

# IMPORTANT INFO FOR PRINTING

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These pages are designed to be printed on 11" x 17" paper.

Name	FRUITS/SEEDS			FLOWERS			LEAVES/AERIAL PARTS			TWIGS			ROOTS/TUBERS			BARK			Parts Used
	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	
<b>alfalfa</b> <i>Medicago sativa</i>																			airial parts
<b>angelica</b> <i>Angelica archangelica</i>																			roots
<b>arnica</b> <i>Arnica montana</i>																			flowers
<b>ashwaganda</b> <i>Withania somnifera</i>																			roots
<b>bayberry</b> <i>Myrica cerifera</i>																			root bark, berries harvested for candle wax
<b>bee balm</b> <i>Monarda</i>																			airial parts
<b>black cohosh</b> <i>Actaea racemosa</i>																			roots
<b>black currant</b> <i>Ribes nigrum</i>																			fruit
<b>bluebead lily</b> <i>Clintonia borealis</i>																			leaves, roots
<b>blueberry</b> <i>Vaccinium myrtilloides</i>																			leaves are medicinal, flowers and fruit edible
<b>boneset</b> <i>Eupatorium perfoliatum</i>																			airial parts
<b>bunchberry</b> <i>Cornus canadensis</i>																			leaves, fruits are edible, roots medicinal
<b>burdock</b> <i>Arctium lappa</i>																			roots
<b>butter and eggs</b> <i>Linaria vulgaris</i>																			airial lparts
<b>calendula</b> <i>Calendula officinalis</i>																			petals or whole flowers
<b>catnip</b> <i>Nepeta cataria</i>																			airial parts
<b>cattail</b> <i>Typha</i>																			tubers
<b>chickweed</b> <i>Stellaria media</i>																			airial parts
<b>cinquefoil</b> <i>Potentilla</i>																			airial parts
<b>cleavers</b> <i>Galium aparine</i>																			airial parts
<b>coltsfoot</b> <i>Tussilago farfara</i>																			flowers in early spring, leaves in summer
<b>comfrey</b> <i>Symphytum officinale</i>																			leaves, roots
<b>common barberry</b> <i>Berberis vulgaris</i>																			roots for medicine, berries edible
<b>couchgrass</b> <i>Elymus repens</i>																			airial parts
<b>curled dock</b> <i>Rumex crispus</i>																			spring leaves for salad, roots for medicine, seeds edible
<b>dandelion</b> <i>Taraxacum officinale</i>																			leaves & flowers edible, roots for medicine
<b>dill</b> <i>Anethum graveolens</i>																			airial parts
<b>echinacea</b> <i>Echinacea purpurea</i>																			airial parts, roots
<b>elder</b> <i>Sambucus nigra</i>																			flowers edible, fruit medicinal
<b>elecampane</b> <i>Inula helenium</i>																			roots
<b>evening primrose</b> <i>Oenothera biennis</i>																			bark, leaves, seeds edible
<b>eyebright</b> <i>Euphrasia officinalis</i>																			airial parts
<b>false lily of the valley</b> <i>Maianthemum dilatatum, M. canadense</i>																			leaves, berries edible
<b>fennel</b> <i>Foeniculum vulgare</i>																			airial parts
<b>feverfew</b> <i>Tanacetum parthenium</i>																			airial parts
<b>fireweed</b> <i>Chamaenerion angustifolium</i>																			airial parts
<b>flax</b> <i>Linum usitatissimum</i>																			seeds
<b>garlic</b> <i>Allium sativum</i>																			bulb
<b>german chamomile</b> <i>Matricaria chamomilla</i>																			airial parts
<b>ginkgo biloba</b> <i>Ginkgo biloba</i>																			leaves
<b>goldenrod</b> <i>Solidago canadensis</i>																			airial parts
<b>goldthread</b> <i>Coptis trifolia</i>																			roots
<b>ground ivy</b> <i>Glechoma hederacea</i>																			airial parts
<b>hawthorn</b> <i>Crataegus spp.</i>																			leaves and flowers in spring, fruit
<b>highbush cranberry</b> <i>Viburnum trilobum,</i>																			fruit
<b>hop</b> <i>Humulus lupulus</i>																			flower
<b>horehound</b> <i>Marrubium vulgare</i>																			airial parts
<b>horse chestnut</b> <i>Aesculus hippocastanum</i>																			nuts
<b>horse radish</b> <i>Amoracia rusticana</i>																			roots
<b>horsetail</b> <i>Equisetum arvense</i>																			airial parts
<b>huckleberry</b> <i>Gaylussacia baccata</i>																			fruit
<b>hydrangea</b> <i>Hydrangea macrophylla</i>																			roots
<b>hyssop</b> <i>Hyssopus officinalis</i>																			airial parts

