

Helpful Wild Plants Calendar

Muirhouse



PLEASE FORAGE SUSTAINABLY FOLLOWING THESE RULES:

- *Seek permission
- *Know what you're picking
- *Only collect from plentiful populations
- *Leave plenty behind
- *Do not collect rare species
- *Minimise damage
- *Respect Wild Plants Law & Woodland Trust foraging guide

CENTIPEDE WILD WALKS 2019 IN PARTNERSHIP WITH GRASS ROOTS REMEDIES AND ANNA CANNING

2019

North
Edinburgh

CENTIPEDE PROJECT

started in 2012, with a vision to bring the community of North Edinburgh together through engaging, creative events. It is a partnership between North Edinburgh Arts and the Old Kirk and Muirhouse (OKAM) and worked with local communities to enhance the natural and outdoor environments of Muirhouse before housing redevelopment commenced in 2018. Since then Centipede Project has focussed on the garden and orchard at the OKAM, running weekly gardening clubs for children, and the Wild Walks for families and adults.

WILD PLANTS AND THE LAW:

A list of these can be found on Schedule 8 of the Wildlife and Countryside Act (1981).

Please refer to the Woodland Trust foraging guide:

<https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/foraging/foraging-guidelines/>

Foraging Wild Walks

Centipede Project in partnership with Grass Roots Remedies and Anna Canning is proud to present this booklet to anyone who would like to use it.



January..... Birch Bark Ointment
February..... Cleavers Infusion
March..... Wild Spring Greens Pesto
April..... Nettle Infusion
May..... Elderflower Cordial
June..... Plantain Cream
July..... Nettle Seed Salt
August..... Bramble Vinegar
September..... Elderberry Syrup
October..... Raw Rosehip Honey
November..... Forest Scots Pine Needle Chai
December..... Dandelion and Burdock

January

Gypsy Brae



HARVESTING:

Harvest the Birch bark by pruning small branches to remove the bark and not by cutting the main trunk of the tree. Then you can peel off the fresh green bark from the branches with your fingers, a vegetable peeler, or even by gently bashing the branch with a hammer till the bark falls off.

<https://ndnr.com/botanical-medicine/the-medicine-of-the-birch-tree-beyond-depurative/>

Birch Bark Ointment

WOUND HEALING & RELIEVING ACHES & PAINS



BASIC INSTRUCTIONS:

The basic principle of ointment making, is to infuse your chosen oil with herbs, and then to add some beeswax to the hot oil to firm up the mixture.

BIRCH BARK OINTMENT RECIPE:

<https://www.grassrootsremedies.co.uk/wp-content/uploads/2014/07/Herbal-Ointments-June-14.pdf>

METHOD:

- 1) Pour several inches of warm water in the bottom of a big pan.
- 2) Add your chosen, chopped up herbs to a sturdy glass bowl or jar and cover them liberally with oil.
- 3) Put the jar in the water pan to make a double boiler/bain marie.
- 4) Allow the water to simmer gently for up to an hour and a half.
- 5) Strain the spent herbs out of the oil and return oil to a clean jar.
- 6) At this stage you can repeat with fresh herbs for another hour and a half if you wish.
- 7) Return your infused oil after straining to the ban marie and rewarm.
- 8) Add shaved beeswax to the infused oil - one part wax to ten parts oil e.g. 25g wax per 250ml oil.
- 9) Allow the beeswax to melt into the oil, and then give it a stir.
- 10) You can drop a small amount of the mixture onto a plate to judge the finished consistency.
- 11) Pour the mixture into glass storage jars.
- 12) Allow to cool, and label.

February

Old Kirk &
Muirhouse Church
Garden



Cleavers Infusion

A TRADITIONAL SPRING TONIC WHICH SUPPORTS THE LYMPHATIC SYSTEM



INSTRUCTIONS:

- 1) Harvest handful of Cleavers leaves.
- 2) Chop them up, place in a mug or bowl and cover with boiling water to make a strong tea.
- 3) Infuse for 15 minutes, and allow it to cool.



