

AN AMATEUR
HERBALIST'S GUIDE
TO NEW ALEXANDRIA

SECOND EDITION



MABLE SHEPHERD

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GENERAL TIPS

Many herbs and flowers grow throughout the state where the ground is fertile, you just need to know what you are looking for.

Herbs can often be found travelling along the well-worn trails in state and along its waterways.

Many medicinal and culinary uses can be found in the herbs growing in state, if you can identify them.

This book separates useful herbs, which are sold and bought by local herbalists, and flowers, which have less helpful properties and cannot be bought or sold locally.

Plants are divided on their respective maps into Common, Uncommon, and Rare.

Common can be expected to find multiples at a time.

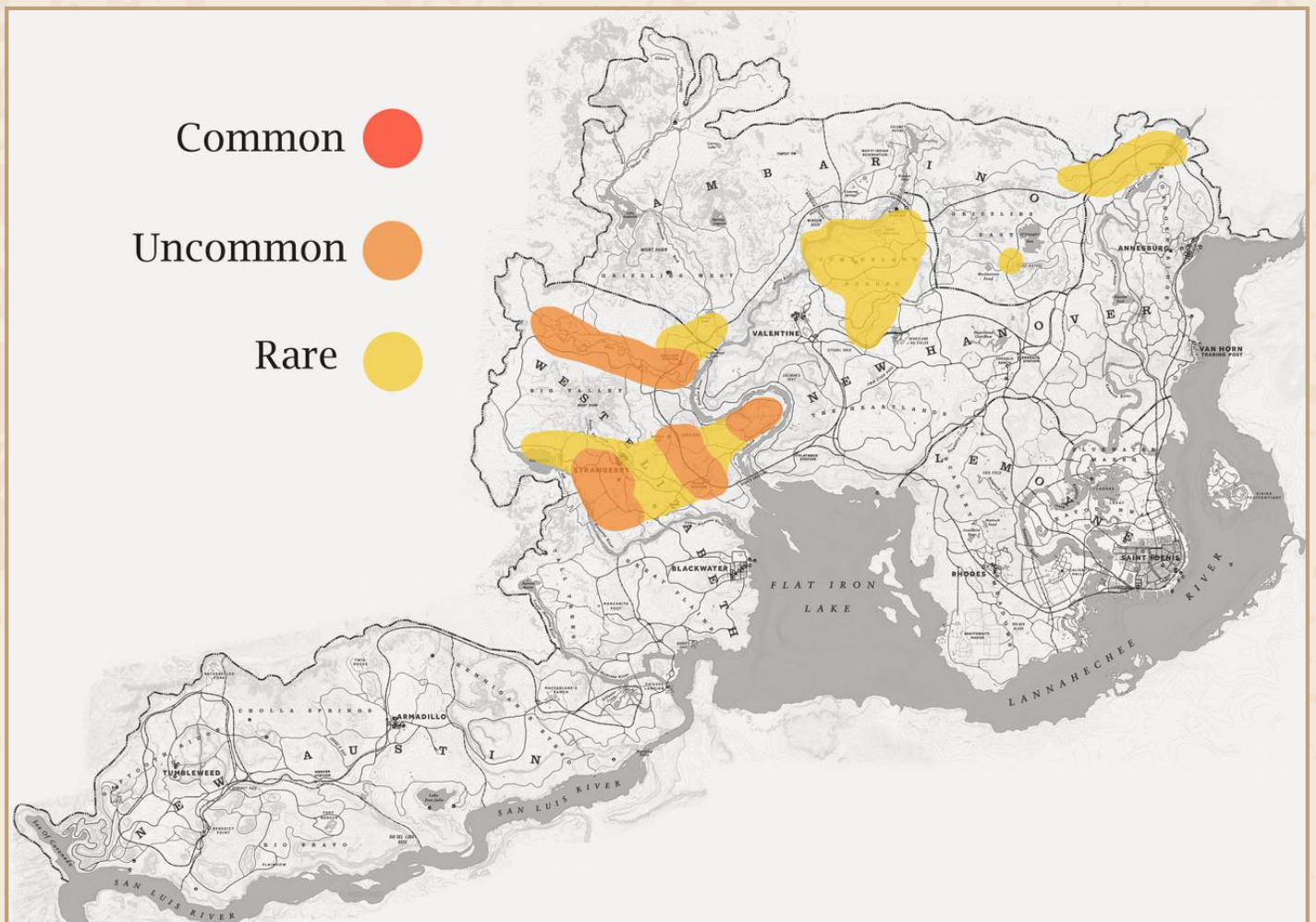
Uncommon can usually be found in small amounts.

