

# Herb Walk with Us Kelly Pomeroy, M.H.

If you missed out on an herb walk this year, follow us along through these pictures we took while hiking the Black Hills of South Dakota this summer. See if you can guess the names of the plants shown and their benefits before you read about them.



Welcome to the beautiful Black Hills of South Dakota.....



Plant: Wild Rose, *Rosa species*

Parts Used: flowers, hips, leaves

Benefits: Contains flavonoids and vitamins, especially vitamin C, astringent, mild antiseptic.



Plant: Yellow Dock, *Rumex crispus*

Parts Used: root, young leaves for food

Benefits: Alterative (restore body function), source of usable iron, blood cleanser, liver tonic



Plant: Pineapple weed, *Matricaria matricarioides*  
Parts Used: flower, dried tastes much like chamomile, leaves are bitter  
Benefits: carminative (expels gas), mild sedative, antispasmodic to the stomach.



Plant: Yarrow, *Achillea millefolium*

Parts Used: flowers, leaves

Benefits: diaphoretic, improves digestion, aids fevers, supports the liver.

\*I ate some of these flowers' tops. Although bitter, it supports the liver and digestive tract, which in turn helps your skin.



Plant: Mullein, *Verbascum thapsus*

Parts Used: Leaves and flowers

Benefits: Lymphatic/ Glandular, supports the endocrine system, soothes ear aches.

\*Wished I had had some olive oil to put these yellow flowers in to make a mullein flower oil!



Plant: Raspberry, *Rubus idaeus*

Parts Used: leaves, berries

Benefits: anti-nausea, supports female/male reproductive systems, astringent, nutrient dense.

\*We ate these, so yummy!



Plant: Plantain, *Plantago major*

Parts Used: leaves and seeds/flowers

Benefits: astringent, draws out poison from bites, stings, or infections. High in vitamin A, C, and K. Internally soothes digestion. Flowers/seeds are laxative.

\*My son took the leaves on this hike, chewed them, and placed them on a wound to soothe it.





Plant: Red Clover, *Trifolium pratense*

Parts Used: flowers mainly, but the leaves can be used.

Benefits: Blood purifier & thinner, helps eliminate toxins, antioxidant.

\*We ate the flower heads of Red Clover. They taste like green beans.



Plant: Bee Balm, *Monarda fistulosa*

Parts Used: leaves, not the flower head

Benefits: antiseptic, stimulant, carminative (expels gas)

\*This plant smells like oregano and can be used in place of oregano as a seasoning.



Plant: Cleavers or Bedstraw, *Galium aparine*

Parts Used: leaves have a sweet flavor, leaves are edible, stem is not advisable to consume.

It has minute hooks that cling to both clothes and throat.

Benefits: diuretic, lymph tonic, cool and soothe burns

\*The best way to recognize this plant is to pick it up and notice how it sticks to itself and to you!



Plant: Hound's Tongue, *Cynoglossum officinale*

Parts Used: leaves

Benefits: closely related to Comfrey (*Symphytum* species). Great for salves, poultices, burns, and wounds. To be used more externally. There are more pyrrolizidine alkaloids in Hounds Tongue that can be taxing to the liver. Toxic for horses.

\*My favorite part of this plant is rubbing the purple flowers between my fingers.  
They smell like popcorn!

#### References

-Tilford, G. (1997). *Edible and medicinal plants of the West*. Missoula, Mont: Mountain Press Publ. Co.

-Christopher, D., & Gileadi, C. (2010). *The School of Natural Healing Herb Syllabus*. Springville, Utah: Christopher Publications.

\*Photographs courtesy of Kelly Pomeroy.

***Kelly Pomeroy** is a Master Herbalist graduate and student adviser for The School of Natural Healing. She is also a certified Foot Zoner and Foot Zone Instructor. Kelly has a love for nature, plants, and people and sharing what she has learned with others. She lives with her four children in Payson, Utah.*