

# Autumn Wildcrafting List

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Autumn is the time to start gathering roots, fruits, and seeds. Many of the greens (leaves) are starting to fade, though if they are still green, consider gathering them.

## Medicine

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|------------------------------------|---------------------------------------|---|
| 1. Aesculus<br>hippocastanum fruit | 12. Eupatorium<br>perfoliatum leaf    | 24. Rumex spp. root                     |
| 2. Agrimonia spp. herb             | 13. Euthamia<br>graminifolia leaf     | 25. Salix spp. bark                     |
| 3. Arctium spp.<br>seed/root       | 14. Galium aparine herb               | 26. Sambucus nigra fruit                |
| 4. Betula lenta bark               | 15. Ginkgo biloba leaf                | 27. Solanum dulcamara<br>herb           |
| 5. Bidens spp. herb                | 16. Hamamelis<br>virginiana bark/leaf | 28. Solidago spp. leaf                  |
| 6. Chelone glabra herb             | 17. Inula helenium root               | 29. Taraxacum officinale<br>root/leaf   |
| 7. Cichorium intybus<br>root       | 18. Juglans nigra hull                | 30. Thuja occidentalis<br>leaf          |
| 8. Crataegus spp. fruit            | 19. Lactuca spp.<br>herb/latex        | 31. Trifolium pratense<br>inflorescence |
| 9. Daucus carota seed              | 20. Oenothera seed/root               | 32. Tussilago farfara leaf              |
| 10. Epilobium spp.<br>seed/root    | 21. Plantago spp. leaf                | 33. Urtica dioica seed                  |
| 11. Eupatorium<br>maculatum root   | 22. Prunella vulgaris<br>herb/flower  | 34. Verbascum thapsus<br>leaf           |
|                                    | 23. Prunus serotina bark              |   |

## Food-Greens

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|-----------------------|--------------------|-------------------------|
| 1. Alliaria petiolata | 3. Cirsium spp.    | 5. Portulaca oleracea   |
| 2. Brassica spp.      | 4. Nasturtium spp. | 6. Taraxacum officinale |

## Food-Nuts and Seeds

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|----------------------|-------------------|-------------------|
| 1. Amaranthus spp.   | 5. Impatiens spp. | 9. Rumex spp.     |
| 2. Carya ovata       | 6. Juglans nigra  | 10. Urtica dioica |
| 3. Chenopodium album | 7. Plantago spp.  |                   |
| 4. Fagus grandifolia | 8. Quercus spp.   |                   |

## Food-Roots

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|----------------|-----------------|---------------------|
| 1. Arctium spp | 2. Cirsium spp. | 3. Pastinaca sativa |
|----------------|-----------------|---------------------|

## Food-Fruits

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|-------------------------|---------------|-------------------------|
| 1. Crataegus spp. fruit | 3. Malus spp. | 5. Sambucus nigra fruit |
| 2. Eleagnus spp.        | 4. Rosa spp.  | 6. Vitis spp.           |

## Fungi-Food and Medicine

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|---------------------|------------------------|
| 1. Ganoderma tsugae | 3. Pleurotis spp.      |
| 2. Grifola frondosa | 4. Trametes versicolor |