Rare may not always be found in a given area.

ALASKAN GINSENG

Yield: 1 Root

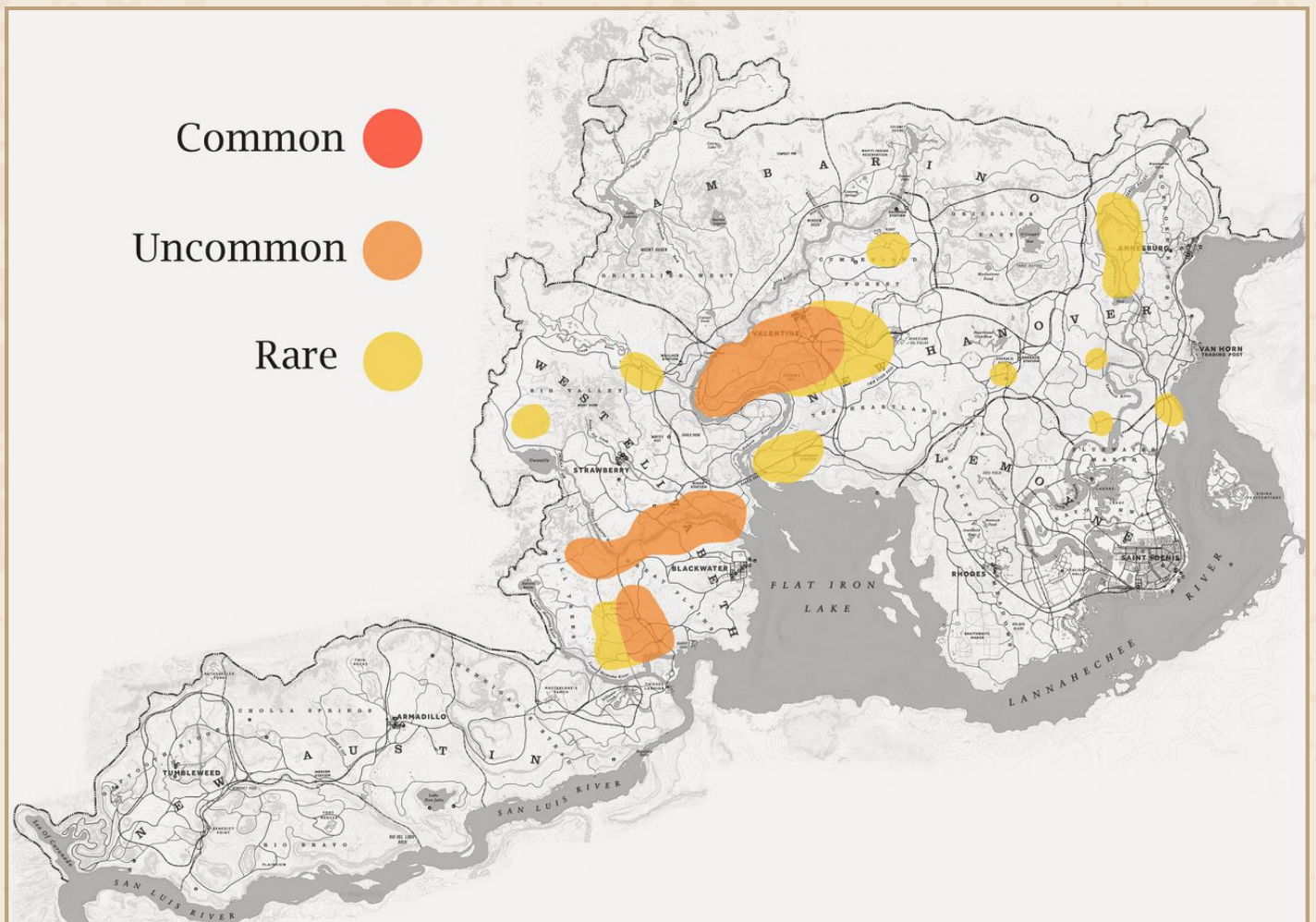
About: Also called Devil's Club, not a true Ginseng. Inner bark of the root can be made into tea. Used to treat arthritis, diabetes, fever, and pneumonia.