FRUITS/SEEDS	FLOWERS	LEAVES/AERIAL PARTS					TWIGS					ROOTS/TUBERS	BARK
Name	J	F	M	A	M	J	J	A	S	O	N	D	Harvest Notes
<b>jewelweed</b> <i>Impatiens capensis</i>													aerial parts
<b>juniper</b> <i>Juniperus communis</i>													fruit
<b>knotweed</b> <i>Fallopia japonica</i>													young shoots edible, roots for medicine
<b>Labrador tea</b> <i>Ledum groenlandicum</i>													leaves
<b>lady's mantle</b> <i>Alchemilla vulgaris</i>													leaves
<b>lavender</b> <i>Lavandula</i>													flowers
<b>lemon balm</b> <i>Melissa officinalis</i>													aerial parts
<b>linden</b> <i>Tilia europa</i>													flowers and leaf bracts
<b>lovage</b> <i>Levisticum officinale</i>													aerial parts
<b>lungwort</b> <i>Pulmonaria officinalis</i>													leaves
<b>marjoram</b> <i>Origanum majorana</i>													aerial parts
<b>marshmallow</b> <i>Althea officinalis</i>													spring leaves edible, roots
<b>mayflower</b> <i>Epigea ripens</i>													leaves, flowers edible
<b>meadowsweet</b> <i>Filipendula ulmaria</i>													leaves
<b>milkthistle</b> <i>Silybum marianum</i>													seeds
<b>mint</b> <i>Mentha spp.</i>													aerial parts
<b>motherwort</b> <i>Leonurus cardiaca</i>													aerial parts
<b>mugwort</b> <i>Artemisia vulgaris</i>													aerial parts
<b>mullein</b> <i>Verbascum</i>													leaves, flowers
<b>nettle</b> <i>Urtica dioica</i>													leaves
<b>oats</b> <i>Avena sativa</i>													immature seeds, stems
<b>partridgeberry</b> <i>Mitchella repens</i>													leaves
<b>pearly everlasting</b> <i>Anaphalis margaritacea</i>													aerial parts
<b>pineapple weed</b> <i>Matricaria discoidea</i>													aerial parts
<b>plantain</b> <i>Plantago lanceolata</i>													aerial parts
<b>purple loosestrife</b> <i>Lythrum salicaria</i>													leaves
<b>Queen Anne's Lace</b> <i>Daucus carota</i>													seeds, roots
<b>raspberry</b> <i>Rubus idaeus</i>													leaves, fruit edible
<b>rattlesnake root</b> <i>Nabalus altissimus</i>													roots
<b>red clover</b> <i>Trifolium pratense</i>													flower and top leaves around the flower
<b>red poppy</b> <i>Papaver rhoeas</i>													aerial parts
<b>roman chamomile</b> <i>Chamaemelum nobile</i>													aerial parts
<b>rose</b> <i>Rosa spp.</i>													flower, fruit (hips)
<b>rosemary</b> <i>Rosmarinus officinalis</i>													leaves
<b>rue</b> <i>Ruta graveolens</i>													aerial parts
<b>sage</b> <i>Salvia officinalis</i>													leaves
<b>self-heal</b> <i>Prunella vulgaris</i>													aerial parts
<b>shepherd's purse</b> <i>Capsella bursa-pastoris</i>													seeds and leaves
<b>skullcap</b> <i>Scutellaria</i>													aerial parts
<b>Solomon's seal</b> <i>Polygonatum</i>													roots
<b>sorrel</b> <i>Rumex acetosa</i>													aerial parts
<b>St. John's wort</b> <i>Hypericum perforatum</i>													aerial parts
<b>sumac</b> <i>Rhus typhins</i>													leaves, fruit, bark
<b>sweet clover</b> <i>Melilotus officinalis</i>													aerial parts
<b>sweet fern</b> <i>Comptonia peregrina</i>													leaves
<b>sweet grass</b> <i>Hierochloe odorata</i>													leaves
<b>sweet violet</b> <i>Viola odorata</i>													leaves, flowers edible
<b>sweet woodruff</b> <i>Galium odoratum</i>													aerial parts
<b>tansy</b> <i>Tanacetum vulgare</i>													leaves, flowers
<b>teasel</b> <i>Dipsacus fullonum</i>													roots
<b>thyme</b> <i>Thymus vulgaris</i>													aerial parts
<b>uva ursi</b> <i>Arctostaphylos uva-ursi</i>													leaves
<b>vervain</b> <i>Verbena officinalis</i>													leaves
<b>wild sarsparilla</b> <i>Aralia nudicaulis</i>													roots
<b>wild strawberry</b> <i>Fragaria virginiana</i>													roots, fruit edible, leaves medicinal
<b>wintergreen</b> <i>Gaultheria procumbens</i>													leaves
<b>witch hazel</b> <i>Hamamelis virginiana</i>													bark
<b>wormwood</b> <i>Artemisia absinthium</i>													aerial parts
<b>yarrow</b> <i>Achillea millefolium</i>													aerial parts