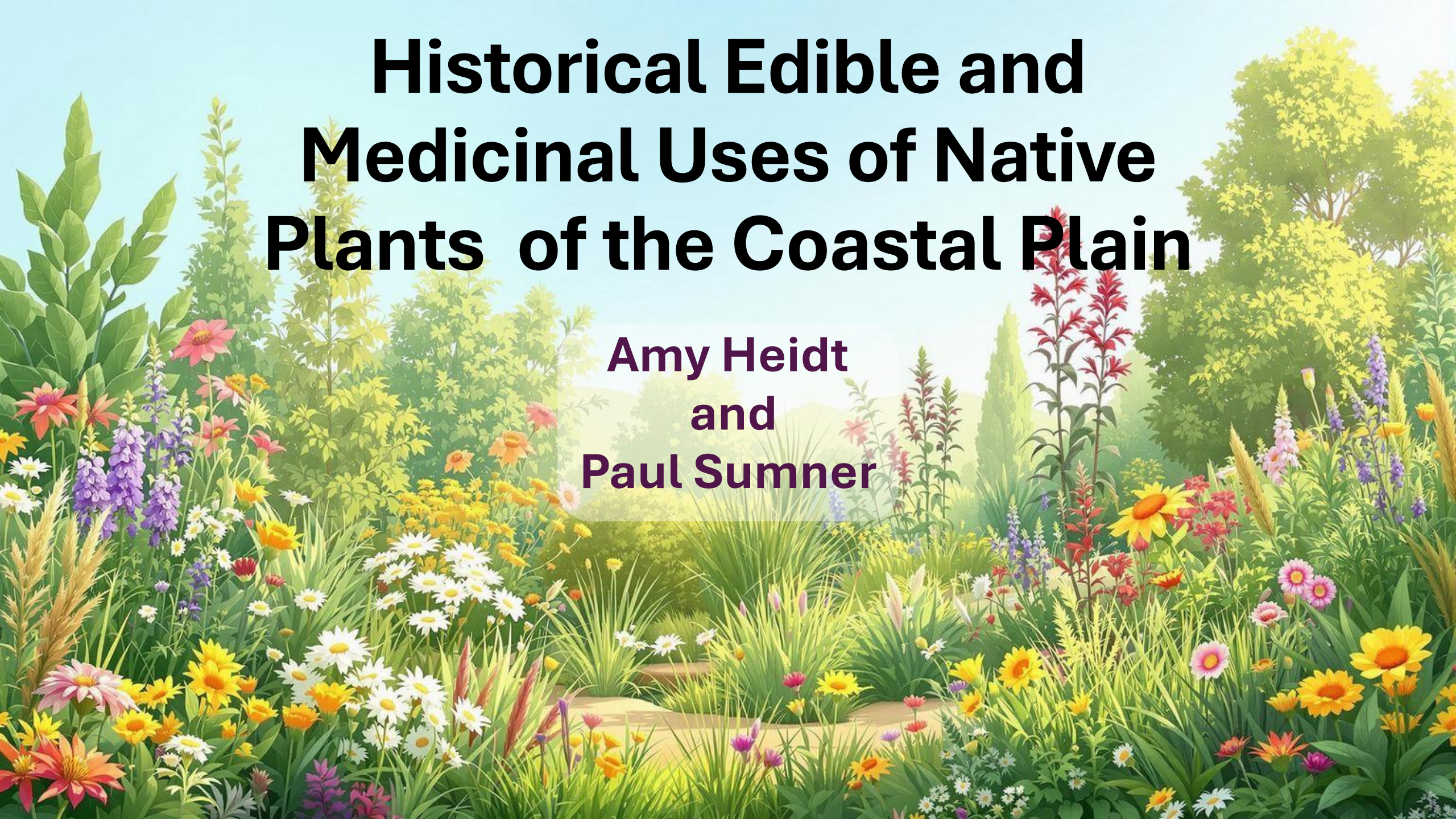


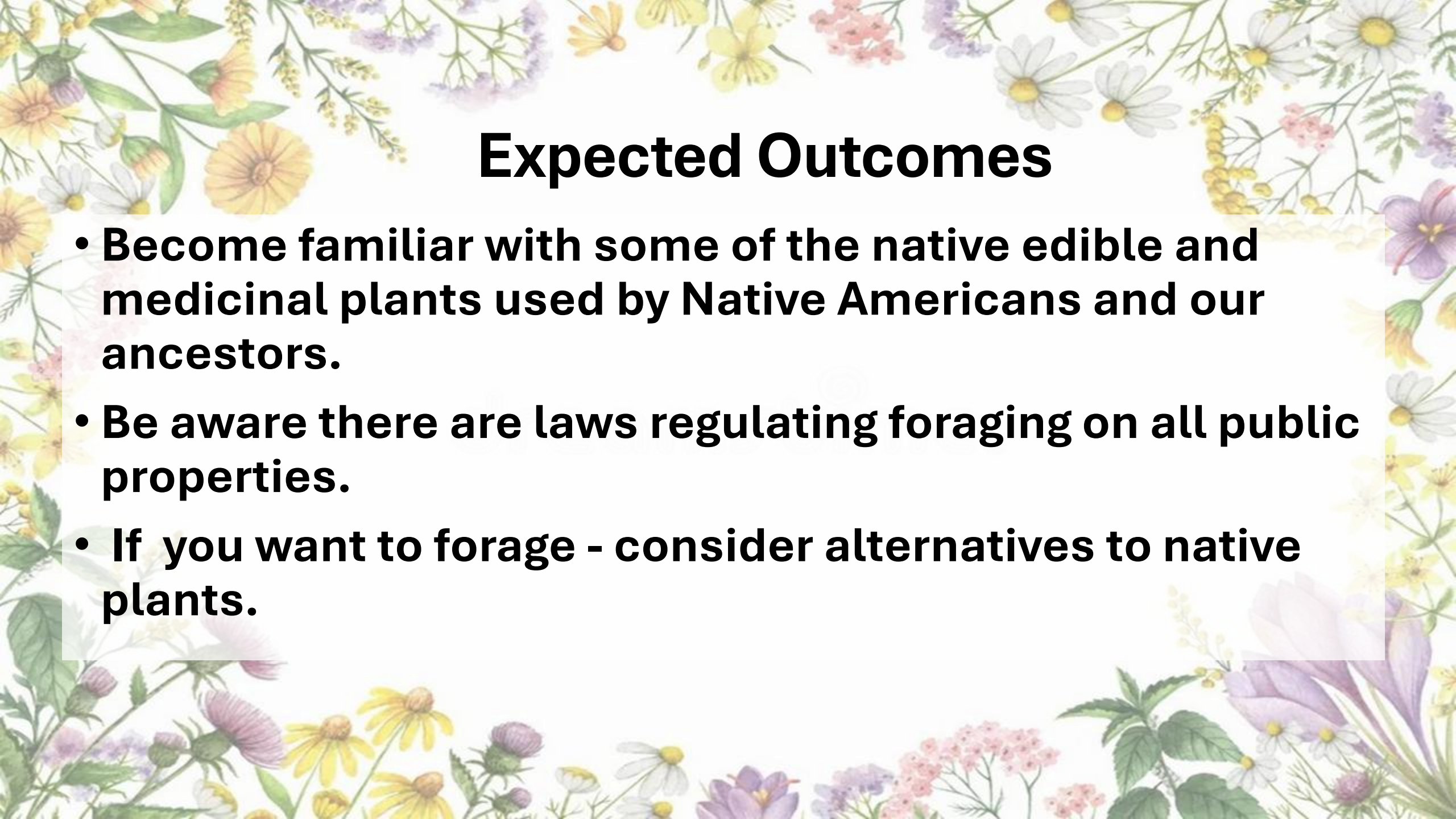
Historical Edible and Medicinal Uses of Native Plants of the Coastal Plain

Amy Heidt
and
Paul Sumner



Overview

- **This presentation will provide information about historical edible and medicinal uses of some native plants found in the Coastal Plain of Georgia.**
- **This is not an all-inclusive list of the possible plants and may not include all possible uses of the plants as food or medicine.**
- **DO NOT try any of the plants uses or remedies discussed here without thoroughly researching them and making sure they are safe.**
- **As members of GNPS and Director of Conservation for GNPS we do NOT condone foraging for native plants but do encourage you to grow any native plants you wish to grow for pollinators, wildlife food and shelter – or your own use.**