AMERICAN GINSENG

Yield: 1 Root

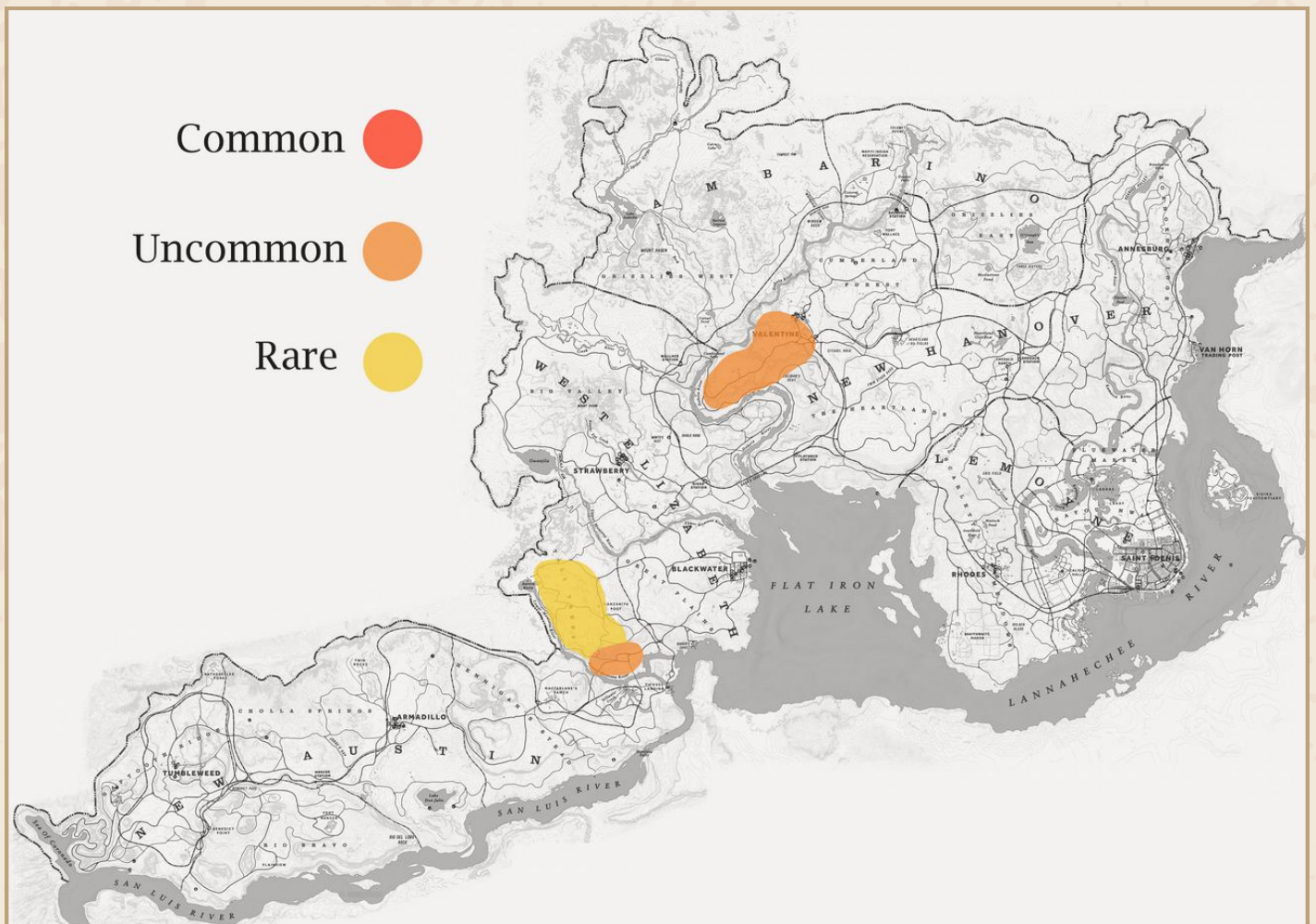
About: The root is useful to make into tea or in some medicines. It can be used to treat headaches, fever, and indigestion, as well as diabetes.



