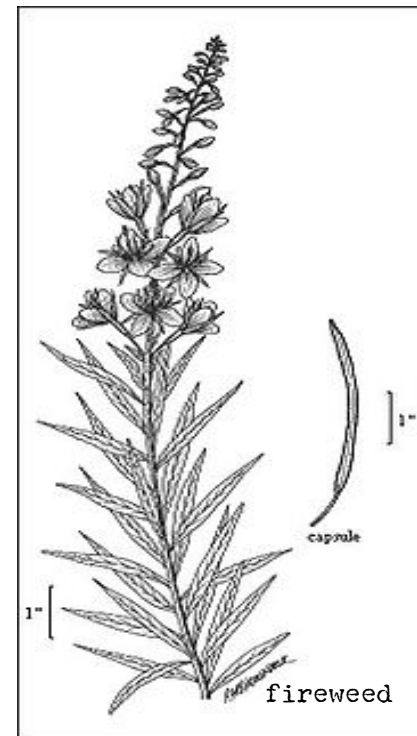


# Fireweed

A zine of grassroots  
radical herbalism and  
wild foods connecting  
with kids and family life



Sharing herbal adventures with my son has brought more joy than I could have anticipated. We learn together and his enthusiasm for plants fills my heart. I get excited about community centered, accessible herbalism and hope that intent is present in this zine. These submissions should encourage families (I mean that in a very broad sense) to start using herbs at home especially the wild weedy ones that grow all over the place.

I appreciate the diversity of submissions and the incredible information given freely. A big 'thank you' to all the contributors.

May this little zine provide you with inspiration to go outside and meet the plants.

xoxo, Jess  
**fireweed@riseup.net**

p.s. an extra special enormous 'thank you' to my dearest friend monkeypants whose plant artwork (all except front cover) is so fantastic!



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**Leenie Halbert:**

Our sons are Arlo (2) & Zeno (10 months). We live in a geodesic dome in rural north central Arizona and grow a lot of our own food, keep 35+ rescue farm animals including pigs, horses, chickens, ducks, goats, dogs and cats. We are vegans and I am a French trained master boulanger.

**Randall Amster:**

Professor of Peace Studies and Social Thought at Prescott College, holds a J.D. from Brooklyn Law School and a Ph.D. in Justice Studies from Arizona State University. He publishes widely in areas including anarchism, ecology, homelessness, and social justice; writes a regular op-ed newspaper column; and serves on the Editorial Advisory Board of the Contemporary Justice Review. His most recent book (LFB Scholarly, 2008) is *Lost in Space: The Criminalization, Globalization, and Urban Ecology of Homelessness*.

**Jess:**

Besides being an editor to her first zine, jess is a radical parent trying her best to balance her many loves: her family, biking, making herbal medicine, gardens, and supporting postpartum mothers.

**Maria Noel Groves:**

runs Wintergreen Botanicals, LLC, a small herbal clinic and education center nestled in Bear Brook State Park. She strives to educate the children and adults on herbal and nutritional self-care, bio-regional wild and garden plants, and how to make simple herbal recipes. Visit [www.WintergreenBotanicals.com](http://www.WintergreenBotanicals.com) for recipes and more.

**Sarah Head:**

Sarah Head B Soc Sci, Dip SFT, MNFESH is a member of the Herb Society and has been studying the medicinal uses of herbs for the past thirteen years, growing over eighty different varieties of herbs in her two herb gardens Sarah is a published writer on health service and complementary therapy issues and regularly contributes articles for the Herb Society website.  
Her Blog: <http://kitchenherbwife.blogspot.com>

**Wildcrafting with Kids by jess**

A few ideas to start with...

-Spend a lot of time outdoors in all kinds of weather. When we lived in a big city we found that land preserves and community gardens had an amazing diversity of plants. I have learned so much about plants by just living my life with my son and following our interests. Share your love of plants with neighborhood kids. Start community gardens, offer plant walks to schools- make it real and accessible to everybody.

-Let go of expectations. There have been times I woke up and wanted to go to the woods or garden and harvest. Or felt the need to harvest burdock roots before it snows tomorrow. Usually when I have a ridged plan, like most things in cooperative relationship, it may not work out as I envisioned. And really that is just fine. Remain flexible and open to times when it all comes together. Often, my son will lead us in a different direction that was equally as spectacular and we had fun working together.

-Figure out ways to let kids help if they want to. Working together makes for an enjoyable experience and forces you to slow down. It may take longer but that's great! If they don't want to help, no problem, they can explore according to their ability and your comfort. Con't...

**Cory Trusty:**

corysu@gmail.com

<http://chinesetherapeutics.org>

<http://aquarianbath.etsy.com>

**jim mcdonald:**

lives in michigan, where he wanders around the woods and meadows talking to plants and sharing what he learns to his community, both locally and at large. He hosts the website [www.herbcraft.org](http://www.herbcraft.org), has been working on a book tentatively called the great lake herbal for what seems like forever and readily shares his thoughts, opinions, puns and wisdoms to whoever seems interested.

**Physick:**

Offers permaculture and herbalism classes for kids

Website: <http://www.childrenspaceguild.webs.com>

Moonwolf and Broccoli are his kids. Physick also helped edit this zine.

**Kiva Rose:**

Saliz Mountains, Gila Bioregion, New Mexico

The Medicine Woman Herbs & Healing Site:

[www.medicinewomantradition.org](http://www.medicinewomantradition.org)

The Medicine Woman's Roots Herb Blog:

[www.bearmedicineherbals.com](http://www.bearmedicineherbals.com)

**Monkeypants:**

lives in random towns in wisconsin and will never leave. Her dog artax bonecrusher is the love of her life and sometimes flies over tall grasses. MP knits like a maniac and serves fancy coffee drinks to rich strangers. she loves snow and trees and the reproductive systems and practices of all living things.

**Kristena Haslam Roder:**

Herbalist, writer, teacher and mother of 7 souls. In 2008, I completed the Master Herbalist program from Heart of Herbs School and continue on my path to learn from the plants. I have found, it is a life long study and a glorious one at that! I teach classes both locally and online to help others learn too. My work is focused in the Rocky Mtn region of Jackson Hole, Wyoming.

[www.dreamseedsorganics.com](http://www.dreamseedsorganics.com)

[www.dreamseedsorganics.blogspot.com](http://www.dreamseedsorganics.blogspot.com)

-Talk even to very young children about eating plants and about why they should not eat whatever they see. I have told my son to ask me (or another adult) first before eating something. He is three and that feels good but we will reexamine that as he gets older. Obviously he can identify common weeds and eat when we're together but I want him to understand caution as well. He still puts plants, especially *berries* in his mouth so I do keep a close eye on him when we are out. As with most things in parenting find what works for *you* and what *you* can live with.

