

A campfire with bright orange and yellow flames is burning in the foreground, surrounded by logs and sticks. The background shows a dense forest of evergreen trees under a warm, golden sunset sky. The overall scene is peaceful and natural.

Wild Edibles- Trees

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Ethical Harvesting

- **Identification-** Positively, without a doubt, know that the plant you are harvesting is what you think it is!!!
- **Sustainability-** Harvest in areas where the tree/plant is in abundance, never harvest more than you can use.
- **At Risk Species-** Check United Plant Savers website to make sure you are not harvesting an At-Risk plant. www.unitedplantsavers.org
- A few questions to research before harvesting:
 - Is this plant an endangered species?
 - How does it reproduce?
 - How can you make the least negative impact on this plant and ecosystem?
 - Is there a way to propagate the roots to keep the plant alive?
 - How can you spread the seeds, so they germinate well?
 - How can you positively impact this plant and the ecosystem?



Ethical Harvesting

- Bark is best harvested in the spring, when sap is flowing through the inner cambium.
- Typically, the inner bark is used for medicine. You can harvest new twigs from a tree and use the entire twig or you can strip the bark from the twig using a knife or a vegetable peeler.
- Bark can be harvested in three ways:
 - Take a vertical strip from a growing tree. This is the least preferable method. Although it doesn't kill a tree it can open the tree to infections.
 - Gather from a recently felled tree. A drawknife (a horizontal knife with two handles) is a great tool for harvesting bark from the main trunk of a tree.
 - Prune branches and harvest the bark of the branch

Keep in mind that if you are harvesting the buds of a tree you are removing the leaves and flowers. Where you harvest the flowers you will not get fruit.

- Nature provides enough for us all to harmoniously off the land. However, if we are wildcrafting and harvesting it is our responsibility to be stewards of the land to ensure the animals, creatures and ecosystems can continue to thrive.





PINE / PIN

Pinus resinosa (Red Pine)

Pinus strobus (Eastern White Pine)

Parts Used: Inner bark, needles, pitch, twigs, pollen

Harvest Time: Spring, but anytime, as needed.

-The inner bark is a survival food & can be eaten in raw slices. It contains lots of starch & many sugars, and anti-oxidants. The bark can be boiled or ground and enjoyed as a tea, or added to soups and stews.

-An infusion made with pine needles is high in vitamin C and beta-carotene.

Infusion/Tisane-

Needles: Use ½ cup of needles, crush the needles slightly & add to a pot of simmering water (3-4 cups) for 15-20 mins. Or put a handful of needles in a mug, pour boiling water over needles & let steep for 10 mins.

Inner Bark: Bring water to a boil then add in a handful of inner bark & continue to boil for 30 minutes. Once cooled down a bit needles can be added!

Pine Bark Flour-

Remove pieces of outer bark from a pine tree. Allow to dry, then break into small pieces. Place pieces in a mixer and grind into a fine powder. Sieve to remove any hard residue. Use to make crackers or substituted for other flour.

Pine Needle Vinegar- <https://education.bearrootsforest.ca/making-pine-needle-vinegar>





PINE POLLEN/ *POLLEN DE PIN*

- Vitamins A B-Carotene, B1, B2, B3, B6, Folic Acid, Vitamin D, and Vitamin E.
- Its host of minerals include Calcium, Copper, Iron, Manganese, Magnesium, Molybdenum, Phosphorous, Potassium, Selenium, Silicon, Sodium, and Zinc.
- Pine Pollen contains over twenty amino acids and all eight essential amino acids! It is a complete protein!
- It also contains essential fatty acids, antioxidants, resveratrol, flavonoids, MSM, SOD, glutathione, quercetin, androgens (building blocks of testosterone).



PINE POLLEN/ POLLEN DE PIN

- Restores hormone levels in Andropause (men) & Menopause (women)
- Soothes the nervous system
- Regulates and strengthens the immune system
- Reduces cholesterol
- Relieves rheumatic pain
- Enhances metabolic function of the skin and nourishes the hair
- Adjusts the endocrine system & raises the immunity power of the organs
- Improves stamina and endurance
- Protects the cardiovascular system
- Improves metabolism and regulates weight
- Regulates bile secretion
- Regulates prostate function
- Restores androgen and estrogen balance
- Nourishes the brain
- Stimulates liver regeneration



BIRCH/ *BOULEAU*

Betula alleghaniensis (Yellow Birch)

Betula papyrifera (Paper Birch)

Betula populifolia (Gray Birch)

Parts Used: Bark, buds, catkins, leaves, sap

Harvest Time:

Sap: early spring, when the sap makes its upward journey to the tips of the branches.