BAY BOLETE

Yield: 1 Mushroom

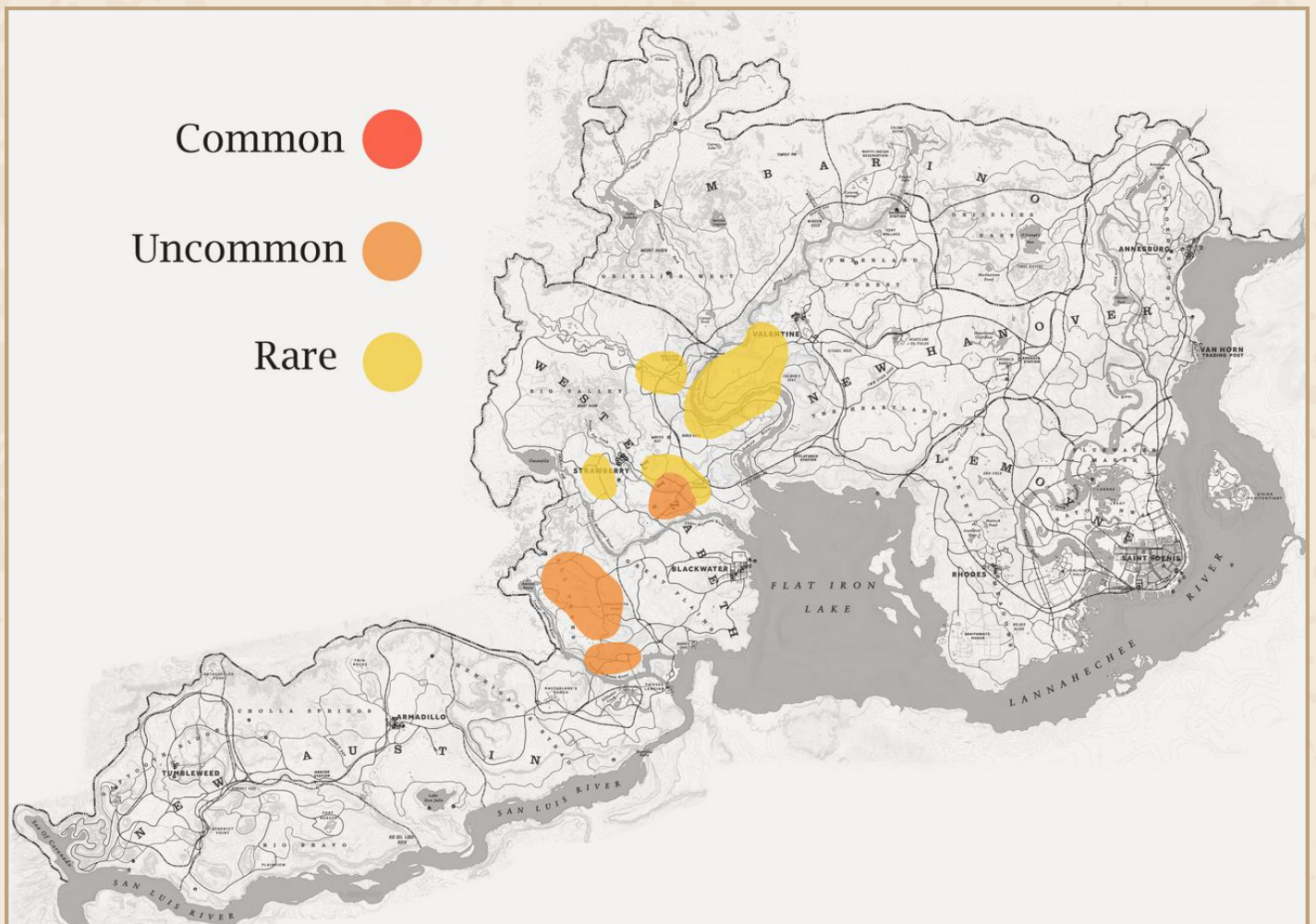
About: An edible mushroom that grows in forested areas. It can be used to cultivate wild yeast starters for baking or brewing.



