

Wildcrafting List-May

7Song, Director

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Ithaca, NY 7Song.com

1. Roots-last chance to gather many roots before the plants put their resources into aboveground parts, thereby changing the chemistry of the dormant roots.
2. Flowers for identifying and viewing pleasure. Many of the woodland flowers will finish flowering soon before the trees leaf out.
3. Young greens to eat. The first leaves and shoots of the year are often more tender and tasty, especially compared to what they will taste like later.
4. Tree silhouettes-this is good time to learn the shapes of trees before the leaves emerge.
5. Tree flowers-many of the trees flower early, so this is a good time to learn the flowers of trees (many of which are not very showy).
6. The Rosaceae (Rose family) have some of the showiest flowers in early spring including: *Fragaria*, *Malus*, *Crataegus*, and *Prunus*.

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| 1. Burdock (<i>Arctium</i> spp.) root | 15. Lilac (<i>Syringa</i>) flowers-for vases |
| 2. Catnip (<i>Nepeta cataria</i>) leaf | 16. Mugwort (<i>Artemisia vulgaris</i>) herb |
| 3. Cleavers and Bedstraw (<i>Galium</i> spp.) | 17. Mullein (<i>Verbascum thapsus</i>) leaf |
| 4. Coltsfoot (<i>Tussilago farfara</i>) leaf & flower | 18. Nettle (<i>Urtica</i> spp.) herb |
| 5. Curly dock (<i>Rumex obtusifolius</i>) root | 19. Ox-eye daisy (<i>Chrysanthemum leucanthemum</i>) leaf |
| 6. Dandelion (<i>Taraxacum officinale</i>) leaf & root | 20. Peppermint (<i>Mentha x. piperita</i>) leaf |
| 7. Drinking dew off flowers & fronds | 21. Periwinkle (<i>Vinca minor</i>) herb |
| 8. Elder (<i>Sambucus canadensis</i>) flowers | 22. Raspberry (<i>Rubus idaeus</i>) leaf |
| 9. Flowers of many species-for food, admiring and learning to identify | 23. Reishi (<i>Ganoderma</i> spp.)-young fruiting bodies |
| 10. Goldenrod (<i>Solidago</i> spp.) leaf | 24. Strawberry (<i>Fragaria</i> leaf & flower) |
| 11. Greens-now young and tender | 25. Violet (<i>Viola</i> spp.) leaf & flower |
| 12. Ground ivy (<i>Glechoma hederacea</i>) herb | 26. Wild geranium (<i>Geranium maculatum</i>) root |
| 13. Hawthorn (<i>Crataegus</i> spp). flowers | 27. Willow (<i>Salix</i> spp.) bark |
| 14. Horsetail (<i>Equisetum arvense</i>) herb | 28. Yarrow (<i>Achillea millefolium</i>) leaf |
| | 29. Yellow dock (<i>Rumex crispus</i>) root |