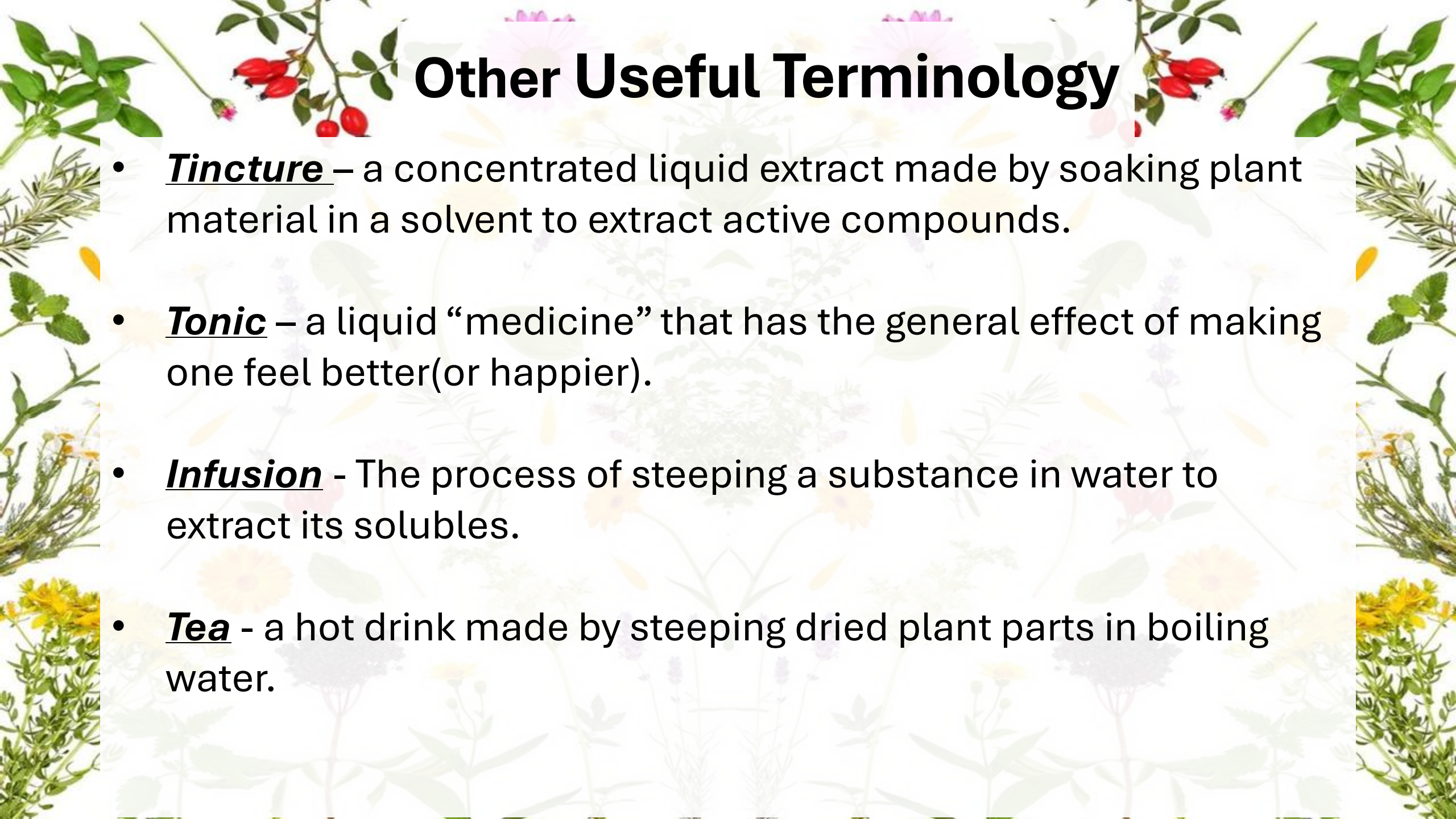


Expected Outcomes

- **Become familiar with some of the native edible and medicinal plants used by Native Americans and our ancestors.**
- **Be aware there are laws regulating foraging on all public properties.**
- **If you want to forage - consider alternatives to native plants.**

Key Terminology

- **Native plants**: are species that have grown naturally in an area, rather than being brought in by people.
- **Edible plants**: a plant that is suitable for human consumption and can be eaten raw or cooked.
- **Medicinal plants**: those plants capable of alleviating symptoms of or curing diseases.
- **Foraging**: searching, identifying, and gathering wild foods that grow naturally in an area.