Leaves: when they open, or anytime throughout the summer, preferably in the morning before the sun's heat releases their volatile essential oils.

Fresh birch leaves can be infused in apple cider vinegar for a month or so to make an excellent nutritive tonic that is rich in vitamins and minerals that are both bone building and strengthening to the immune system. The vinegar can be added to salad dressings. A tablespoon in water works as a quick pick-me-up and can help relieve a headache.

Fresh birch sap has a similar chemical profile as coconut water. The tree sap contains a number of micronutrients.

- Saponins (powerful phytochemical, reduce cholesterol levels, anti-inflammatory, anti-tumor, immunity booster, reduce bone loss)
- Phytohormones
- Sugars (xylitol)
- Vitamin C
- Amino acids
- Phytoncides
- Proteins
- Minerals- iron, riboflavin, zinc, manganese, calcium, thiamine, magnesium & potassium
- Enzymes

Birch sap has traditionally been used for its purifying and diuretic properties. The sap promotes the elimination of waste from the body as food additives, coloring, uric acid, phosphate and many other substances. Therefore, birch sap has been used for kidney stones. But it is also successfully used to treat arthritis, inflammatory conditions and to get clear, supple skin.



The image shows four glass jars filled with a light-colored liquid, likely birch sap, arranged on a wooden surface. The jars are covered with metal lids. In the background, a birch tree trunk is visible, and the scene is set outdoors with green grass. A semi-transparent white circle is overlaid on the left side of the image, containing text.

Fermented Birch Sap

This recipe is a simple one. The crystal-clear fresh sap will often turn cloudy as the wild fermentation develops. This is normal.

- Pour the fresh birch sap into a bottle which you can close tight
- Add about 5-7 raisins per quart of birch sap
- Leave the birch sap for three, four days in room temperature, around 65 degrees (18 C)
- Store in a cool place like a fridge
- Optional: Add a small black currant branch to each bottle. The branch adds a nice taste. You can even try a different taste in each bottle; peppermint (a clear winner), juniper berries and many other.

SPRUCE/ÉPICÉA

Picea Mariana (Black Spruce)

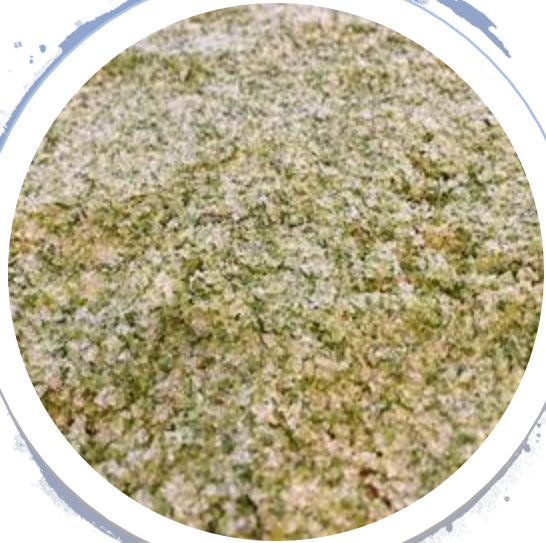
Picea rubens (Red Spruce)

Picea glauca (White Spruce)

Parts Used: Inner bark, needles, pitch, tips, twigs

Harvest Time: Spring, but anytime its needed. It's important to harvest spruce tips just as they're shedding their brown jackets. As they mature and darken the resin content increases and they become brittle, rendering them inedible except as a tea substitute.

- Sap of the spruce is a tonic & can be used each spring to clean the blood.
- Springtime spruce tips are high in Vitamin C, beta carotene, starch and sugars. They can be eaten raw, made into a tea, herbal sea salt, or added to stews, and soups.
- The tips are also used in making spruce-tip jelly that is great for topping toast or goes well with meat and poultry.
- The tips can be soaked in oil or vinegar to be used as a base for salad dressing or made into a syrup.
- Many folks brew beer from spruce tips which makes it a vitamin-rich brew.