-Talk, sing, and listen to the plants. Play little games with burdock burrs or munch on violet flowers. A friend makes little animals with pipe cleaners (or equivalent) and burdock burrs. Every season we have different songs we sing-

'**Dandelion Song**' (not sure of the origin-picked it up at a nature program I taught at)-

"Dandelion yellow as gold what do you do all day?

I wait right here in the tall green grass for the children to come and play. And dandelion yellow as gold what do you do all night?

I wait right here in the tall green grass for my hair to turn all white.

And what do you do when your hair turns white and the children come and play?

They pick me up in their dimple hands and blow my hair away"!

**Suggested Books for Kids  
Compiled by Physick**

Green Magic - Kelly  
Fiddleheads and Mustard Blossoms -  
Derevitzky  
Lobster Pots and Searocket Sandwiches  
Derevitzky  
Edible Wild Plants of Eastern North  
America - Fernald  
Wild Plants You Can Eat - Young  
Wild Edibles - Hamilton  
Wild Foods - Pringle  
Milkweed and WinklesAcorn Pancakes,  
Dandelion Salad and Other Wild Dishes  
- George  
Wild, Wild Cookbook - George  
Medicines from Nature - Thomas  
Ethnobotany - Young  
From Earth to Beyond Sky - Wolfson  
Song of Seven Herbs - Walking Night  
Bear  
Mysteries of the Rain Forest: 20th  
Century Medicine Men - Pascoe  
Keepers of Life - Caduto  
Wildflower Tea - Pochocki  
North American Indian Medicine -  
Liptak  
My Grandfather is a Magician -  
Onyefulu  
Honeysuckle Sipping - Chesanow  
Miranda's Magical Garden - Atnip  
Herbalist of Yarrow - de la Tour  
Shaman's Apprentice - Cherry  
Wildflowers Around the Year - Ryden  
Shanleya's Quest - Elpel

**Herbal Parent Interview:  
Cory Trusty**

1. Please tell us about yourself, your family-where you live and what keeps you busy.

I'm a 30-something herbalist and mom of an energetic four and a 1/2 year old girl. Encouraged by my husband she was born here in Daytona Beach to us by an unassisted childbirth. We planned ahead and used a lot of herbal preparations through out the pregnancy and during the birth. My background education is in research biology and Chinese medicine. I enjoy wildcrafting, gardening, and soap & salve making as a part of my core crafts & hobbies. I sell my soaps and balms at local craft shows and online. I also work part time at a used bookstore & assist my husband in his solar computing business.

This year we have also started raising chickens for eggs, which has been an exciting adventure. Daytona Beach is in Central Florida, which is not quite tropical, but almost. Living in Florida provides an exciting opportunity to experiment with exotic plants, so in addition to my booming crop of Seminole pumpkin, I also have been tending *\*Moringa oleifera\** & Neem trees this year. It has been fun to observe what greens the chickens prefer, and *Moringa* is definitely a favorite. Con't...

2. In general, how have you incorporated herbs and/or wild foods into your everyday living with your family? Where is a good place to start if you are just beginning?

My family and I enjoying growing herbs, wild harvesting, and eating herbs straight out of the garden. My daughter has been a fan of purslane for longer than I can remember. We also always take an aloe leave to the beach to use as a natural sun screen. Homemade herbal balms are also our first choice for cuts, scrapes, bumps and bruises. I think the best way for a family to start incorporating herbs into their life is to bring a few potted herbal plants home from the nursery to grow for use in the kitchen. Rosemary and oregano are great to start with for beginners. I would also suggest checking your local library for field guides for learning wild foods and herbs. Every area is different, and your library will have books that are tailored to your region. Two of my favorites are Florida's Incredible Wild Edibles by Richard J. Deuerling & Peggy S. Lantz and Herbs and Spices for Florida Gardens by Monica Moran Brandies.

3. Please share a memorable wildcrafting or gardening experience you have had with your family.

Recently I gave a presentation and was vending at a local pagan pride faire with a Jacksonville group. Before hand as a family we harvested Goldenrod flowers for the demonstration on how to make infused herbal oils. The night before we had scouted out a perfect location for harvesting, far from the main road, and with an abundance of plants. My daughter was incredibly enthusiastic of course about picking flowers, so we filled

## Prickly Pear Crisp

### FILLING:

30 to 35 tunas (prickly pear cactus fruit)  
3/4 c. sugar or 1 c. Agave syrup  
1 tsp. nutmeg  
1/2 tsp. mace  
1/2 tsp. cinammon  
1/2 tsp. ground cloves  
3 tbsp. unbleached white flour  
1/2 c. raisins OR pecans, chopped (optional)

### TOPPING:

3/4 c. brown sugar or 1 c. raw honey  
1/4 c. granulated sugar (leave out if using honey)  
1 tsp. cinnamon  
1 c. flour  
1/4 c. cashew butter

Boil tunas in a large pot until soft. Place in a food processor and blend into a pulp. Strain through a colander, then strain again through a fine sieve, making sure all of the seeds and thorns are gone. Mix the rest of filling ingredients together and add to the fruit. Mix all together until well blended.

Mix all topping ingredients except the cashew butter and honey (if using) together. Add the cashew butter (and honey) and cut up or mix with fork until mixture has texture of cornmeal. Spread over top of fruit mixture. Bake in oven at 325 degrees for about 45 minutes to 1 hour (until fruit is bubbly and oozing around edges of topping).

Still another method involves blending the fresh chopped fruit in a food processor or blender and then straining it. But cooking is the main way to extract the juice.

We're lucky to live on a small ranch that is filled with prickly pear cactuses. When the season is upon us - generally after our monsoon period ends in September - and the fruit ripen, it adds an amazing crimson color throughout our juniper and desert landscape. This past season the prickly pear fruit were abundant! Using tongs and metal buckets, we set out around our acreage to harvest this gift of the desert. We wound up filling two big tubs with the fruit, which we then processed into juice.

Once in juice form, it can be turned into anything from fruit leather to jelly to candies. We used it for all of these things, plus as a flavoring for cupcake icing that became part of a weekly bakesale to help support our local infoshop! The kids love the fruit roll-ups, and the candies are an amazing vegan treat for people like us who don't eat junk food.

Our family's discovery of the versatility and palatability of the prickly pear has been a true blessing for us. Next we plan to experiment more with the cactus pads themselves, always of course taking care not to disturb the natural beauty and vitality of the plants. As with any wildcrafting, it's important to take only what you can use and to be sure and preserve the integrity of the whole. The prickly pear cacti on our land are an important part of our ecology, and we look forward to sharing this place with them for many years!

our baskets and I was careful to explain to her that we were only to take as much as we needed and we were not to over harvest the area so that there would be food for the bees and their would be seeds so that more plants could grow. We placed the baskets of flowers to wilt in the back window of the car before we started our drive north. She and I were both squealing as a few of the flowers started escaping their baskets as we got up to speed on the highway with the wind rushing through the windows. We put the windows up and made it safely up to the festival.