BLACKBERRY

Yield: 3-6 Handfuls of Berries

About: An edible fruit produced by multiple related species of bush. Commonly used in jams and dessert recipes.

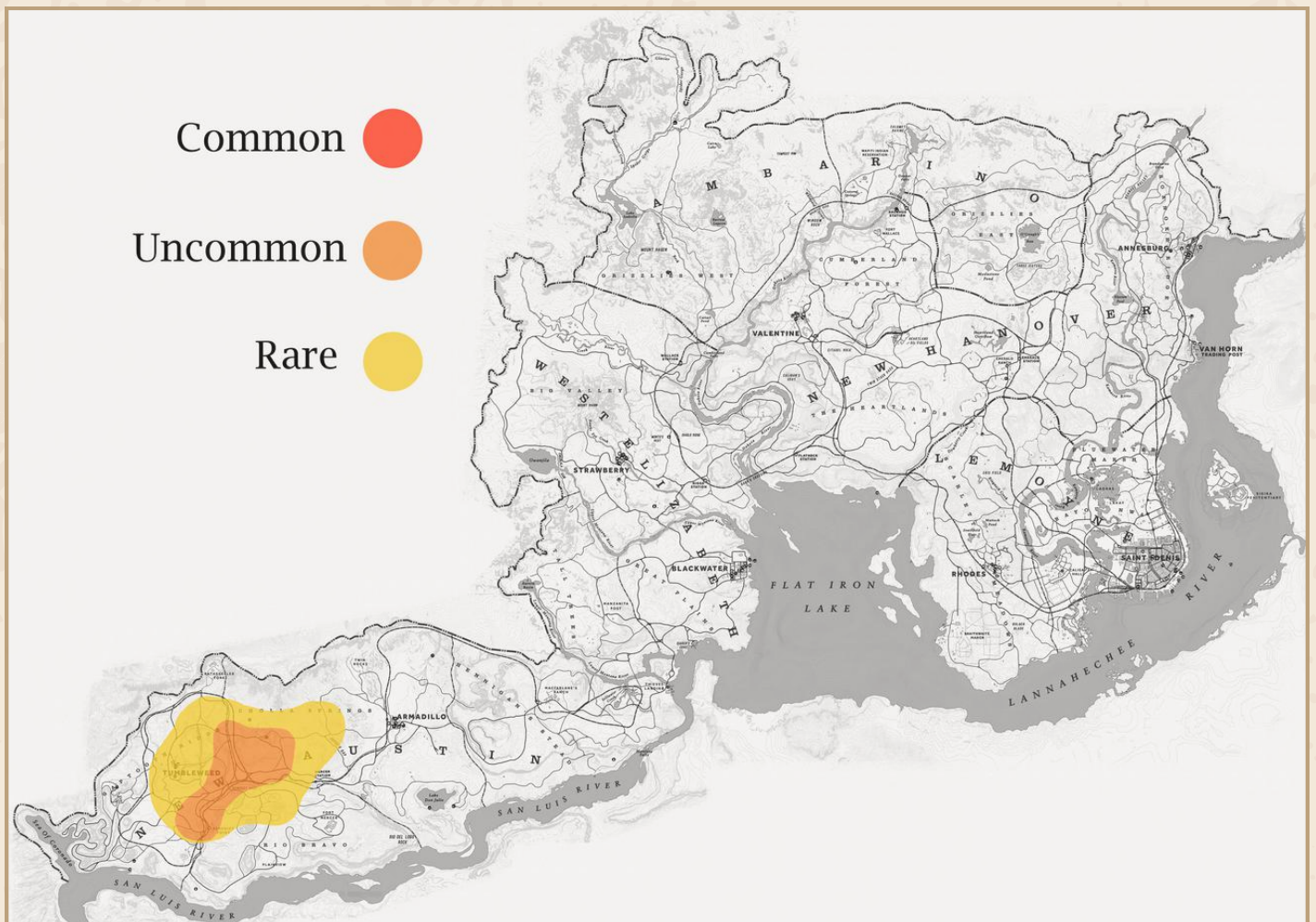


BLACKCURRANT

Yield: 1-3 Handfuls of Berries

About: An edible fruit native to Europe and Asia. Commonly made into jams and jellies.