Pickled Spruce Tips

- a large handful (enough to very loosely fill a 125 ml Mason jar) young spruce tips, brown, papery husks removed
 - 50 ml rice wine vinegar
 - 50 ml water
 - 4 g kosher salt
 - 2 g granulated sugar
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- Having cleaned the spruce tips of their brown jackets place them in a very clean 125 ml Mason jar. Heat the vinegar, water, salt, and sugar in a small saucepan until boiling. Pour brine over spruce tips, into Mason jar. Allow to cool at room temperature for six hours or so. Cap the jar and refrigerate for a week before starting in on them.

ELDER/ *ARBRE ANCIEN*

Parts Used: Flowers, Berries

Harvest Time:

Flowers- spring (*s. racemosa*), summer (*s. nigra*, *s.canadensis*)

Berries- late summer

-The flowers contain antioxidants, vitamin C, and quercetin.

-The berries contain vitamin A & C, potassium, folate, calcium, iron, and flavonoids.

Sambucus racemosa (Red Elderberry)



Sambucus canadensis (Common Elderberry)





Elderflower Champagne

- 7-10 heads of elder blossoms
- 1 pound white sugar
- 2-3 lemons
- 2 tablespoons of apple cider vinegar
- 16 cups water

Dissolve sugar in and leave for 24 hours, then strain, bottle, and cork.

Leave for as long as possible before drinking. four cups of boiling water.

Slice lemons thinly. Put lemons, sugar water, vinegar, and the rest of the water into a plastic bucket or other non-metal container.

Lastly, add elder blossoms, heads down. Cover loosely

Elderflower Cordial

- 1 quart water
- 4 cups sugar
- Juice of 2 lemons
- Zest of 2 lemons
- 1 teaspoon citric acid
- 25 elderflower heads, stems removed (about 2 cups flowers)

- Snip off the flowers from the stalks into a large bowl or bucket that will hold everything. Try to remove as much of the stems as you can; they are toxic. A few stray bits of stems will not hurt you, but you want to minimize it.

- Zest the lemons and add it to the bowl, then the citric acid and lemon juice.

- Bring the sugar and water to a boil, stirring occasionally to dissolve. Let the syrup cool enough so that you can stick your finger in it without getting burned; you can leave it to cool to room temperature, too. Pour the syrup over the flowers, lemons et al and stir to combine. Cover the bowl or bucket with a towel and leave it for 2 or 3 days.

- When you are ready, strain it through a fine-meshed sieve lined with cheesecloth or a paper towel into a clean Mason jar. Seal the jar and store in the fridge.

- To serve, pour 1 to 3 tablespoons of the syrup into a pint glass and add water or seltzer. Or you can add a tablespoon to a glass of sparkling wine, or to a couple shots of vodka or gin.



Elderberry Syrup

- 2 cups of fresh (or dried) elderberries
- 1-2 cups of water
- honey

Optional- 1 tbsp astragalus root

1 tbsp ginger root

1 tbsp elderflowers

1 tsp cinnamon chips

5 cloves

Gently heat fresh elderberries and water on the stove and mash them to help extract the juice. Simmer for 20 minutes. Strain well using a cheesecloth. Measure the remaining liquid. Add an equal amount of honey or to taste. The syrup will keep well in the fridge.

Elderberry Chutney

- 2 lb. Elderberries
- 1 large Onion
- 1 pint vinegar
- 1 teaspoonful salt
- 1 teaspoonful ground ginger
- 2 tablespoons sugar
- 1 saltspoonful cayenne and mixed spices
- 1 teaspoonful mustard seed

• Stalk, weigh and wash the berries; put them into a pan and bruise with a wooden spoon; chop the onion and add with the rest of the ingredients and vinegar. Bring to the boil and simmer till it becomes thick.

- Stir well, being careful not to let it burn as it thickens. Put into jars and cover.



Hawthorn/ *Aubépine*

Crataegus spp.



Berries contain flavonoids and are rich in vitamin C and beta-carotene, B vitamins & pectin.

Can be used to make jelly, cordials, ketchup/BBQ sauce, iced tea.

High Bush Cranberry/ *Canneberge High Bush*

Viburnum trilobum



Berries are high in Vitamin C & K.

Can be used to make jelly, syrup or juice. Add the juice to applesauce.



Thank you!

Head over to **education.bearrootsforest.ca** to learn more about the nutritional and medicinal benefits of local trees and other plants!

If you have any questions, please reach out to me at herbs@bearrootsforest.ca