March

River Almond Cramond



1 SMALL JAR OF PESTO:

- 2 to 3 cloves of garlic
- 3 cups of wild greens of your choice
about 1 small bunch
- 80g nuts or seeds of your choice
- 2 tbsp lemon juice

- Sea salt / ground pepper to taste
- 60ml of olive oil

A mortar and pestle, knives, chopping boards,
or a food processor

Wild Spring Greens Pesto

DELICIOUS & NUTRIENT PACKED

BE EXTRA CAUTIOUS WITH THESE NOT TO CONFUSE THEM!



Sweet Cicely
(Caution: looks like other members of the Carrot family that are poisonous)



Few Flowered Leek
(Caution: not to confuse with spring bulbs like Snowdrops, Bluebells)



Garlic Mustard

INSTRUCTIONS:

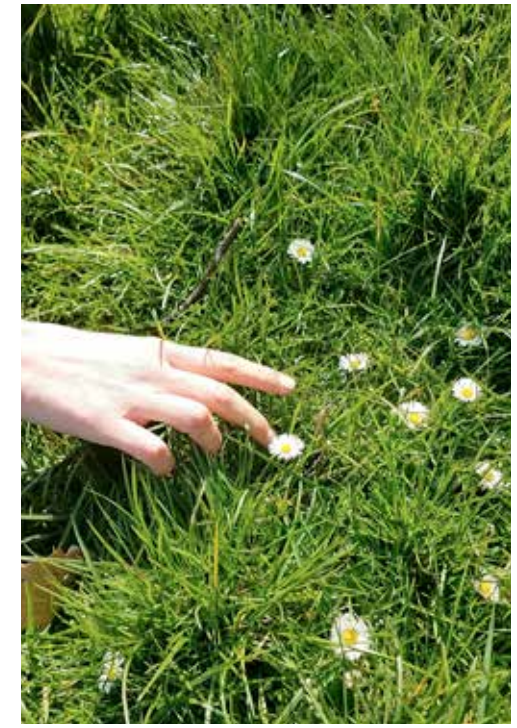
- 1) Peel and finely chop the garlic cloves
- 2) Mince the garlic in your mortar and pestle or food processor.
- 3) Add the greens, nuts and seeds, lemon juice, salt and pepper and process until the pesto reaches your desired consistency.
- 4) Taste and then add more lemon, salt or pepper as necessary
- 5) Store in a jar in the fridge or eat straight away!

Some examples of great herbs to include are:

Wild Garlic, Ground Elder, Dandelion Leaves, Chickweed and Stickywilly/Cleavers

April

Millenium
Park



TO MAKE A TONIC:

50gms dried nettle leaves

Dandelions and Daisies can also be added in (30 gms)

1 litre boiling water

Nettle Infusion

ANTI-CATARRHAL SPRING ENERGISER

BENEFITS:

Nettle leaves have an old reputation as a pot herb and can be included in many dishes as a spinach substitute. They were often part of traditional kail in Scotland a vegetable soup eaten as the main meal of the day. Nettles are a free & complete natural vitamin & mineral supplement: high in protein, vitamin C, vitamin A, vitamin K, and Calcium with levels far outstripping many of our common vegetables.

INSTRUCTIONS:

1. Place nettle leaves in a large saucepan or jar, then cover with boiling water. Put on a lid and let sit overnight (or at least 4-6 hours).
2. The next morning, strain through a fine-mesh sieve, discard the leaves (place in the compost), and keep the precious liquid. This infusion should be consumed within 24 hours. Keep in the fridge.



