cardaria draba: **Hoary Cress Mustard, White Top, Pepperweed**. Edible. Very spicy.

Carduus nutans : **Musk Thistle**. Thistles are the ancestors of artichokes and all thistles have edible roots, peeled stalks, leaves with the spines cut off and seeds.

Chenopodium album: **Lambsquarter**. Free wild spinach!

Chenopodium atrovirens: **Green Goosefoot**. More wild spinach! Hurrah.

Chicorium intybus: **Chicory**. Edible flowers and leaves. Roots make coffee extender. Roots used for skin and liver ailments. Flowers used in eyewashes for eye inflammation.

Chorispora tenella: **Blue Mustard**. Early spring green. Makes great sauerkraut.

Cirsium aconitium: **Thistle**. All thistles are edible and liver cleansers/ tonics.

Cirsium undulatum: **Thistle**. Edible. Milk thistle is not the only useful thistle! Horses, donkeys and mules enjoy the flowers.

Cirsium vulgare: **Bull Thistle**. Since thistles are considered invasive plants to eradicate, why not celebrate and utilize?

Clematis ligusticifolia: **White Clematis**, aka **Bridal's Bower**. Used to create ceremony canopies. Clematis one of the plants in Rescue Remedy.

Conium maculatum: **Poison Hemlock**. Beware! It killed Socrates. Coffee is an antidote for its toxicity.

Convolvulus arvensis: **Field Bindweed**. Makes a good hair tie, otherwise I pull it up.

Crataegus erythropoda. **Shiny-Leaved Hawthorn**, aka **Red Stemmed Hawthorn**.

Leaves, flowers and berries are a favorite heart healing herb, including the emotional heart. Used for high blood pressure, and insomnia. Edible berries included in pemmican and chutney.

Critasion jubatum, aka *Hordeum jubatum*: **Foxtail Barley**. Though it has barbs that get into pets' fur, it is a wild edible grain.

Delphinium virescens pendarii: **Larkspur, Delphinium**. Don't eat these. Buds look like dolphins.

Descurainia sophia: **Tansy Mustard**. You can eat this too! Tansy mustards have finely divided leaves.

Elaeagnus angustifolia: **Russian -Olive**. Considered invasive in this area. Not a true olive. Fruits consumed by birds and provide animals shelter for them.

Equisetum arvense: **Horsetail**, aka **Jointgrass** and **Scouring Rush**. Source of silica that benefits hair, skin, nails and bones. Scouring rush. Used for scrubbing pots and polishing wood.

Erigeron colo-mexicanus: **Sprawling Daisy, Fleabane**. Dried plants once burned as smudge to drive fleas out of the home.

Erodium cicutarium: **Storcksbill, Red Stemmed Filaree**. One of the first edible greens of the spring. Roots are used as an astringent.

Erysimum asperum: **Western Wallflower**. My least favorite tasting mustard.

Gaillardia arlstata: **Blanket Flower**. It blankets the hillsides. One might see a Colorado Fire moth camouflaged upon its flowers.

Gallium spurium: **Cleavers**. Edible young leaves, high in vitamin C. Excellent lymphatic cleanser. Coffee relative. Seeds can be roasted and used as coffee substitute. Great lymphatic cleanser. Diuretic. Vanilla scent when dried in some species. Used to stuff mattresses.

Gaura coccinea: **Scarlet Gaura**. A favorite of butterflies.

Gaura parviflora : **Velvet Gaura**, aka **Lizard Tail**. This plant feels softer than the softest fabric.

Geranium viscosissimum: **Sticky Geranium**. Edible shoots, flowers and leaves. Astringent root.

Glycyrrhiza lepidota: **Wild Licorice**. Not as sweet as *G. uralensis* or *G. glabra* but can be used the same way. Lewis and Clark described them as resembling sweet potatoes. Used to flavor candy, tobacco. Quenches thirst, anti-inflammatory, antitussive, and immune tonic.

Grindelia squarrosa: **Gumweed**. Great poison ivy liniment made from buds and flowers. Tincture for thick mucousy secretions as well as bladder infections. Tea used for sore throat, indigestion, coughs, and bronchitis. Tincture applied to pimples. Antispasmodic, and expectorant.

Heterotheca horrida: **Golden Aster**. Once dried and burned to drive out fleas.

Hippochaete laevigata aka *Equisetum laevigatum*: **Smooth Horsetail** Can be used as *E. arvense*.

