

"Whether we are digging the mall, how do we consume in a way that does justice to the lives that we take?"
 - Robin Wall Kimmerer
 Braiding Sweetgrass

HONORABLE HARVEST

Learn about the foraging Before



Garlic Mustard
 (Alliaria petiolata)
 Edible: ✓
 Medicinal Uses: ✓



Mugwort
 (Artemisia vulgaris)
 Edible: ✓
 Medicinal Uses: ✓



Mullein
 (Verbascum spp.)

Edible: ✓
 Medicinal Uses: ✓

Crownsort
 (Crownwort)

Edible: ✓
 Medicinal Uses: ✓

Also: look up magical and spiritual uses for different plants

H! This is just a mini zine. Please:
 - look up more info about every plant listed.
 - be 1000% sure of your plant ID before harvesting or consuming.
 - be inspired to learn more about other members of the more-than-human world where you live.



Plantain
 (Plantago major)
 Plantago lanceolata

Edible: ✓
 Medicinal Uses: ✓

Daylilies
 (Hemerocallis fulva)

Edible: ✓
 Medicinal Uses: ✓



Wild Spinach, aka Goosefoot, aka Fat Hen
 (Chenopodium album)
 Edible: ✓
 Medicinal Uses: ✓



Unceded Haudenosaunee land, April 2025

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- Many plants are contraindicated for some ppl. Practice due diligence.
- Be aware of risks of pollutants + contaminants where you harvest.
- Know which parts of plants to use, and in what manner(s).
- Take care of your precious selves.

The Wild with in collective @proton.me