May

North Edinburgh Cycle Path

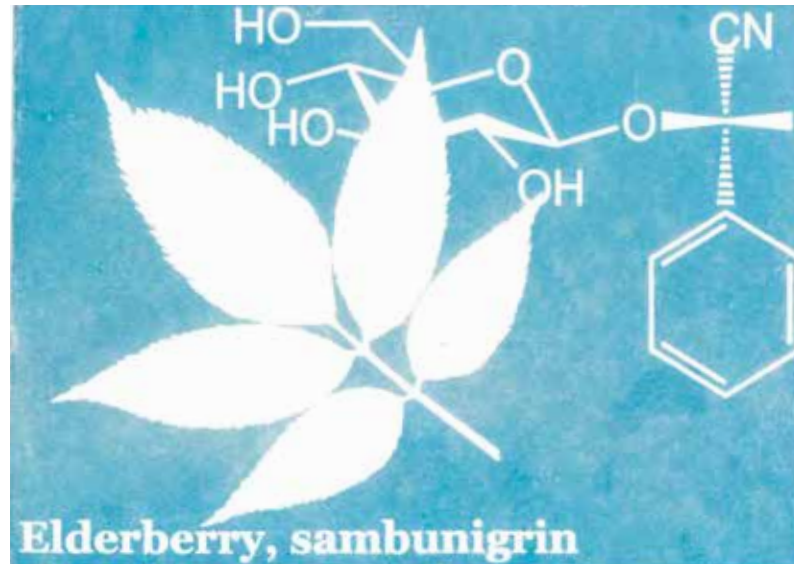


BENEFITS:

Elderflowers can help to lessen the symptoms of colds, flus and coughs. They are also anti-inflammatory so can ease aches, pain and fever.

Elderflower Cordial

IMMUNE SYSTEM BOOSTING & ANTI-CATARRHAL



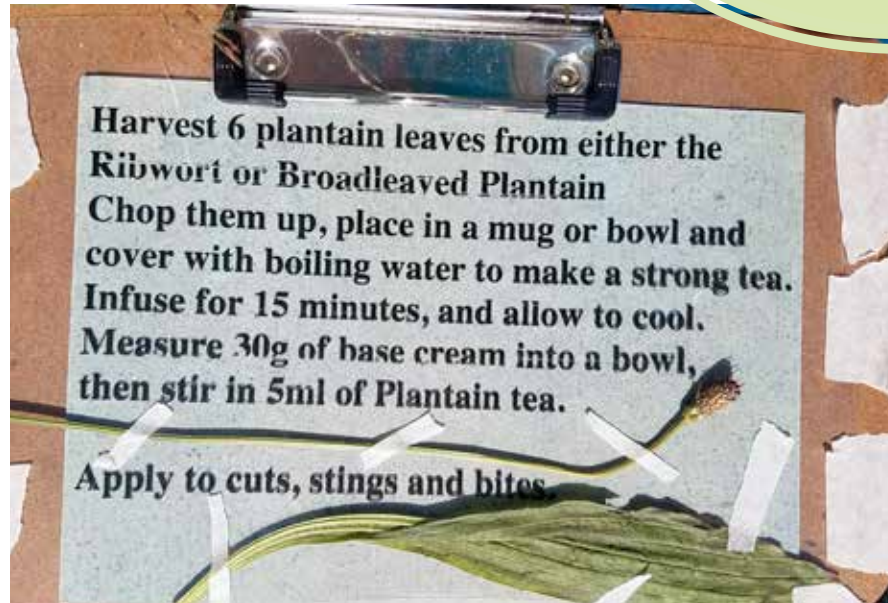
ELDERFLOWER CORDIAL RECIPE:

25 Elderflower heads
3 lemons- juice and zest
1 orange
Pot of honey

Take off flowers with fork. Cover flowers with water, boil and leave to cool. Strain out the flowers with sieve and discard. Once the infusion is cold add in lemon juice and honey. Stir in well. Dilute to drink.

June

Old Kirk &
Muirhouse Church
Garden



PLANTAIN MONOGRAPH:

<https://www.grassrootsremedies.co.uk/2013/07/05/herb-profile-plantain/>

Plantain Cream

HEALING WOUNDS, RELIEVING BITES & STINGS

INSTRUCTIONS:

- 1) Harvest 6 plantain leaves from either the Ribwort or Broadleaved Plantain.
- 2) Chop them up, place in a mug or and cover with boiling water to make a strong tea.
- 3) Infuse for 15 minutes, and allow it to cool.
- 4) Measure 30g of base cream into a bowl, then stir in 5ml of Plantain tea.
- 5) Apply to cuts, stings and bites.

In the Highlands of Scotland Plantain is called 'Slan-Lus'
– the plant of healing, for its great reputation as a wound healer.



July

Silverknowes
Woods



Nettle Seed Salt

Nettles have a mildly salty taste, therefore you don't have to add salt if you don't want to. The recipe below adds Cayenne pepper, but you could add any spices that take your fancy.

RECIPE:

1 cup of nettle seed

1/4 cup of salt.

A pinch of cayenne

Put everything in the blender until you have a uniform powder. Done.

