Herb Walk with US Kelly Pomeroy, M.H.

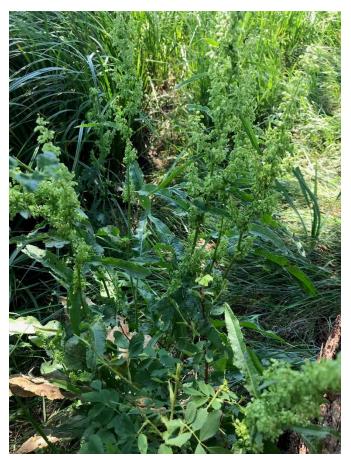
If you missed out on an herb walk this year, follow us along through these pictures we took while hiking the Black Hills of South Dakota this summer. See if you can guess the names of the plants shown and their benefits before you read about them.



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!



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.