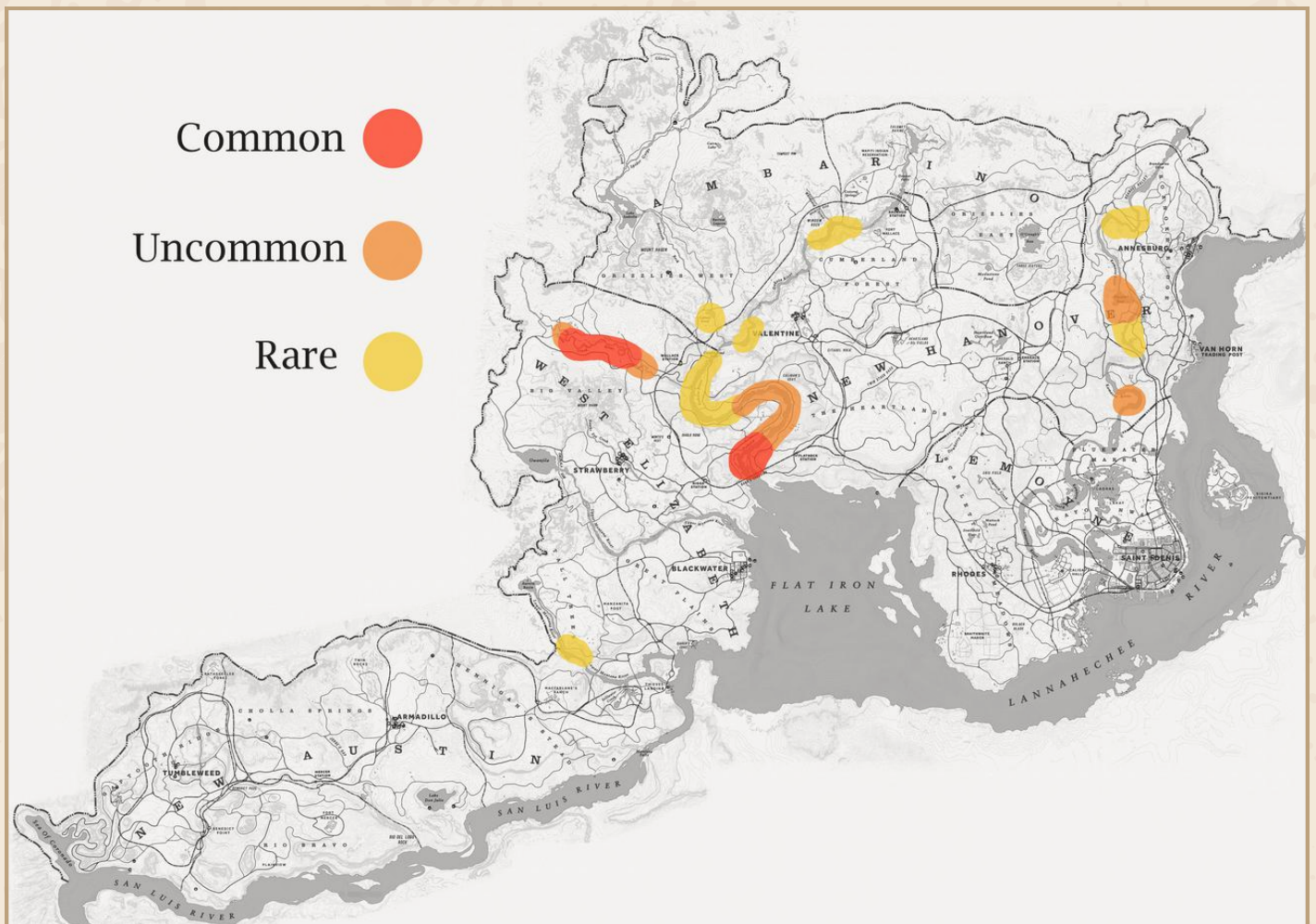
Taste is similar to grapes with a slight tartness.