#### **4. Does your kid have a favorite plant ally? What is the relationship like?**

Last year my daughter was quite fond of purslane, but this year she is completely enamored with flowers of all kinds. She is still a ravenous purslane eater, and we make purslane stem pickles when we have them available. Recently she has become quite fond of spiderwort. She likes to shred the leaves to bits and feed them to our newest young chicken.

#### **5. Do you have favorite stories you like to tell or games you like to play?**

I love reading her The Snails Spell by Joanne Ryder, illustrated by Lynne Cherry. It is about a little child who imagines himself shrinking down into a snail and grazing in the garden. We also enjoy playing the 'Wildcraft' herbal board game as well. It is a wonderful cooperative game for teaching children the value of medicinal plants from the wild and garden.

6. For those who are new to using herbs with their kids, any advice? Can you recommend any good resources, either online or in print?

I think the most important thing with small children is to teach them safety. My daughter knows which berries and plants that she is allowed to eat out of the garden. Every time I give her something that she can try, I remind her that she is only allowed to eat what we know is safe. I tell her that some plants like poke weed are poisonous. She is allowed to paint outside with poke berries, but she knows that they are poisonous and that she may not put them in her mouth. The 'Wildcraft' herbal game is really a must have. There are a few children's herbal books that I am purchasing this year for her, but I have not read them yet so I can't really comment on those. The Dover herb & plant coloring books are excellent and educational although slightly better suited for older children who have the patience to sit down and color in the lines consistently.

(Editors note: We love "Wildcraft! too-check out <http://www.learningherbs.com/> )

"i like plantain. it's good if you are hurting from a bee sting or if you fell down and your knee is bleeding everywhere. just pick a leaf, chew it up and put it on your boo-boo with the spit and everything. it's very special."

- Broccoli, Age 5

(enjoys singing and dancing and can make flowers bloom with her words)

people (although which particular tribe is not definitive) celebrated the prickly pear harvest with festivities similar to today's Mardi Gras in New Orleans. Only recently has the fruit become popular in modern western cuisines.

Prickly pear cacti are found in all of the southwestern deserts, and have now been distributed across the globe. Studies have shown that the pectin contained in the pulp of the fruit can lower levels of "bad cholesterol" while leaving "good cholesterol" levels unchanged. Another study found that the pectin may lower diabetics' need for insulin. Both fruits and pads of the prickly pear cactus are rich in slowly absorbed soluble fibers that help keep blood sugar stable.

Prickly pear cactus jelly is found in almost every tourist spot in the desert. Visitors are often amazed to discover that desert dwellers actually eat these prickly things! However, if done carefully, harvesting and processing prickly pear fruit can be painless. To gather the fruit from your cactus, get a nice pair of sturdy tongs; grasp the prickly pear fruit (called a tuna in Spanish) firmly and twist to remove. A deep dark red color indicates fully ripe fruit; don't pass up all of the lighter ones, however, since a few not-quite-ripe fruits are good for the jelly.

The juice can be extracted from the prickly pear fruit in several different ways. Most people will cook it out although you can also put the fruit in a paper bag in the freezer, then place the frozen fruit in a colander over a bowl, and as the fruit thaws it will fall apart and the juice will drip out. Con't...



## Sticking Together: One Family's Search for Food in the Desert

by Randall Amster & Leenie Halbert

We recently asked a family friend who's a noted local ecologist, "How can we eat sustainably, for real, in the arid southwest?" To which he replied, "It's easy - mesquite and prickly pear!" Now what could be yummier than that, we thought....

So we set out to make this work - not in full, of course, but at least to literally get a taste of it. We already live a simple and relatively local lifestyle here, growing a lot of our own food, living in harmony with our rescued ranch animals, and wild-crafting herbs and other items as much as possible. One very abundant item here in the high Sonoran desert of central Arizona is in fact the humble prickly pear, so when the season was upon us we dove into this fruity new paradigm.

Of course we'd eaten prickly pear fruit before, and cactus pads are part of the southwestern fare one finds in Mexican restaurants all over the region. But we hadn't done a large harvest ourselves yet, and so this year - with an abundant crop on the vine due to a strong monsoon rainy season - we set out to enjoy this native fruit in the way that the people living in the SW once did, and still do in many places.

Prickly pear cactus has been a staple food of Native American peoples such as the Havasupai, Yavapai, Dineh (Navajo) and Hopi for centuries, with many varieties growing wild throughout the desert southwest. In the 1500s, the early explorer Cabeza de Vaca reported that the Tohono O'odham (Papago)



## Bone Broth by jim mcdonald

Good broth is an indispensable medicine, and broth made with bones yields a brew rich in minerals, collagen, gelatin, silica, amino acids and much more (Allison Siebecker's exceptional "Traditional Bone Broth in Modern Health and Disease" for elaboration Google it or see jim's website). Bone broth, made liberally and frozen in quantity to ensure perpetual availability will offer its deeply nourishing medicine to us not only when used to prepare soups and stews, but when add as a cooking liquid to other foods, when making sauces or even sipped as a "tea" during fevers. Be sure to always have some on hand to save any friends or family unfortunate enough to be in a hospital from the god(s) awful food they serve in those places.

This is my "recipe" for chicken broth, though by full disclosure I had to force myself to measure quantities, as I'm more of an "eyeball" cook. You'll note that in addition to the usual vegetables and spices, there are less commonly called for ingredients such as burdock root, astragalus slices, turkey tail mushrooms; all staples of my broths. Infusing these deeply nourishing herbs and mushrooms into an already deeply nourishing broth makes it all even better. Remember, though, that recipes are little more than sketches of a potential broth; add, subtract, and substitute with what you have on hand.

## 'Wise Child' by Monica Furlong Reviewed by Moonwolf (age 10)

'Wise Child' is a beautiful book about a young orphan girl who is abandoned by her parents then adopted by a witch named Juniper. Juniper teaches her about animals, plant magic, and herbal lore. Soon Wise Child's birth mother, a witch named Maeve, comes back offering her a life of ease and luxury. But Wise Child and her friend Colman soon find out that Maeve is not what she seems, so Wise Child finds out that her destiny is to live with Juniper and become a "Doran."

I enjoyed this book so much and I hope others will read and enjoy it, too. There is one important thing I would like to tell you, Juniper believes that every animal, every plant, and every human being is special and has magic of it's own, which I believe, too. Most people can't see that, but you can if you truly believe.



New England aster

## TEENAGERS

Any health problems should be dealt with by looking primarily at diet and sleep patterns to ascertain likely causes of immune deficiencies. Weaning teenagers away from a "pizza, chips and coke" diet will show marked health improvement alongside meaningful and enjoyable exercises and activities.

