



PennState
Great Valley

FORAGER'S FIELD GUIDE


AUTUMN EDITION

BY THE PSGV SUSTAINABILITY COMMITTEE
AND
MARTHA COWNAP

SUSTAINABILITY AT PENN STATE GREAT VALLEY



Penn State Great Valley is committed to incorporating a holistic approach to sustainability across the campus. To learn more about our sustainable initiatives and events, please visit <https://greatvalley.psu.edu/sustainability>.

All of the plants included in this guide can be found on the grounds of Penn State Great Valley (see map on page two and look for  symbols).

Campus Location:
30 East Swedesford Road
Malvern, PA 19355

MARTHA NAPOLITAN COWNAP

Martha Napolitan Cownap is the herb gardener at [Camphill Village Kimberton Hills](#), an organization that specially includes adults with intellectual disabilities. She has been fascinated with plants since childhood, and loves to share the wonder of botany with whoever will listen.



AUTUMN OLIVE

Latin Name: *Elaeagnus umbellata*

Indications: Culinary

How To: The red berries, covered in silver dots, are delicious.

Notes: You can easily identify autumn olive by the silver color on the back of the leaf. In the spring (specifically the month of May) this plant is very fragrant.



BAYBERRY

Latin Name: *Myrica* sp.

Indications: Culinary

How To: Add whole leaves to soups and stews to add flavor. Remove leaves from food before eating.

Notes: Similar to Oregano.



BEE BALM

Latin Name: *Monarda fistulosa*

Indications: Fever Reduction

How To: Steep crushed or dried leaves in boiling water.

Notes: Bee Balm is also known as "Wild Bergamot." It's a diuretic! The leaves are very spicy and induce sweat.



BLACKBERRY

Latin Name: Rubus laciniatus

Indications: Diarrhea

How To: Create a strong tea from the leaves and roots to relieve diarrhea.

Notes: The delicious berries are full of antioxidants.



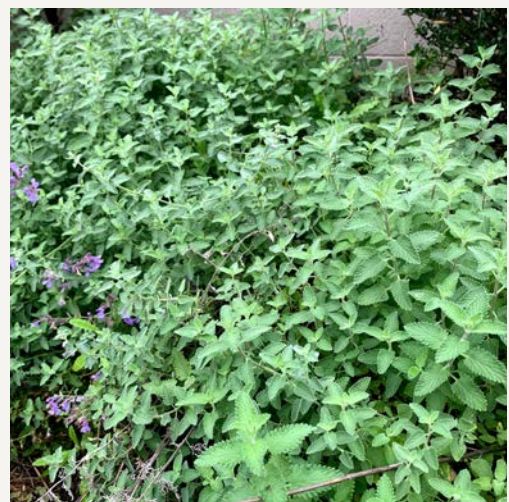
CAT MINT

Latin Name: Nepeta mussini

Indications: Stress, Insomnia

How To: The leaves are edible and make a relaxing bedtime tea.

Notes: Cat mint leaves can have a calming, relaxing effect. This plant differs from catnip. While catnip and catmint are both exciting for cats, they are relaxing for people.



DANDELION

Latin Name: Taraxicum officinale

Indications: liver issues

How To: to make tincture, soak roots in vodka or organic apple cider vinegar for six weeks.

Notes: The leaves in spring are edible and make a delicious addition to salads. Since dandelion is considered a lawn weed, it is often sprayed with herbicides. Only forage in areas that you know have not been sprayed.



ELM TREE

Latin Name: Ulmus sp.

Indications: Sore Throat

How To: Break off a twig, peel back the outer bark, and chew on it.



GOLDENROD

Latin Name: Solidago sp.

Indications: Allergies

How To: Make tea from the leaves to relieve allergies.

Notes: Many confuse goldenrod and ragweed. Ragweed is a common allergy for many. Goldenrod is not.



MILE - A - MINUTE

Latin Name: Persicaria perfoliata

Indications: Culinary

How To: Incorporate leaves in soups.

Notes: Be sure to cut off the prickly bits before consuming.



TEASEL

Latin Name: Dipsacus fulonum

Indications: Lyme Disease and Syphilis

How To: to make tincture, soak roots in vodka or organic apple cider vinegar for six weeks.

Notes: Dried seed heads were once used for combing (or "teasing") wool - hence the name teasel.



WINEBERRY

Latin Name: Rubus phoenicolasius

Indications: tones the uterus

How To: The translucent red berries are delicious, and the leaves can be made into tea that tones the uterus.

Notes: Do not drink the tea during the first three months of pregnancy.



WHITE PINE

Latin Name: Pinus strobus

Indications: Chest Congestion, Respiratory Ailments

How To: To make tea, chop or break up your pine needles, pour boiling water over top, and steep.

Notes: Can be easily identified (five needles per node).



WHITE SNAKEROOT



Latin Name: Ageratina altissima

Notes: This plant is poisonous! Do not consume.



WINGED SUMAC

Latin Name: *Rhus copallinum*

Indications: Culinary

How To: The red seed heads can be soaked in cold water, then strained out. The water remaining will be tart and pink. Add sweetener to make a refreshing "pink lemonade."

Notes: Though this is related to poison sumac, the berries on poison sumac are white, not red.



YELLOW WOOD SORREL

Latin Name: *Oxalis stricta*

Indications: Culinary

How To: Simply pick, eat, and enjoy!

Notes: Wood sorrel is a sourgrass. Often confused with clover, wood sorrel features heart-shaped leaves. Clover leaves are rounded. The taste of wood sorrel is sour and children like to nibble on the heart-shaped leaves. Too much wood sorrel can inhibit your absorption of calcium, but the occasional handful will do no harm.

