

Wildcrafting list-July

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The wildcrafting season for herbaceous (aboveground) parts is coming on strong in the Northeastern US. Look to gather plants that are just coming into flower, such as mints. Most roots are not ready to be harvested, except for some that are already going to seed, such as Yellow dock (*Rumex*). There are a few plants (such as Wild cherry [*Prunus*]) that are coming into fruit.

1. Bee balm (*Monarda* species) herb
2. Beggar ticks (*Bidens* species) herb
3. Blue vervain (*Verbena hastata*) herb
4. Boneset (*Eupatorium perfoliatum*) herb
5. Bugleweed (*Lycopus* species) herb
6. Catnip (*Nepeta cataria*) herb
7. Cleavers (*Galium aparine*) herb
8. Coltsfoot (*Tussilago farfara*) leaf
9. Curly dock (*Rumex obtusifolius*) root
10. Dandelion (*Taraxacum officinale*) leaf
11. Day lily (*Hemerocallis fulva*) bud and flower (food)
12. Elder (*Sambucus canadensis*) flower
13. Evening primrose (*Oenothera biennis*) flower
14. Fungi, various-fruiting bodies
15. Ganoderma tsugae-fungi
16. Goldenrod (*Solidago* species) leaf
17. Grass-leaved goldenrod (*Euthamia graminifolia*) leaf
18. Horsetail (*Equisetum* species) herb
19. Lobelia (*Lobelia inflata*) herb
20. Mallow (*Malva* species) leaf and flower
21. Marsh skullcap (*Scutellaria galericulata*) herb
22. Mayapple (*Podophyllum peltatum*) fruit (food)
23. Meadowsweet (*Filipendula ulmaria*) herb
24. Motherwort (*Leonurus cardiaca*) herb
25. Mullein (*Verbascum thapsus*) flowers
26. Nettles (*Urtica dioica*) leaf
27. Oats (*Avena* species, cultivated) flowering tops and herb
28. Ox-eye daisy (*Leucanthemum vulgare*) herb
29. Pearly everlasting (*Anaphalis margaritacea*) herb
30. Peppermint (*Mentha piperita*) herb
31. Periwinkle (*Vinca minor*) leaf
32. Plantain (*Plantago* species) leaf and seed
33. Purple loosestrife (*Lythrum salicaria*) herb
34. Ragweed (*Ambrosia artemisiifolia*) leaf
35. Raspberry (*Rubus idaeus*) leaf
36. Red clover (*Trifolium pratense*) inflorescence
37. Rose (*Rosa* species) flowers
38. Self-heal (*Prunella vulgaris*) herb
39. Skullcap (*Scutellaria lateriflora*) herb
40. ST. Johnswort (*Hypericum perforatum*) flowers and tops
41. Staghorn sumac (*Rhus typhina*) fruit
42. Strawberry (*Fragaria* species) leaf
43. Sweet pea-*Lathyrus latifolius* Flower and vine (decoration)
44. Thistle (*Cirsium* species) leaf and root (food)
45. Violet (*Viola* species) leaf
46. Wild carrot (*Daucus* flower)-put in colored water
47. Wild cherry (*Prunus serotina*) fruit (food)
48. Yarrow (*Achillea millefolium*) herb
49. Yellow dock (*Rumex crispus*) root
50. Yellow toadflax (*Linaria vulgaris*) herb