Stress can be reduced with by offering drinks or hot cordials made from chamomile, lemon balm, lemon verbena and other nervine tonics (e.g.. skullcap and vervain).

Track mood swings by keeping a menstrual diary and anticipate and reduce PMT, period pains and breast soreness with Omega-3 supplements and drinking lots of water. Watch blood sugar levels from erratic eating to reduce violent outbursts, shouting matches etc.

Learn simple relaxation techniques and teach them to all family members. Learn to deal with panic attacks by monitoring breathing (Build up to 7 breaths in and 11 breaths out) and concentrating on counting four-sided objects.

Notice what is happening when things are going well and do more of those things! Try not to make any family member a scapegoat. If someone is being extremely difficult, try to pretend for one hour of every day that they are behaving as you would wish them to behave and notice the consequences.

1 whole chicken (organic, free range or amish, but \*not\* factory farmed)  
4 quarts water  
3-4 large carrots  
4 stalks celery  
6-9 cloves garlic (depending on size)  
10-12 inches worth burdock root  
3/4 cup chopped shallots  
4-5 fresh shiitake mushrooms  
1-2 tablespoons balsamic vinegar  
1-2 tomatoes, crushed  
1 tbsp olive oil  
1 teaspoon sea salt  
A few sprigs parsley, added at the end of cooking  
8-12 slices astragalus root (depending on size)  
a cupped handfulish turkey tail mushrooms

(a slew of different herbs and spices can be added for flavor, but I prefer to make my broths more neutral and flavor them as I'm making a specific dish)

It's nice to sauté or brown the garlic, shallots and mushrooms in the olive oil to taste before adding the other ingredients. Add the water, throw in the chicken and everything else, and cut up to allow more surface area to infuse into the broth. I usually use pruners to cut up the chicken and break open the bones. Bring just to almost a boil, skin the scum, and simmer over \*very\* low heat for several hours, or a day. I don't remove the fat after straining the broth. When done, cool till lukewarm and freeze, or make something forthwith. Serve to family and friends and enjoy with a prayer of gratitude.

## Don't Postpone Joy by Physick

One of the best ways to get children interested in herbalism is to include them in the medicine making process. Kids love to help when it comes to cooking, and preparing food is a central theme in their play. Whether it's crafting mud pies outside, whipping up lunch on a wooden kitchen set, or gathering blackberries and shooting toy arrows, food is a timeless topic and an endless source of merriment. This can be utilized by inviting children to help make **"Peanut Butter Balls."**

There are a few attributes which make these an excellent treat. First, they are impossible to screw up. Exact measurements and specific ingredients can be tossed out the window. Throw in whatever strikes you at the moment. Play around. Be creative.

Second, they are one of the best methods for delivering medicine to reluctant kids. In 'Family Herbal' Rosemary Gladstar refers to these as one of her, "favorite ways to administer herbs to children (and adults), because they taste delicious and are very effective."



Luca Eamon  
age 3



oak

## **BABIES**

### **Fungal Infections/Nappy rash**

Miriam Kesh's recipe for infused oil

**Equipment:** a tablespoon,  
a jar with a 2-cup capacity,  
a pan,  
a kitchen strainer or a new nylon  
stocking.

**Ingredients:** 1 tablespoon each sage, thyme,  
chamomile and calendula

2 cups good olive oil

**Method:** Put all into a tightly-closed jar  
and shake it up. Put the jar into a pan with  
water in it to reach about 2/3 up the jar.  
Simmer the water for 2 hours, adding more if  
necessary as it evaporates, then turn the  
flame off and let it cool down alone. Strain  
through the strainer or the new stocking  
into a clean, dry jar. Rub well into the  
skin as many times a day as you have pa-  
tience for!

### **Wind**

Fennel tea (Can be used for young babies in  
weak dilution)

### **Viral Infections**

Small babies should not be given herbs  
directly, but should receive them through  
breast milk.

Garlic infused milk can be rubbed into the  
soles of a small baby's feet to obtain anti-  
viral properties. **Method:** Slice garlic  
cloves and leave for 15-30 minutes, add to  
milk and simmer for 10 minutes. Cool until  
blood heat, then gently massage into baby's  
soles.

Here's a very general recipe:

1 cup natural peanut butter  
1/2 cup dried organic fruit  
1/2 cup organic nuts or seeds  
1/8 cup local honey or maple syrup  
Handful of herbs (freshly chopped or  
powdered)

Combine all ingredients in a large bowl,  
give your child a large wooden spoon,  
and let 'em loose. If desired, the  
dried fruit and nuts can be briefly  
pulsed together in the food processor.  
When the mixture is ready, pinch off a  
bit at a time and roll into small balls.  
Finally these balls can be rolled in  
carob powder or shredded coconut.

Peanut Butter Balls can be made either  
for specific ailments or improving the  
general overall health. Any number of  
herbs can be used: **chamomile, nettles,  
rose hips, fennel, licorice root,  
ginger, echinacea, lemon balm, etc.**  
Even better, incorporate a wildcrafting  
excursion with your child into the  
process.

Peanut Butter Balls can be stored in a  
jar in the fridge and make excellent  
trail food for long hikes, bike rides,  
or camping trips. Most importantly,  
they can function as a holistic aid for  
the immune system, all the while  
masquerading as a yummy snack!



violet

**DO NOT** use comfrey on an open wound which is not clean or it will form a new skin over the top, trapping inside dirt which will cause an infection.

If the wound becomes red and starts weeping or seems to be collecting white puss underneath the skin, use calendula and plantain in a poultice to draw the infection out or drain the wound and apply compress to aid healing.

#### **Stings or splinters**

Chop up or chew enough plantain leaves to make a poultice, apply to affected area and bandage securely.

Replace with fresh poultice every three hours. If dried leaves are used, crumble three or four leaves and moisten with boiling water until a poultice consistency is achieved. Cool poultice before applying to wound.

#### **Itches**

Apply a compress of fresh chickweed to affected area, bandage securely and replace every three hours. Otherwise, use salve made from fresh infused chickweed oil.

#### **Childhood eczema**

Use calendula/chickweed salve to prevent outbreaks. Add St John's wort to salve mix if skin erupts and becomes infected. Use fresh double infused chickweed oil in bath to help prevent night-time itching. Look carefully at diet and try exclusion diet to see if allergies causing eczema - usual culprits are dairy products. Try to use emollient creams instead of soap. Con't...

**The Kitchen Herbwyfe:  
Herbs for Family Health  
by Sarah Head**

**WOUNDS/BRUISES/SPRAINS/SPLINTERS/SKIN**

**Antiseptic wash**

Make a tea with either calendula or thyme and use to wash wounds.

**Bruises**

Use salves made from yarrow, plantain, elder leaves or bark or homeopathic arnica cream and/or tablets. Crush daisy or yarrow leaves and apply as a compress.

