



Magpie Potions

Piney Creek Pottery

1 Eby Street, P. O. Box 124

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1-888-683-2181 or (307) 683-2181

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WYOMING WILD PLANTS TO CONSIDER IN THE FALL;

1. ROSE HIPS - high in vit.C and naturally sweet, they are good in a winter tea blend, such as mint, lemon balm and rose hips. Rose Hip Jam= 2 cups cleaned rose hips, 6 cups diced apples, 2 cups H₂O. Cook to a mush and put through a conical colander . You should have 6 cups of pulp. Follow the directions on the low-sugar Sure Gell package .
2. CEANOTHUS- Also known as Red Root, or Elk Weed, by the Crow, this plant is found in mountain meadows and is browsed upon by elk. A lymphatic cleanser, the leaves make a good tea for sore throats. The root is tough to dig. Lovely spicy smell. Especially when the sun hits the plant
3. OREGON GRAPE ROOT-Grows along the forest floor. Yellow flowers in spring, turn to dark blue dusky berries that are very tart, but make a good jelly. Like all members of the Barberry Family, the root contains the yellow alkaloid, Berberain. A bitter tea from the root can be made as a liver stimulant, and a blood purifier. Good for flushing excess uric acid from the joints, and gout in general . Small amounts sipped for 4-5 days as a fall cleanse.
4. WILD LICORICE ROOT-Also know as Sweet Root , Licorice is excellent for inflammatory, upper respiratory conditions. Here is a COLD AND COUGH SYRUP; peeled root of licorice, young twigs of wild plum and chokecherry, hops, ginger root, cinnamon bark, fennel seed, orange peel.....Boil all this together in water for a few hours. Let steep overnight and strain. Add honey. You can add brandy, too, if you want to. Will calm a bad cough and sooth the lungs.
5. CHOKECHERRY- We all know how great the berries are for jams and wine, but cherry bark, wild or tame, has been a classic ingredients for cough syrup for centuries. Clip the youngest growth or peel the inner bark from bigger pieces.
6. WILD PLUM- Same as Chokecherry. Wild or tame bark collected for cough syrup. Both barks considered medicinal by Plains Indians.
7. WILLOW-Inner bark contains the glycosides salicin and poplin. Useful for reduction of inflammation of joints and as a pain reliever. Also a good anticeptic topically. Make a strong tea of twigs, or inner bark if using bigger pieces and apply as a wash or poultice. Aspen and cottonwood all have similar qualities .
8. HOPS-Hearty vine. The fruits, called Strobiles, form in clusters on the end of stems. Used as a sedative., by making tea, or making pillows from the dried strobiles. Active ingredient is lupulin. the golden pollen-like substance found in the strobiles. The anti-biotic qualities of Hops originally led to its use in beer making.
9. POLEO MINT_ Also known as Indian Mint . Has a strong scent a bit like a cross between peppermint and penny royal. A good tea as a stomach tonic.



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10. JUNIPER- Collect berries in fall. Munch a few berries an hour before meals to stimulate appetite. Also used sparingly for urinary tract infections. Classic ingredients for wild game marinades. Try 10-12 berries in sauerkraut with wild duck or goose. Here is a very nice marinade for venison.....MARINADE; 1/2 small onion, diced, 8-12 juniper berries, one tsp. each of thyme, parsley and sage, 2 tb. dijon mustard, 1/4 cup Balsamic Vinegar, 1 cup dry red wine, juice of one lemon, 1cup olive oil, 2 tsp. salt, black pepper, cayenne pepper... to taste. 1 tb. minced garlic. 2 Bay Leaves..Marinate venison roast over-night, or steaks for less time.
11. HAWTHORNE- The berries are good for the heart. Helps to regulate the heartbeat and strengthen the walls of veins and vessels. A mild tea can be made from the berries.
12. YARROW- Called Chipmunk Tail by the Crow. Topically poultice is made to ease the pain of spider bites and bug stings, and healing wounds in general.. Internally it is good for liver function and kidneys. The tea is quite bitter, but can help loosen up a chest cold.
13. GUM WEED- Also known as Grindelia, it is an official drug plant in Europe.. Topically it can be used for poison ivy . Internally it is used as an expectorant. To make a cold tea try.....COLD AND COUGH TEA- Yarrow, Gum Weed Flowers and leaves, and add anything else that will make it more pleasant to drink, such as ...rose hips, mint or lemon balm
14. PINE- While the needles make a pleasant tea, the pitch is used mostly, as an expectorant. Chew a small piece the size of a currant and swallow. Shortly there after, a general softening of the bronchial mucus will occur with strong expectoration.