Hydrophyllum fendleri: **Waterleaf**. Edible roots, shoots and tops.

Juncus species: **Rushes**. Leaves and young shoots are edible. Roots are high in carbohydrates and can also be eaten. Hollow stems and used to make whistles. “Sedges have edges. Rushes are round.”

Lactuca serriola: **Prickly Lettuce**. Edible when young. Pain relieving agent. Smoked by Deadheads when *Cannabis* is low.

Leonurus cardica: **Motherwort**. Lion’s heart. Heart tonic. Eases the pangs of suffering. “Drink motherwort to the despair of your heirs.” Chinese proverb.

Lepidium species: **Mustards**. Lepidiums have small flattened oval pods. Edible.

Liatris punctata: **Gayfeather, Blazing Star**. Flowers from the top down. Edible corm with high nutritional value.

Ligusticum porterii **Osha**. Great lung herb, antiviral.

Linum lewesii, *L. usitatissimum*: **Blue Flax**. Edible seeds. Oil plant. Linums are also used to make linen, fishing lines, netting and linoleum.

Lobularia maritima: **Sweet Alyssum**. Edible mustard.

Lupinus wyethii: **Lupine**. Best beware!

Malva neglecta: **Malva**. User friendly, entirely edible. “Cheese wheels.” Mucilaginous.

Marrubium vulgare: **Horehound**. One of the original herbs of Passover. Expectorant. Tea and lozenges for coughs.

Medicago sativa: **Alfalfa**. Sativa means “With a long history of cultivation.” Nutritive. Edible young leaves, flowers. Alfalfa sprouts. Animal fodder, commercial source of chlorophyll.

Medicago lupulina: **Black Medic**. Leaves and flowers somewhat edible. Seeds can be sprouted.

Melilotus alba: **White Clover**. Flowers and leaves are edible when young, and high in protein. Excess can cause gas. Flowers and leaves contain quercetin and coumarins. Dried leaves have a vanilla like scent and flavor. Used to flavor Gruyere cheese from Switzerland. Livestock fodder. Bee plant.

Melilotus officinalis : **Yellow Clover**. Edible. Anticoagulant. Coumarin source. If fermented can be blood thinning. Burned as vanilla like smudge. Its nectar intoxicates bees.

Monarda fistulosa menthifolia : **Wild Bergamot**. Potherb. Leaves rubbed on people, burned as smudge or sprinkled on drying food to repel bugs. Tea for lung complaints. Antiseptic. Poultice for toothache. Burned in saunas and sweat lodges. Looks like a wild punk hairdo.

Nepeta cataria, **Catnip**: Excites cats initially, though calms children. Used for colic, teething and cranky babies. Essential oil, or rubbing it on body is useful as a bug repellent.

Opuntia polyacantha: **Prickly Pear Cactus**. Edible fruits and pads after spines peeled or burned off. Dried seeds used as stew thickener. Peeled stems used as a poultice, and drink to treat diarrhea and lung complaints. Diabetes remedy.

Oxalis corniculata, *O. stricta*: **Woodsorrel**. Love that oxalic acid tart flavor! High C, you see.

Oxybaphus nyctagineus, aka *Mirabilis nyctaginea*: **Four O’Clock**. Opens at four o’clock pm, stays open all night and closes with the morning sun. Roots and seeds toxic. Hopi shamans chewed the roots to cause trance like states. It is not a highly recommend psychedelic, from what I hear.

Oxytropis lambertii: **Colorado Loco**. I *wouldn’t* eat things that have the word *loco* in them.

Oxytropis sericea: **Lambert Crazyweed**. I wouldn't eat plants that have the word crazy as part of their name either.

Padus virginiana mellanocarpa: **Western Chokecherry**. Edible berries, but spit out the seeds. Inner bark used as cough remedy.

Parthenocissus quinquefolia: **Virginia creeper**. Grape Family. Berries are considered too high in oxalic acid to be edible. Bark has been used for jaundice. Leaf as a wash for poison sumac rash, and tea for diarrhea.

Penstemon angustifolius: **Penstemon, Beardtongue**. Root can be chewed and applied to toothaches. The roots have been used to treat rattlesnake bites, syphilis, whooping cough and expel the placenta. Used as a wash for burns, wounds and sore eyes. Said to help regenerate skin.