**Sprains**

If skin is unbroken, wrap affected limb in compress of distilled witch hazel. Bandage and leave for several hours. Repeat, leave overnight if possible. Keep affected limb as supported as possible (elevated and non-weight bearing if swollen) and repeat as necessary.

If knee is swollen, alternate hot and cold compresses with witch hazel (cold) and elderflower oil (hot)

**Wounds**

Make sure any wound is thoroughly washed to remove any dirt, grit, soil or other foreign objects. Soap and warm water is the most effective primary bacterial wash. Cover to protect from environment, but any covering must breath and wound should be kept dry at all times. Plantain can be used to aid healing, reduce pain/soreness and draw out any remaining foreign bodies.

**Nourishing Herbal Infusions- Good Kid Drinks  
By Jess**

Who loves a nettle infusion mustache? Kids do!

Nourishing herbal infusions are excellent beverages for everyone. They are a large amount of **dried** herb steeped in water for a long time. Little kids will usually take right to them especially sweet oat straw or luscious linden. Nettle leaf and violet leaves are also delicious. For older kids not used to the taste you can cut them with water or add honey or milk. Involve the kid with the straining of the herb and make a mess- this makes drinking even more fun when they get to participate. Here is the way I make Nourishing Infusions per Susun Weed:

- Put about an ounce or a big handful of dried herb into a quart glass jar.
- Fill the jar to the top with boiling water.
- Put a lid on tightly and let it sit overnight or at least 4 hours. I usually make it at night and it is ready in the morning.
- Strain out the herb, squeeze out all the liquid. Compost the herb.
- Drink within a day or refrigerate up to a couple days. I drink 2-4 cups daily. My son since about 7-8 months has freely drunk from his cup-probably a 1/2 cup daily.

I use food like herbs such as nettle leaf, oat straw, burdock root, linden flowers and leaves, violet leaves, and red clover blossoms.

See Susun Weed's website for more information: <http://www.susunweed.com> or one of her books: Healing Wise.

## Herbal Parent Interview: Kiva Rose

1. Please tell us about yourself, your family-where you live and what keeps you busy.

I and my partners, Wolf & Loba, live in the Gila Wilderness of New Mexico with our eight year old daughter, Rhiannon. We co-direct Anima Center, a wildlife sanctuary and learning center on 80 acres in a riparian canyon tucked deep into the Mogollon Mountains. A few years ago, I founded the Medicine Woman Tradition with the help of my partner Wolf. I spend a great deal of time teaching healing as wholeness, herbal medicine, nature awareness, and rewilding to our many students and guests. We offer correspondence courses, annual workshops and many other opportunities. In addition to teaching, I see herbal clients, am writing a book and find the time to wildcraft and prepare all of the herbal remedies I use in my practice.

2. In general, how have you incorporated herbs and/or wild foods into your everyday living with your family? Where is a good place to start if you are just beginning?

We eat wild foods, especially wild greens and meat, on a daily basis. My daughter's favorite foods are Nettles and Watercress and venison. Year round, we spend time caring for and harvesting the wild greens around us. She helps haul heavy buckets of water from the river during the dry season to water the Nettle patch and gathers a little basket full of Mustard and Dock greens even on the coldest mornings for our breakfast.

Rhiannon has known herbalism as her primary medicine for her entire life and has a broad base of knowledge for most illnesses and minor wounds. When she recently received a deep gash on her head, she knew exactly which plant to apply, fetching the Larrea salve by herself and putting it on. And even in a state of pain and confusion from the wound, she helped me figure out which calming herb might be best in the situation.

It really couldn't be simpler or tastier. You can get your whey from plain yogurt (by separating the solids from the liquid, the liquid is your whey) although I prefer the whey from piima. In a couple days, your brew will be sparkly, fizzy and delicious. With yogurt whey based brews, they'll easily last for more than a month with refrigeration, but will get progressively sourer. I'm not sure what happens with piima because I drink it too fast to find out. I like these brews as a quick ferment for instant gratification. If I want longer lasting brews, I make wine or ale.

In general the more sugar you add, the fizzier the drink and the longer it takes to ferment. With lacto-fermented brews I find you really don't need that much to make a tasty, sparkly drink. There is some alcohol content happening here, but it's very low.

What herbal infusion you choose depends on your taste. Yarrow is bitter and pungent, providing a slightly mind altering edge while Elderberry is blood nourishing, tart and a beautiful shade of purple. You get all the benefits of a normal herbal infusion plus the extra benefits of fermentation and friendly bacteria for your belly. Who can complain?

As with most traditional foods, there's lots of room for improvisation with these brews. Endless combinations of herbs, sweeteners and ways of fermenting await you. Be creative, and don't forget to have fun.



*Elderberry Sparkle: A Beginner's Guide to  
Lacto-Fermented Brews By Kiva Rose*

I love the process of fermentation. I make homemade wines and ales of all kinds, but want to start here with a basic primer for Lacto-Fermented Herbal Brews because they're easy, quick and you and your children can drink them to your heart's content. The herbal sparkles are fizzy and tongue-tingly, and depending on the culture you use, they can also have a bit of a sour bite to them. Very yummy and a great alternative to most commercial beverages out there.

1. Make a quart of herbal infusion. Yarrow, Elderberry or Chamomile are all good starting points. Let it infuse for several hours then strain.
2. Add a couple tablespoons of sugar or honey.
3. Pour about 1/2-1 cup of whey into the bottom of a clean quart jar.
4. Add infusion to jar until close to the neck of the jar.
5. Add two or three slices of fresh ginger (optional, but helps with the fermenting process)
6. Cover loosely (you can use a canning lid, just don't screw it on all the way).
7. Let sit for two-three days (depending on warm the spot was and what you're fermenting).
8. Drink up.
9. Store remainder in a cool dark place, in an airtight jar once you're sure the fermentation process is done (you can put a balloon around the jar mouth overnight, and if it inflates it's still fermenting).

The key to this has been simply using the wild foods and medicines a little bit every single day. She sees Loba and I drinking our daily nourishing infusions and naturally wants to do the same. She's watched me treat minor to severe injuries in guests and our family and has observed how well they work for herself. This has given her the confidence and knowledge to work with the plants in an instinctual, natural way. It's understood that she would never use a plant she doesn't recognize, and has learned the basics of botany in order to be perfectly sure which herb she is gathering.

It's easiest to completely integrate herbs and wild foods in very young children of course, but many older children, even teenagers, are excited to learn about the plants. Starting with good tasting, safe medicines like Rose, Elderberry or Chamomile is easiest, especially if they can participate in the process. Pastilles, little balls of powdered herb and honey are extremely fun and easy to make and provide a great introduction to medicine making for many kids. You can check out my blog (see end of zine) for a simple recipe.