A decorative border featuring various botanical elements like green leaves, red rosehips, yellow flowers, and purple lavender, framing the central text area.

Other Useful Terminology

- **Tincture** – a concentrated liquid extract made by soaking plant material in a solvent to extract active compounds.
- **Tonic** – a liquid “medicine” that has the general effect of making one feel better(or happier).
- **Infusion** - The process of steeping a substance in water to extract its solubles.
- **Tea** - a hot drink made by steeping dried plant parts in boiling water.

Elderberry

Sambucus nigra

Parts used include:

Berries

Flowers

Pollen

How used:

Teas

Wine

Flour Additive

Jams or Jellies

Pies

Soup



Passionflower

Passiflora incarnata

Parts used include:

Flowers

Fruits

How used:

Jellies, juices and desserts

Teas

Tinctures

Capsules





Black Willow

Salix nigra

Parts used:

Bark

Root scrapings

Crushed leaves

How used:

Extracted oils

Teas

Poultices

Decoctions

Infusions



Stinging Nettle
Urtica
chamaedryoides



Parts used:

Leaves

Stems

Roots

How used:

Teas

Infusions, tinctures

Topical applications

Greens

Flour

Soups



Hawthornes

Crataegus sp.

Parts used:

Fruit

Flowers

Leaves

How used:

Teas

Syrups

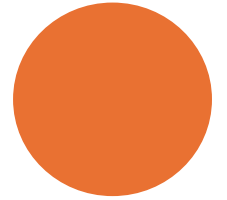
Mayhaw jelly

Jams

Cold drinks

Wine

Tinctures, Infusions, Powder



Black Cherry

Prunus serotina

Parts used:

Inner Bark

Berries

How used:

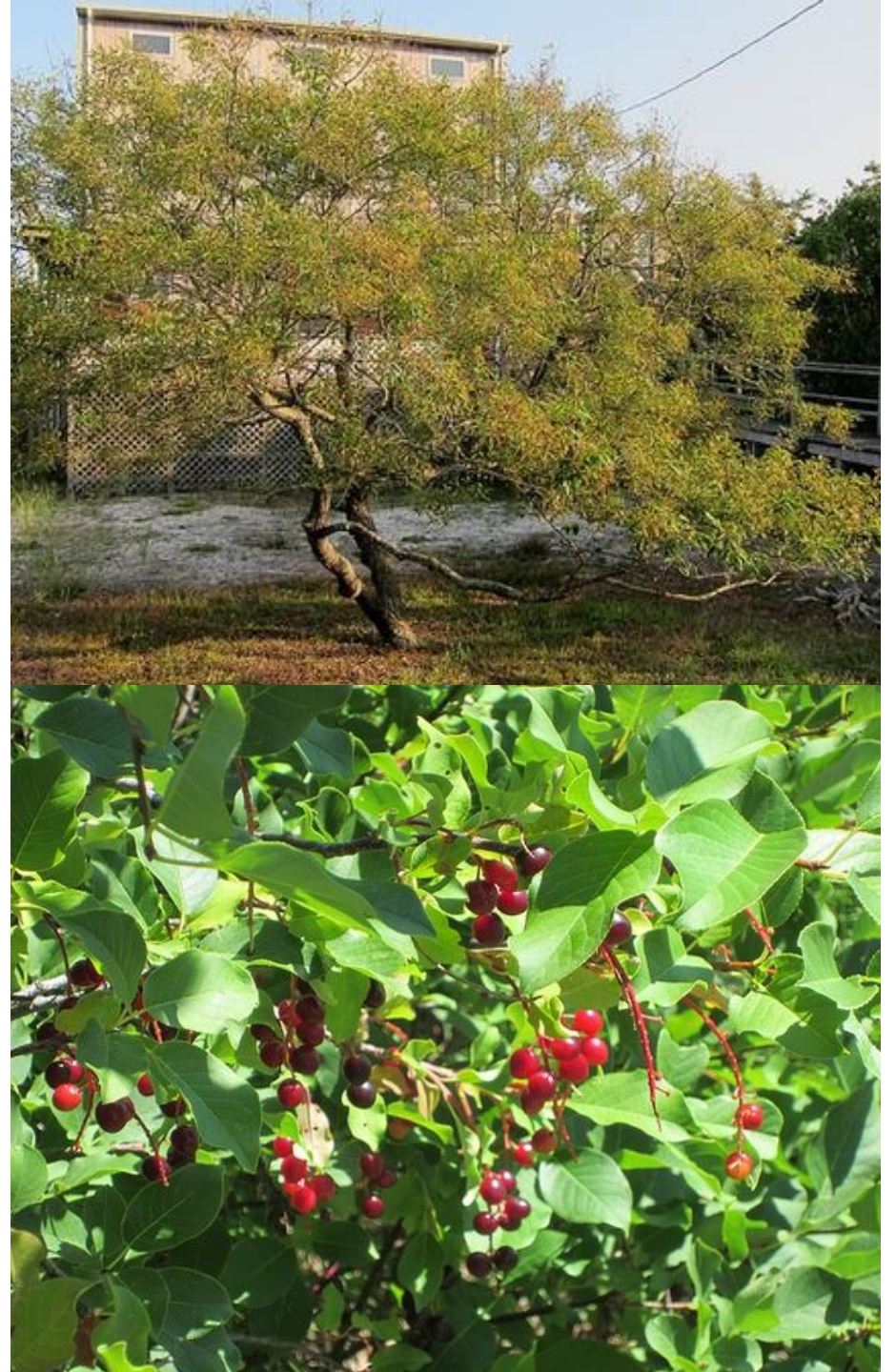
Dried bark

Tea

Syrup

Tincture

Powder



Yarrow

Achillea millefolium

Parts used:

Leaves

Flowers

Roots

How used:

Teas

Tinctures

Infused oils

Poultice

Capsules



American Persimmon

Diospyros virginiana

Parts used:

Fruit

Seeds

Bark

Leaves

How used:

Jams

Jellies

Coffee substitute

Wine



Southern Wax Myrtle

Morella cerifera

Parts used

Leaves

Berries

Bark

How used:

Medication

Seasoning

Candles

Soaps

Sealing wax



Saw Palmetto

Serenoa repens

Parts used:

Fronds

Fruits

How used:

Raw or Cooked

Hats

Fans

Baskets

Mats

Roofing



Black Walnut

Juglans nigra

Parts used:

Nuts

Sap

How used:

Raw or Cooked

Syrup



Pawpaw

Asimina triloba

Parts used:

Fruit

Leaves

How used:

Raw or cooked

Jellies

Pies

Ice cream



American Beautyberry

Callicarpa americana

Parts used:

Berries

Leaves

Roots

How used:

Drinks

Jellies

Tea

Tinctures and lotions



Wild Strawberry

Fragaria virginiana

Parts used:

Fruit

Leaves

How used:

Jams

Preserves

Pies

Ice cream

Tea



Wild Crabapple

Malus angustifolia

Parts used

Fruit

Wood

How used:

Jellies

Preserves

Cider

Utensils



Self-heal

Prunella vulgaris

Parts used:

Young stems and leaves – raw

Stems

Leaves

Roots

How used:

Salads

Cooked Greens

Poultices

Extracted juice for boils



Alan Cressler Photo

Narrow Leaf Sunflower

Helianthus angustifolius

Parts used:

Seeds

Leaves

Stems

Roots

How used:

Flour

Meal

Dyes

Poultices



Cutleaf Coneflower

Rudbeckia lacinata

Parts used:

The young leaves, shoots, and stems are all edible.

How used:

Raw\cooked

Teas from leaves

Young stems eaten like celery or dried for future use.



