



KEY LIST (EDIBLE – GREEN LIGHT PLANTS)

KEY LIST	Attributes/character	Medicine	Cautions	Edible part or parts used	Poisonous lookalikes	Habitats/where they thrive
HAWTHORN	Small tree often in hedgerow, Tree of heart protection	To strengthen the heart, especially the berries	Do not take in conjunction with other medication for blood pressure/heart	Leaves, flowers, berries	In a hedgerow be careful of black bryony – red berries	Sun/minimal shade, very hardy. Found on blind swept moors hill, cliffs, also hedgerows
ELDER	Small tree – mother nature’s medicine chest	Many uses: Flowers – eyes, catarrh, sinus Berries – anti viral Leaves – aches and bruises	Avoid leaf, bark and roots internally unless under medical herbalist directions. Cook the elderberries	Flowers and berries can be eaten, best cooked	Flower clusters could be confused with poisonous umbelifer plants	Sun, minimal shade throughout the land though won’t produce flowers in too much shade
PLANTAIN	Ability to draw nutrients from compacted soil. Humble yet powerful medicine	Pulped leaves to draw out infection, insect bites, internally draw out phlem.	Seeds with husks on are laxative.	Leaves and winnowed seeds.	Red/white campion before flowering	Well trodden paths. Compact soil, widespread like sun and shade
NETTLES	Mineral rich plant of nourishment and activation	Activates the body systems. Nourishes externally for rashes, stings, burns, anti-hystimines.	Some people are allergic/sensitive to nettle sting and eating	Leaves before flowering. Seeds in small doses.	Dogs mercury; annual mercury	Edge places, can tolerate shade and sun but likes both and grows in community.
BRAMBLE	Plant growth, vigorous protection and aggression	Leaves stop bleeding and diarrhea. Fruits protect body with Vitamin C.	Beware of thorns	Leaf buds and very young branch tips; fruit	None known	Brambles enjoy edge places but can survive in many places.
DANDELION	Plant of light and hope – cleanses the body of winter grumps	Cleanses the body - leaves and flowers for kidneys. Roots for liver.	Go gently with the root as it can be too much detox too quickly	Flowers; leaves; roots	Most plants in the same family are edible. Be careful of Ranunculus family.	Sunny positions particularly lawns and playing fields
DAISY	Plant of resilience, poor mans arnica. Bruisewort.	For bruises, coughs, vitamin C and tonic	Careful if grass has been sprayed with chemicals	Flowers, stems, leaves are edible	None known	Sunny positions in playing fields, mown lawns.