Children who are most used to a typical sweet American diet with little vegetables may be challenged by the complex green tastes of many wild plants, but with enough experimenting and time spent with the actual plants, most will find at least a few wild foods they love. If you live in the Southwest, acorn meal is a great place to start, with it's rich, chocolate-like flavor that makes a tasty addition to breads, cakes, pancakes, brownies, tortillas and even soups. Many kids love to eat flowers and Wild Rose petals are a yummy addition to salads and desserts. Creamy or cheesy Nettle dishes are also often a favorite and great dip can easily be made with steamed, mashed nettles, cream cheese and a few spices like garlic and green onions. Actively participating in the act of harvesting and preparing will often help a child (or even a spouse) be much more open to the new flavors. Con't...

**CATNIP (*Nepeta cataria*)**

**Plant parts used:** Leaves

**When to harvest:** leaves before flowering, although I've collected both the leaves and the flowers for tea.

**Preparations:** Fresh leaf tincture, fresh leaf tea. Dry for winter use & store in a tightly sealed glass jar or paper bag and keep out of sunlight. Infused oil.

**Dosage:** Adults: Tea- 1-2 teaspoons dry herb in one cup hot water, cover with a lid and let steep 10-15 minutes,. Kids: One way to dose for kids: Divide the child's weight (in pounds) by 150 to get the approximate fraction of the adult dose to give to the child.

*Example:*

40 lb kid divide by 150= .2666

The dose for the kid would be about 1/4 of the adult dose.

In general, dose also depends on the severity of the illness, the herb in question, your experience and intuition as well as your kids weight. For kids under one, through breastmilk is an excellent way to give herbs. Start slow with gentle herbs you know personally and find your comfort level. Determine your limits for home treatment and seek medical care when needed.

**Energetics & taste:** cool, moist, pungent

**Uses:** great for infants and kids- for colds, fever, colic, tension in stomach, relaxing to nerves, overactive or restless, teething.



Linden

**Catnip tea~**

Nursing mamas can drink several cups daily to pass on the comfort. 1-2 teaspoons dried per cup of hot water is a place to start- but adjust to your preferences. More if you use fresh leaf. When my son showed interest in drinks other than breastmilk (about 8 months) I began giving him catnip tea, about 1/4-1/2 teaspoon dried catnip per cup of hot water, drunk throughout the day or rubbed on the gums. Of course, cool the tea before serving.

**Catnip infused oil~**

Collect fresh catnip, let it wilt for a day. Chop and place it in a very dry, clean glass jar. Fill the jar to the top with olive oil or other oil/animal fat of your choice. Cover with cheesecloth. Let this sit in a cool, dark place for 6 weeks, checking regularly for signs of mold. Also, some oil may seep out, add more oil to top off the jar. If some mold develops on top you can scrape it off, if it is throughout the oil, compost and start over. After 6 weeks, strain out the herb and compost the plant material. Store oil in a cool, dry place. Apply to teething gums freely.

**3. Please share a memorable wildcrafting or gardening experience you have had with your family.**

Every year, the whole family makes many trips to nearby mountains and desert areas to gather a variety of medicinal and food plants. An annual favorite is our blackberry picking trip in September up into a nearby range of mountains. The first time we took then seven year old Rhiannon, we went to a little canyon where Blackberries cover miles of creek bank. She was so intensely excited that she was instantly on her knees, her hands clasped together and actually shivering with excitement. "Oh mama, oh my goodness, oh mama, I NEVER EVER thought I'd really get to see a real, amazingly alive, Blackberry on the plant." She gasped for a bit of breath, "wow, I can't believe I'm really here, it's better than a dream, and I never thought they'd be that FAT, and that BIG, and that beautiful, dear dark color. I think they sing." And then, in her bare feet and pink sundress, she proceeded to crawl in and out of the maze of canes, carefully picking pints of berries with nary a scratch on her bare little legs.

This event always reminds me how important it is to approach the plants with this precious childlike sense of awe and wonder. The gifts and natural world are so much more apparent when we look with fresh eyes and open hearts.

#### 4. Does your kid have a favorite plant ally? What is the relationship like?

Rhiannon's closest plant ally is our local Chokecherry. She adores the trees and visits them in every season, taking close notice of every detail of the plant. She also loves their medicine and has found all kinds of interesting uses for the tincture, and it's been helpful in the treatment of her growing pains (along with magnesium) as well as a gentle nervine in many situations. She's fascinated by its relationship with other Rose family plants and gets a kick out of comparing the small white Cherry blooms to the larger pink Wild Roses that grow nearby. Every Spring she helps me gather fresh bark, flowers and leaves to make a sweet tincture with a small amount of glycerin. This is an unusual preparation, and one I began based on intuitive knowledge, but it seems to bring out the many complex aspects of the herb to their best expression. Rhiannon says a drop of the tincture is like "a little bit of heaven". She says she feels as if this tree is her plant totem, and that she shares a similar nature and way of being with it. She can often be seen kissing the rough bark of the older trees whenever she passes by them on her daily walks.

She knows many of the plants and canyon and is never at a loss for what plant can help someone if they get a minor injury. Seeing her confidence and intimate relationship with the herbs is one of the most rewarding experiences of my life. I feel as if a rift in the fabric of ancestral knowledge is being healed as I pass on my knowledge and skill to my daughter, as she will to her own, creating a restored lineage of primal wisdom and instinctual wholeness.

Most recently we began gardening at a community garden & we happily said hello to our old friend catnip growing readily in the plots. Lulu picks armfuls to be delivered to the doorstep of neighborhood feline friends and to take home for fresh tea. Although all the baby teeth have been in for sometime we continue our love of *Nepeta cataria* and share it with other families.



catnip

Dear Catnip  
by jess

Long , sleepless nights while teething were common. Our waking child, nursing and nursing to ease the pain and fall back asleep. From the beginning, catnip proved to be indispensable.

Catnip first caught my attention growing along side the library I frequented while pregnant. At about 5 months old (when I thought he was starting to teeth) I would drink a couple cups of tea and let its goodness pass through my breastmilk. My tired and frazzled nerves were also comforted. Towards a year old Lulu took some sips from my tea cup. His eyes would sparkle and he would take a little drink, sometimes through the tears, and eagerly drink more. Or I would rub catnip tea on his gums-quickly though to avoid a chomped finger. While of course the pain did not instantly vanish, it calmed him while I held and supported him through it. My son is fiery and passionate and catnip energetically fit him well.

A year later we were living in new place and were excited to see the huge stands of catnip growing in a nature preserve near our home. By this time Lulu eagerly ran to the catnip and would pick his own leaves to chew. The fresh leaf has a slight analgesic, cooling effect on the gums which he grew to love.



marshmallow

## Catching a cold?

Your kitchen holds the help you need

By Kristena Haslam Roder

In my experience, these 2 kitchen spices are miracle foods in the truest sense of the word miracle. I want to share a couple stories with you and some simple recipes to help you with this winter ail.