Horsemint, Spotted Bee Balm

Monarda punctata

Parts used:

Leaf

Flowers

How used:

Teas

Poultices

Tinctures

Garnish





Lemon Beebalm

Monarda citriodora

Parts used:

Leaves

Flowers

How used:

Teas

Salads

Flavoring in cooked foods

Fever Tree, Fever Bark, Georgia Bark

Pinkneya pubens

Parts used:

Bark

How used:

Tea

External concoction



Lyreleaf Sage

Salvia lyrata

Part used:

Areal parts

Roots

How used:

Gargle

Salves

Infusions

Fresh young leaves in salads





Cinnamon Fern

Osmundastrum
cinnamomeum

Parts used:

Fronds

Roots

How used:

Tonics

Compresses



Red Chokeberry

Aronia arbutifolia

Parts used:

Berries

Used as:

Juice

Jam

Jelly



Greenbriar *Smilax spp.*

Parts used:

Young stems

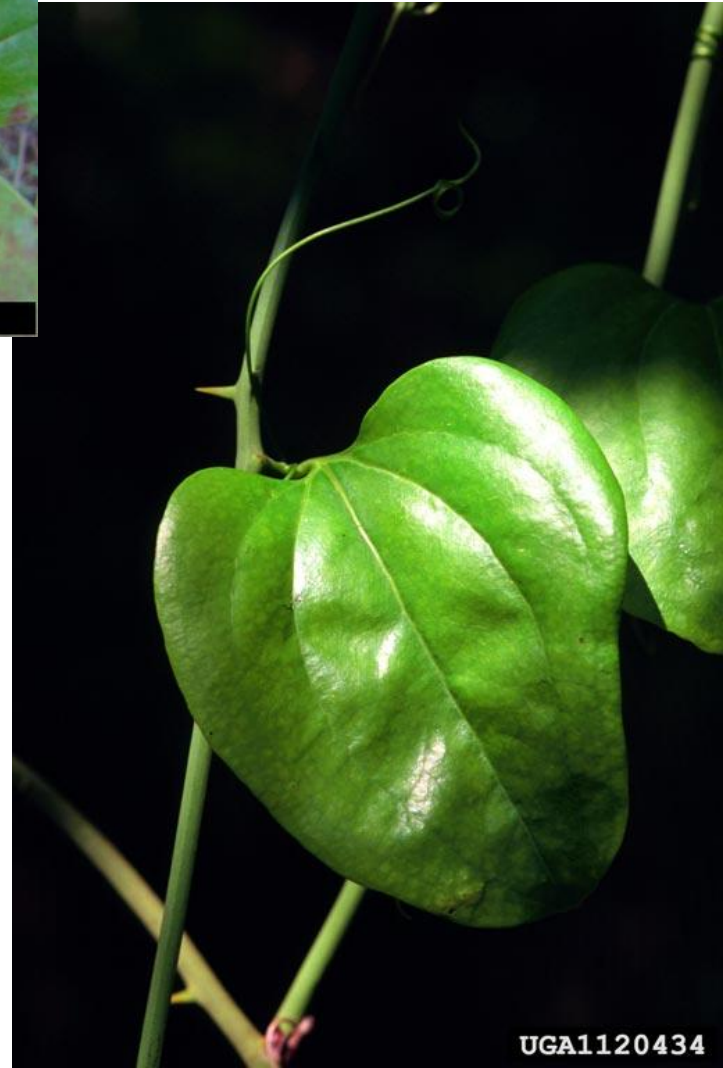
Vine

Root

How used:

Jelly

Tea





A Solution to Invasive Plants?

- **Himalayan Blackberry** – use as you would any blackberry.
- **Sow Thistle** – Saute leaves in oil add to a quesadilla.
- **Watercress** - harvest spring and fall for watercress sandwiches.
- **Kudzu** – make lemonade from the blossoms – and lemons!

natgeofamily.com/invasives



Mullein

Verbascum thapsus

Nonnative

Parts used:

Leaves

Flowers

How used:

Teas

Tinctures

Infused oils



Dandelion

Taxicum officinale

Nonnative

Parts used:

Flowers, Leaves, Roots

How used:

Oils, Salves, Bath salts

Teas, Coffee

In or as salad

Jam

Bud pickles

Fried flowers



Florida Betony

Stachys floridana

Nonnative

Parts used:

Leaves

Stems

Roots

Flowers

How used:

Raw

Tea

Roots, Stems and Leaves raw
or pickled







QUESTIONS