Pentaphylloides floribunda, aka *Potentilla floribunda*: **Shrubby Cinquefoil, Five Finger Grass**. Edible roots. Astringent and febrifuge. Root used to stop nose and other bleeding, toothache. Traditional anti-cancer herb. Knights had the cinquefoil on shields to symbolize the five senses. Rich in calcium. Used in love potions, and to ward off evil in folklore. Fishermen included it in their nets to increase their catch. Root for sore throat gargle.

Physalis virginiana: **Ground Cherry**. The berries are generally consumed fresh, added to fruit or vegetable salads. They are also included in sauces, jams, syrups, and ice cream. Unripe fruits are considered toxic.

The fruit is used to remedy asthma, cancer, colds, leukemia, dermatitis, eczema, fever, gallbladder problems, leukemia, malaria, nausea, pain, rosacea, scleroderma and strep throat. Source of beta-carotene, vitamin C and B complex, protein and phosphorus Plant steroids known as physalins are also present.

Pinus ponderosa: **Ponderosa Pine**. Edible inner bark. Young needles make a tea. Resin applied to boils, abscesses, backache and rheumatic joints. Resin also used as glue, in torches and to waterproof containers. Lumber and carpentry wood. Smells like butterscotch!

Plantago major: **Broadleafed Plantain**. Young edible leaves. Chop fine when older to tenderize. Edible seeds are mucilaginous and laxative. Leaves make excellent poultices for stings, bites and wounds. Contains flavonoids, allantoin and tannins.

Polygonum aviculare: **Knotweed**. Edible leaves, seeds. Kidney tonic. Astringent poultice from the leaves.

Portulaca oleracea: **Purslane**. Edible stems and leaves, Rich in omega 3's and vitamin C. Ghandi's favorite food.

Prunus americana: **Wild Plum**. Delightful wild edible fruit.

Prunus virginiana: **Chokecherry**. Edible berries, used in pemmican. Inner bark used as remedy for diarrhea, heart and lung condition. Diaphoretic, febrifuge. Made into cough syrup. Hardwood.

Ranunculus species: **Buttercup**. Somewhat toxic, causing digestive distress. Can cause skin blisters if contacted topically, but can also get rid of warts. Narcotic effect on animals that consume it and it blisters their mouths. Root makes a yellow dye for wool.

Rhus glabra: **Smooth Sumac**. Berries antiseptic and refrigerant. Lovely as sun tea for its cool, sour flavor and high vitamin C content. Fruit made into a tea for sore throat, tuberculosis, and once gonorrhea and syphilis. Wash for eczema, rashes, ringworm, poison ivy to stop hemorrhage.

Rhus aromatica trilobata: **Lemonade Berry, Three Leaved Sumac**. Fruit edible, made into a lemonade like beverage. Leaves made into an anti-itch poultice. Oil from the fruits used topically to treat hair loss. Root bark once used to aid placenta delivery. Branches were split lengthwise and woven into baskets. Stems used as bows and spears. Leaves made into a black dye. Its ashes use as a dye mordant.

Ribes cereum, R. aureum: **Currant**. All gooseberries are edible and rich in vitamin C. Once used to make pemmican. Tea of leaves as well as fruits, used for prolapsed uteruses. Antiseptic, Antifungal, antiseptic.

Robinia pseudacacia: **Black Locust**. Only the flowers are edible. The rest toxic.

Rosa arkansana, Rosa woodsii: **Arkansas Rose, Wild Rose**. Edible flowers and hips. Flowers open the heart chakra. Hips are high in flavonoids and strengthen capillaries.

Rumex acetosella, aka *Acetosella vulgaris*: **Sheep's Sorrel**. Great sour edible plant. One of the ingredients in the famous Essiac anti-cancer formula.

Rumex crispus: **Yellow dock**. Young leaves edible. Ripe seeds can be used as a wild buckwheat after soaking and rinsing. Alterative. Excellent herb for acne, eczema, psoriasis, jaundice, and hepatitis. Antifungal, antiseptic, and laxative.

Rumex trianulvalvis: **Willow Dock**. See the herb above.

Salix exigua: **Sandbar Willow**. Willow inner bark used for pain, fever and inflammation. Popular headache herb. Poultice and compress for minor burns and rashes. Its flexible branches used to make baskets, snowshoes, stirrups, traps, sweat lodges, and drums. Bark stripped and twisted used to make twine and fishing nets,

Salix irrorata: **Bluestem Willow**. See the above Willow.

Salvia reflexa: **Blue Sage, Lanceleaf Sage**. Pretty aromatic. Too bitter to enjoy in food.