Prior to Thanksgiving, I had company for practically 2 weeks straight. It was wonderful and fun and I have no regrets, but also my visitors were here during one of the busiest times of the year for me with Christmas orders and a bazaar to prepare for. Along with this busy time, came colder weather and festive eating and drinking which as we know can really wear down the immune system. The Friday evening after Thanksgiving, it came. A dreaded cold. The first night I did nothing and retired early. Waking up Saturday morning, I was worse than the night before. At that point I felt miserable and could hardly get anything done.

So I made haste to my kitchen. I pulled a chunk of **ginger** and 2 cloves of **garlic**. I brought fresh water to a boil. Maybe 2 cups worth of water. I then grated ginger. Once the water came to a boil I took my water off the heat and added my grated ginger to the pot and allowed to steep for awhile. As that was steeping, I crushed the garlic and allowed it to sit out for at least 15 minutes to release the powerful component, allicin.

Once the tea was ready I strained a cup and drank that slowly. I was in no hurry for heavens sake I was sick. Once I got through my first cup I grabbed a pinch of the crushed garlic and put it into my mouth and washed it down with some water. Much like taking a vitamin or pill. About an hour later, I felt like a brand new person! It was so amazing. I also did this the next day along with Echinacea and elderberry and osha for several days afterward to ensure I remained well.

**Marshmallow (*Althea officinalis*)** ~ These tall flowering plants with fast-growing roots were once a main ingredient in real marshmallows. (*The Kid's Herb Book* has a recipe!) The roots, leaves, and flowers turn slippery when they get wet, and this slimy property may sooth stomach and skin woes. Familiar, and related, hollyhock leaves and flowers may be used similarly. Try in tea or make old-fashioned real marshmallows.

**Mint (*Mentha* spp)** ~ Peppermint and its relatives spearmint, pineapple mint, chocolate mint and orange mint are all delightful treats for children since they can eat fresh leaves straight from the garden. The mint family is helpful for tummy troubles and the smell of mint helps increase attention. Great for tea, soda, honey, snipped into salads or added to chocolate-y baked goods.

**Pine, Spruce, Fir, or Hemlock Trees (*Pinus* spp, *Picea* spp, *Abies* spp, *Tsuga Canadensis*)** ~ These common wild trees are distinctive year-round and easily identified by children. The needles contain some vitamin C and their aromatic properties help warm the lungs to help with colds and coughs. An herbal steam helps clear the sinuses. Great "camp tea" during the winter, herbal honey, or steam. The branches make garland and wreathes.

**Cinnamon (*Cinnamomum spp*)** ~ Most children love the spicy sweet taste of cinnamon. The herb can be helpful in blends for colds and flu or mixed with apple sauce for diarrhea. Use cinnamon sticks or "chips" to simmer in tea-let the kids see how sweet it gets if you let it sit for an hour or more. Drink the tea with meals, use it to make oatmeal or herbal soda. Cinnamon also makes a delicious herbal honey.

**Dandelion (*Taraxacum officinale*)** ~ Almost everyone has dandelions in the front yard! The root is used as a liver and digestive tonic and the leaves as a diuretic. However, children will enjoy the edible nature of this common weed. Harvest the bitter spring leaves to add to salads, sautés, and stir fries. Dig, clean, chop, dry, and roast the root to make a coffee-like tea. Or simply let them connect the flowers into garlands that the children can wear while gardening or walking in the woods.

**Fennel (*Foeniculum vulgare*)** ~ This plant is sweet and licorice-y. It is used to ease tummy troubles and gas. The fresh bulb and leaves can be added to roasts, sautés and salads. The seeds can be added as a spice to dishes or tea. The fresh bulb and/or dry seed make delicious honey and herbal soda.

**Lemon Balm (*Melissa officinalis*)** ~ Lemon balm may be a member of the mint family, but it smells quite lemony. The herb is helpful to uplift the mood, calm the nerves, improve digestion, and possibly help fight viruses including herpes (responsible for cold sores and chicken pox). On its own, it's slightly bitter, but it's nicely lightened by the minty mints as well as other lemony herbs including lemon thyme, lemon grass, and lemon verbena for tea and soda. Also consider it for herbal baked goods and honey. 30

So Sunday night my 11 year old comes home from a weekend with his dad. He looked sick and said he felt awful. So to bed he went the first night. The next day he too was miserable and so of course, I insisted he let me do the ginger and garlic with him to help him at least feel better. After I administered all the herbs, I had to leave to take Olivia to her class. Jonathan had been laying around under a blanket when I left. After dropping off Olivia and running by the grocery to pick up an organic chicken breast for some homemade soup, I arrived home to find my son up and happy. He asked me if he could go outside...lol Your medicine worked mom, he said. Well, of course he still needed to rest and keep up the immune building so I have him on Echinacea several times a day now, and have him doing ginger again today.

Ginger is a warming herb and pushes through cold. It increases circulation and causes sweating. Ginger taken before the garlic helps digestion prepare for this potent remedy and since the circulation is moving gets the medicinal components through the body much quicker.

Garlic is a detoxifier and aids In respiratory disorders. If you are coughing due to bacteria type infection, garlic might clear that up quickly for you. Both ginger and garlic are expectorant to help move out that stuck mucus from your lungs. When I was sick, I did have lung issues. Jonathan did not have any lung issues with his cold, yet this remedy turned us around quickly in both our situations.

**Song of the Seven Herbs' by  
Walking Night Bear & Stan Padilla  
reviewed by Physick**

In this slim but wonderful book, children are introduced to seven common Herbs by way of stories "inspired by Native American tradition." These beautifully written stories include symbolism commonly associated with land-based cultures: Sun, Moon, Rain, Wind, Earth, etc. Additionally, themes (such as Survival, Circle of Life, or Balance for example) provide the situation in which the Creator gives the people a plant to help them.

In "The Plant of Gold," the Creator of Good Things teaches the people to be thankful and respectful by instilling Stinging Nettle (*Urtica dioica*) with the power to burn.

After their water supply is poisoned, an entire village grows weak and is on the verge of death. A young child notices the Star-light reflecting off the flowers of Yarrow (*Achillea millefolium*) and saves his people with the "Todzi-touege."

"Kosi, the Eagle, and the Mountain Lion," tells of a Medicine Man who makes a death-bed promise to continue to help the sick and wounded after he has passed. A few days after his burial the tribe discover Dandelion (*Taraxacum officinale*) growing on his grave.

**Herbs for Kids By Maria Noël Groves**

**Ginger (*Zingiber officinale*)** ~ The fresh root (technically a rhizome) helps sooth tummy troubles, increases circulation and helps to fight off colds. Dry powdered ginger can also be used. It makes great herbal honey, soda, bath, tea, cookies, and candy. Buy it at the grocery store or plant it in the garden.