OTHER NETTLE PROPERTIES:

NATURAL ANTIHISTAMINE / MULTI VITAMIN / EASY TO ABSORB /
MEDICALLY KNOWN AS A BLOOD BUILDER / HELPS BODY TO GET RID OF
METABOLIC BUILD UP VIA KIDNEYS / HELPFUL TO GARDEN AS IT CAN BE A NATURAL COMPOST



August

North Edinburgh Cycle Path



“Time to pick the delicious fruit appearing everywhere in the hedgerows and especially on cycle paths now.”

Bramble Vinegar



RECIPE:

- 1) Fill a clean jar with brambles
- 2) Cover them completely with apple Cider Vinegar
- 3) Leave to infuse for 2-4 weeks
- 4) Strain the brambles out
- 5) Add your brambles vinegar to hot water, salads, cooked veg or icecream!

September

Old Kirk &
Muirhouse Church
Garden



“Elderberries are excellent for using to make a syrup
to ward off or treat respiratory illness”

For full recipe go to: <https://www.grassrootsremedies.co.uk/resources>

Elderberry Syrup

Elderberry Syrup

12 sprigs of Elderberries,
1 jar of the best Honey you can afford.

1. Using fork pull them off stem.
 2. Put in pan with enough water to cover.
Add cinnamon, ginger, cloves, nutmeg if desired.
 3. Boil up with little water in large pan for 20 mins.
 4. Once COOL, strain and squeeze through muslin cloth wearing rubber gloves.
 5. Add whole jar of honey, and decant into sterilised Kilner jars or bottles.
- Should keep in fridge for one year if properly sterilised.
Take 2/3 tsps per day when with cough or cold



October

North Edinburgh
Cycle Path



Rosehips ward off coughs and colds & generally promote health.
A rejuvenating syrup for speeding convalescence.

Raw Rosehip Syrup

A DELICIOUS IMMUNE BOOSTER



PRESERVATION:

This syrup should keep for up to a year, if stored in sterilised bottles in the fridge.

The high sugar content prevents bacterial growth.



Please see "GRASS ROOTS REMEDIES" site for full recipe:

<https://www.grassrootsremedies.co.uk/wp-content/uploads/2014/07/Raw-Rosehip-Syrup.pdf>

November

Gypsy Brae



The fir buds are rich in anti-inflammatories and disinfectants and are useful for chesty coughs and infections, and urinary infections.

Forest Scots Pine Needle Chai

FOR RESPIRATORY WELLNESS: WARDING OFF COUGHS & COLDS
OPENING THE CHEST & SINUSES

You simply pick around ten buds from the ends of the branches, and steep them in boiling water for 10-15 mins. Add in spices like cinnamon, ginger, cardamom, nutmeg, and star anise. Strain through a tea sieve and serve with honey to taste.

INGREDIENTS

- 1 cup Scots Pine needles or tips, dried or fresh
- 1 tbsp dried orange peel
- 1 tbsp cinnamon chips
- 1 tbsp green cardamom pods lightly crushed
- 1 tbsp star anise pods lightly crushed
- 1 tbsp dried ginger pieces
- 1/2 tsp black peppercorns lightly crushed
- Raw honey to taste (optional)



December

Almost
anywhere!



Dandelion and Burdock

FOR HEALTHY MUCOSA & SKIN
TO CLEAN THE LIVER, KIDNEYS & BLOOD,
HIGH IN POTASSIUM & MAGNESIUM

DANDELION AND BURDOCK TEA

The best time to pick dandelion roots (ask permission first!) is in autumn and winter when the plants draws down nutrients to store them in the roots. Tea from dandelion leaves or roots is good for the digestive system and for lowering blood pressure. It has essential minerals and vitamins and electrolyte minerals which help nerves function. We bought the dried burdock in a health food shop!

Pick dandelion roots, wash clean. Cut into small pieces and dry thoroughly in oven at 40C for one hour. Then roast on a baking tray in oven at 200C for 25-30 mins. Put in saucepan and boil. Simmer and cover for 20 mins with roasted burdock root if you have it. Strain and drink with milk to taste.



Please contact admin@northedinburgharts with CENTIPEDE in the title for a print out of the book, otherwise you can access it through Wild Walks page on: www.centipedeproject.wordpress.com

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