Saponaria officinalis: **Soapwort, Bouncing Bet**. Love it's lather. It really cleans!

Schoenoplectus lacustris acutus : Great Bulrush. Young leaves and shoots edible. High in carbohydrates. Whistles are made from the hollow stems.

Scrophularia lanceolata : **Bunny in the Grass**. Used for lymphatic swellings as a tea at one time.

Senecio riddellii: **Groundsel**. Contain pyrrolizidine alkaloids, which may be toxic to the liver. Alkaloid levels are highest in flowers, lowest in roots.

Sisymbrium altissimum: **Tumble Mustard**. Does not have leaves that clasp the stem.

Solidago Canadensis: **Goldenrod**. Edible flowers. Seeds used as survival food.

Aboveground portion used for bladder infections and allergies. Reduces mucous.

Diuretic. Flowers chewed for sore throat.

Sonchus oleraceus. **Sow Thistle**. Edible when young or cooked in two changes of water later. Leaves clasp stem. Eaten by rabbits, goats, sheep and pigs, though horses dislike. Galactagogue for pigs, hence its name.

Sphaeralcea coccinea: **Scarlet Globe Mallow**. Roots have been chewed during times of food scarcity. Roots and leaves used as a poultice. Entire plant can be made into a tea to reduce inflammation, soothe irritated stomachs and strengthen the voice. Fuzzy leaves used to line shoes.

Symphoricarpos albus: **Snowberry**. Mildly poisonous berries, leaves, roots and branches.

Taraxacum officinale: **Dandelion**. Edible young leaves, flowers and roots. Leaves as a kidney tonic. Root as a liver cleanser, alterative. Used for acne, eczema, psoriasis, and jaundice. A great herb for environmental illness. One of the best herbs on the planet.

Thlaspi arvense: **Field Pennycress**. Edible leaves. Seeds used as flavoring spice. Was used as a poison antidote. High in vitamin C and sulphur. Seeds eaten to improve vision. Antimicrobial against candida, E. coli, staph, and strep.

Thermopsis divaricarpa: **Golden Banner**. Contains toxic alkaloids. Can cause deformities when consumed by pregnant cows. Large doses can be fatal in humans.

Toxicodendron radicans, *T. rydbergia*: **Poison ivy**. Toxic. Do not touch any part at any time. Used homeopathically for sore joints, shingles, herpes and measles.

Tradescantia occidentalis: **Western Spiderwort**. Blue stamen hairs turn pink when exposed to radiation levels as low as 150 millirems.

Tragopogon dubius major: **Salsify, Oysterplant, Goatsbeard and Jack Go to Bed at Noon**. Edible roots before the flowering. Edible leaves. Indians used congealed juice as a chewing gum. Tips of seeds high in gold, which is anti-inflammatory and used for arthritis. Gold indicator in soil.

Trifolium pratense: **Red Clover**, *T. repens*, **White clover**. Alterative. Edible flowers and young leaves. Red clover used as an herb for menopause, alterative, calcium rich tea. Galactagogue. Herb of Venus.

Verbascum thapsus: **Great Mullein**. Tea for hayfever and asthma. Leaves can be smoked, used as toilet paper, potholders, and lamp wicks. Dipped in tallow to make torches. Poultice for glandular inflammation. Roots used for incontinence. Flowers as an earache remedy. Flowers once used to make blonde hair dye.

Verbena bracteata: **Prostrate Vervain**. Bitter and cholagogue.

Viburnum opulus: **Crampbark, American Bush Cranberry, Guelder Rose**. Edible berries, though some spit out the seeds and pulp. Made into wine, rich in vitamin C. Bark is sedative and used to calm threatened miscarriage or quiet menstrual cramps. Berries as a reddish pink dye plant.

Viola adunca: **Early Blue Violet**. Edible leaves and flowers. Traditional anti-cancer herb. Flowers used for heartbreak and grief.

Vitis riparia: **Wild Grape**. Edible leaves and tendrils. Harvest grapes after the first frost. Antibacterial and antiviral. Grape seeds are a great antioxidant.

Yucca glauca: **Yucca**. Flowers edible, though better with the bitter green centers removed. Young seed pods edible. Tea of the roots is anti-inflammatory and used to speed labor and treat arthritis. Roots lather up like soap and clean. Leaves are an important fiber plant used for paintbrushes, baskets, rope, and nets. Once to make burlap bags. State flower of New Mexico.

Blessed be! Om shanti. Enjoy the plants' dance.