



## ***Wildcrafting for Food and Medicine!***

*with Kara Buchanan & Katherine Elmer of **Spoonful Herbals***

### **OUR MISSION:**

**It is our mission to share joyful, hands-on education and wellness through plant medicine while honoring our herbal traditions. Our approach is rooted in sharing a sense of place, nurturing curiosity and creativity, and inspiring ecological stewardship. We foster community action to enhance equitable access to the abundance of seasonal, local plant medicine, to build resilience, and to promote the practice of the honorable harvest.**

### **OUR PROGRAMS:**

- **Herbal CSA Shares:** locally harvested and finely crafted herbal products to support our human and natural communities.
- **Herbal Apprenticeship Program:** A six month, hands-on, work-study, learning opportunity engaging in gardening, foraging, community service and herbal medicine-making.
- **Herb Mobs:** medicinal plant gleaning events to harvest plentiful, surplus or unwanted herbs and donate them for educational use and/or community health access.
- **Community Workshops and Herb Walks:** hands-on educational events to celebrate backyard herbs for vibrant human and ecological health.
- **“Know your Backyard Apothecary”** consultation service for farmers and homesteaders. Identification of medicinal wild plants, herb garden and landscaping guidance and medicine-making tutoring.

Check out other local resources from our partners:

Railyard Apothecary: 270 Battery St. Burlington, VT <https://www.railyardapothecary.com/>  
Burlington Herb Clinic: 270 Battery St Burlington, VT <https://www.burlingtonherbclinic.com/>  
Vermont Center for Integrative Herbalism: <https://vtherbcenter.org/>

Website: [www.spoonfulherbals.org](http://www.spoonfulherbals.org)

Email: [info@spoonfulherbals.org](mailto:info@spoonfulherbals.org)

Facebook: [Spoonful Herbals](https://www.facebook.com/spoonfulherbals)

Instagram: [Spoonfulherbals](https://www.instagram.com/spoonfulherbals)

## RECIPES:

### **Spoonful Backyard Bitters (Basic Recipe):**

Equal parts Dandelion, Yellowdock and Burdock roots, scrubbed clean and chopped

Fill quart mason jar  $\frac{3}{4}$  full

Fill jar to top with standard 80 proof liquor/alcohol (Vodka or Brandy)

*Alcohol-free alternative: Use raw apple cider vinegar instead (has a shorter shelf life- 6-9 months)*

Let macerate 4-6 weeks out of direct sunlight

Strain and bottle!

Other herbs can be added for added medicinal qualities and flavors (chamomile, hops, anise hyssop, mints...)

### **Basic Herbal Salve:**

8 oz. herb-infused oil (see link below)

1 oz. beeswax

10-20 drops essential oils (e.g. lavender)

Materials needed: Tins or jars, double boiler or sauce pan

Directions: <https://blog.mountainroseherbs.com/diy-herbal-salves>

Some favorite wild herbs to consider: Plantain leaf, Yarrow, St.Johnswort, Self-Heal, Poplar Buds

### **Spoonful Herbsals "Weeds and Greens" Basic Pesto Recipe** (Makes @ 1 quart)

@ 4 Cups Greens: any combination of the following

*Wild spring greens* - such as: Stinging Nettle, Wood Nettle, Lambs Quarters, Chickweed, Violet Leaf

*Other Edible Greens* - like Spinach or Arugula

*Other flavorful Herbs* - like Cilantro, Basil, Parsley, Dill, Lemon Balm or Mint

$\frac{1}{2}$  -  $\frac{3}{4}$  cup Nuts or seeds (We like sunflower seeds or try, pine nuts, almonds, or walnuts)

4-6 cloves of Garlic (or maybe add scallion, chives or garlic scapes!)

$\frac{1}{2}$  - 1 cup good Olive Oil

Lemon Juice to taste (start with a Tbsp.) Adding lemon zest is good too!

Salt to taste

Optional: add parmesan or other hard cheese