**Burdock (*Arctium lappa, A. minor*)** ~ Children will love the large leaves, Velcro-like burrs, and difficult-to-dig root. The nutritive root is often used for spring cleansing and as a wild food. Harvest the wild root or purchase in the produce section, wash thoroughly, and slice up for stir fries, soup, and teas.

**Calendula (*Calendula officinalis*)** ~ Plant these bright yellow and orange flowers in the garden or purchase them dried in the store. They are a source of carrot-y carotenoids, are slightly antimicrobial, and topically can help with rashes and itchy skin. Add fresh petals to salad and other recipes. Simmer fresh or dried flowers in soup stock. Use the flowers to make an herbal oil.

**Catnip (*Nepeta cataria*)** ~ Catnip is a prolific garden plant that both children and cats will enjoy. For children, the slightly bitter tea can help with digestion, fevers, and to calm the nerves. Use it for tea or dry the herb and make cat toys with it.

**Chamomile (*Matricaria recutita*)** ~ This flower self-sews readily in the garden and smells like pineapple when crushed between the fingers. It is a classic children's herb for teething, to calm, and for poor digestion. It blends well with mints, ginger, and/or fennel. Consider it for tea, honey. Children may want to take a nap in a "bed" of chamomile. (Caution: It may aggravate seasonal allergies in some people.) Con't...29



Blend the herbs in a mortar and grind with a pestle. Spoon into Press & Brew teabags or reusable muslin bags and store in glass jars or plastic bags. Label the tea with the child's name, the chosen name for the tea blend, and ingredients. Tasty, interesting herbs include cinnamon, ginger, rosehips, rose petals, chamomile, mints, nettle, lemon balm, licorice, anise hyssop, and fennel seeds.

**Herbal Soda** ~ Simmer roots, seeds, and barks or steep flowers and leaves for 15-30 minutes. Strain and stir in sugar, agave nectar, honey, or maple syrup to taste. Let cool (or add ice) and pour in carbonated water. This works well with cinnamon, anise, star-anise, anise hyssop, mint, lemony herbs (lemon balm, verbena, thyme), and ginger.

**Herbal Vinegar** ~ Place 1 cup of fresh, chopped garden herbs in a pint jar and cover with apple cider or distilled white vinegar. Let sit for two to four weeks, strain, and use for marinades, salad dressings or as a non-alcoholic "tincture" for medicine. Good culinary herbs for vinegar include chives, chive blossoms, garlic, onions, hot peppers, rosemary, tarragon, lemon thyme and basil.

**Free Time!** ~ Don't forget to allow children some unstructured time in the garden or forest. "I have (my Nature & Spirit Camp) all scheduled in my head, but the time they like best is the free time to play in the brook, catch frogs, and find snakes," says Nancy Phillips, author of *The Herbalist's Way* (Chelsea Green, 2005) who runs the Nature and Spirit Camp in northern New Hampshire. Once children learn the wonders of nature, the time they choose to spend in it can become the most valuable.

"The Secret of Tomuni" recounts of when the Spirit that resides inside a piece of Amethyst asks to see the world outside of the cave, the Great Spirit takes it to the forest and transforms it to a Violet (*Viola spp.*).

In "The Flowers from the Sky" a displaced tribe is starving as they wander through an unknown land. Their body and spirits are weak until an Eagle shows them the magic of Chicory (*Cichorium intybus*)

"Moonflower" is the name of a young woman who, along with her best friend - a Bear - found herself caught in a Snow storm. She was able to avoid starvation after discovering the iron and vitamin c rich Wild Rose (*Rosa spp.*).

After a long spell of darkness and rain the Sun shown her "Bright Light" through the cloud cover until it reached the ground below, at which time a Sunflower (*Helianthusannus*) sprang forth.

Although 'Song of the Seven Herbs' is no longer in print, used copies abound - some for as little as a dollar or two. Well worth it for helping the next generation get to know our powerful allies among the plant world. Highly recommended!

**A Child's World**  
**Enjoy Herbal Activities with Children**  
**By Maria Noël Groves**

Our nation's children rarely spend any time outside—let alone learning about useful and medicinal herbs. However, it need not be this way. With just a little inspiration, parents, grandparents, teachers, and program directors can lead children back out into the gardens, forests and meadows. You don't have to be an experienced herbalist to take on these projects—together adults and children alike will awaken their senses and appreciation for the healing plants around them.

Make sure to discuss poisonous plants with children, says Brigitte Mars, the herbalist and author who co-runs the Herb Camp for Kids (currently on hiatus) with her daughter in Boulder, Colorado. Focus on safe, edible plants during activities, but let them know that not all plants are safe to eat or touch. You may want to show them plants like poison ivy and digitalis to impress the point, or simply tell them not to eat anything without first checking with an adult.

**Herbal Scavenger Hunt** ~ Make a list of five to ten herbs and plant parts (acorns, peppermint leaves, pine needles or pine cones, red clover, plantain, dandelion...). Provide pictures, photos, or samples of each item. Let the children search and see how many they can find.

**See Without Seeing** ~ Blindfold the children or have them close their eyes. Sit in a circle and pass around different herbs. Have them describe the herb, prompt them with questions. How does this herb smell? Rub the leaves, smell again.

Take a nibble—how does it taste? Does it remind them of any foods they know? How does the herb feel against the skin? Smooth? Rough? Furry? Imagine how it would feel as medicine—do you think it would lift your mood? Help with a cold? Etc. Then they can open their eyes and meet the herbs and learn a little information about them. Focus on just a few herbs such as the mints, lemon balm, anise hyssop, lavender, chamomile, rosemary, wood sorrel, licorice root, fennel seeds, or rose petals. Once children have learned herbs, you can do the activity to see if they can guess what an herb is without seeing it.

**Harvest A Salad with Flowers** ~ Let the children harvest lettuce, arugula, baby spinach, borage flowers, calendula flowers, rose petals and nasturtium flowers from the garden. They may add wild clover flowers and leaves of lamb's quarters, dandelion and pigweed to the salad. If they've made an herbal vinegar, they can use that in the dressing.

**Make a Sun Tea** ~ Harvest fresh herbs from the garden and put several handfuls of the herbs into a quart mason jar, cover with hot water, add honey, fresh lemons or other fruits, and let sit in the sun for at least one hour. (Dried herbs, approximately 3 tablespoons or 4 teabags, can be substituted for fresh ones.) Strain into glasses over ice and enjoy! This works well with mint, lemon balm, lemon thyme, tarragon, anise-hyssop, chamomile, rose petals, fennel, and/or licorice.

**The Art of Tea Blending** ~ Purchase dried loose herbs or let the kids harvest their own (put branches in a paper bag in a warm, sunny car for two days, then pull dried leaves and flowers off the stem). Put out a few bowls of dried herbs and let the children smell and nibble them, then choose a few to make their own tea. Con't...