BURDOCK ROOT

Yield: 1 Root

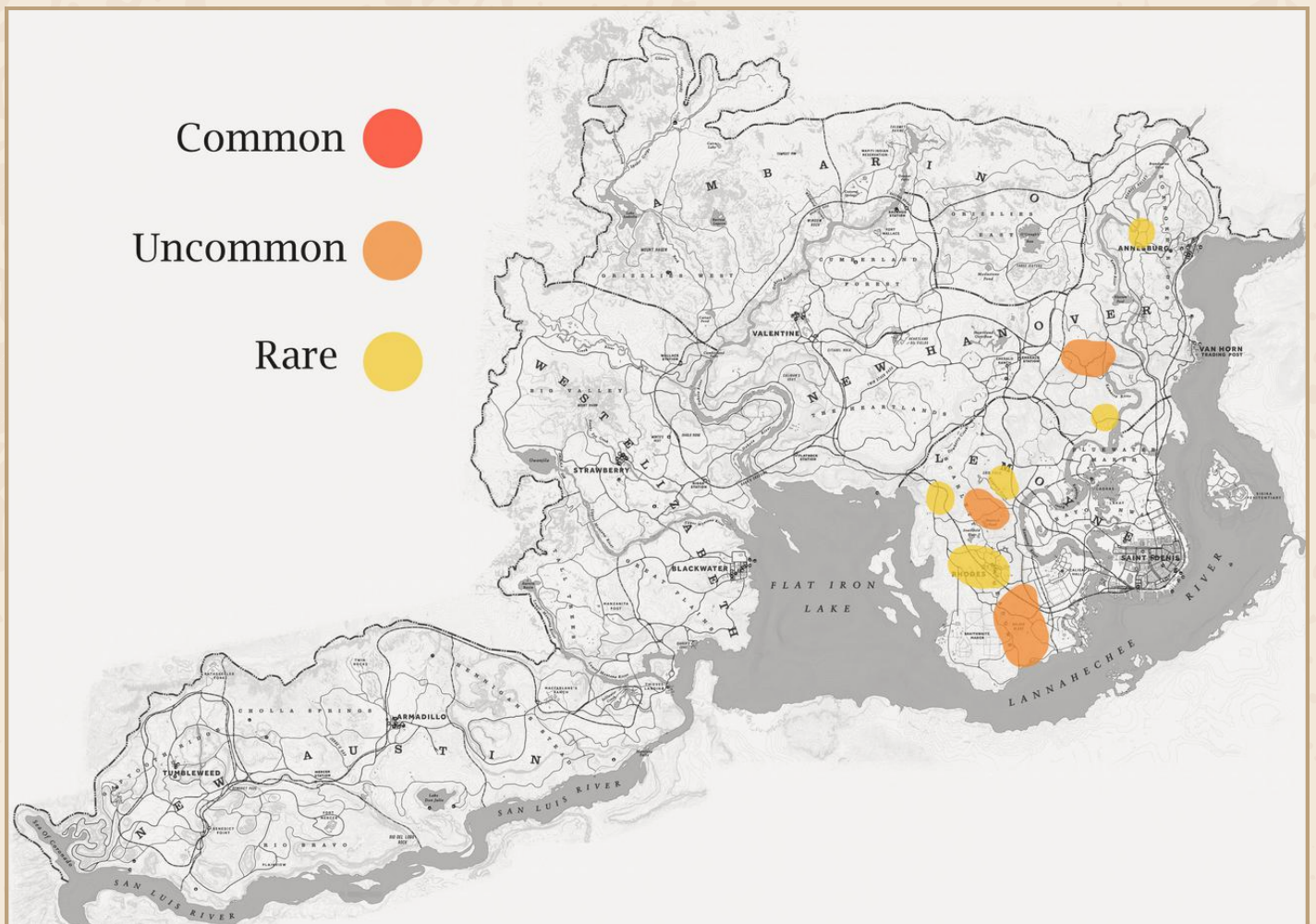
About: A root that can be eaten, often boiled, or dried and made into tea. It is believed to detoxify the body, treat inflammation, and stimulate digestion.



CHANTERELLE

Yield: 1-2 Mushrooms

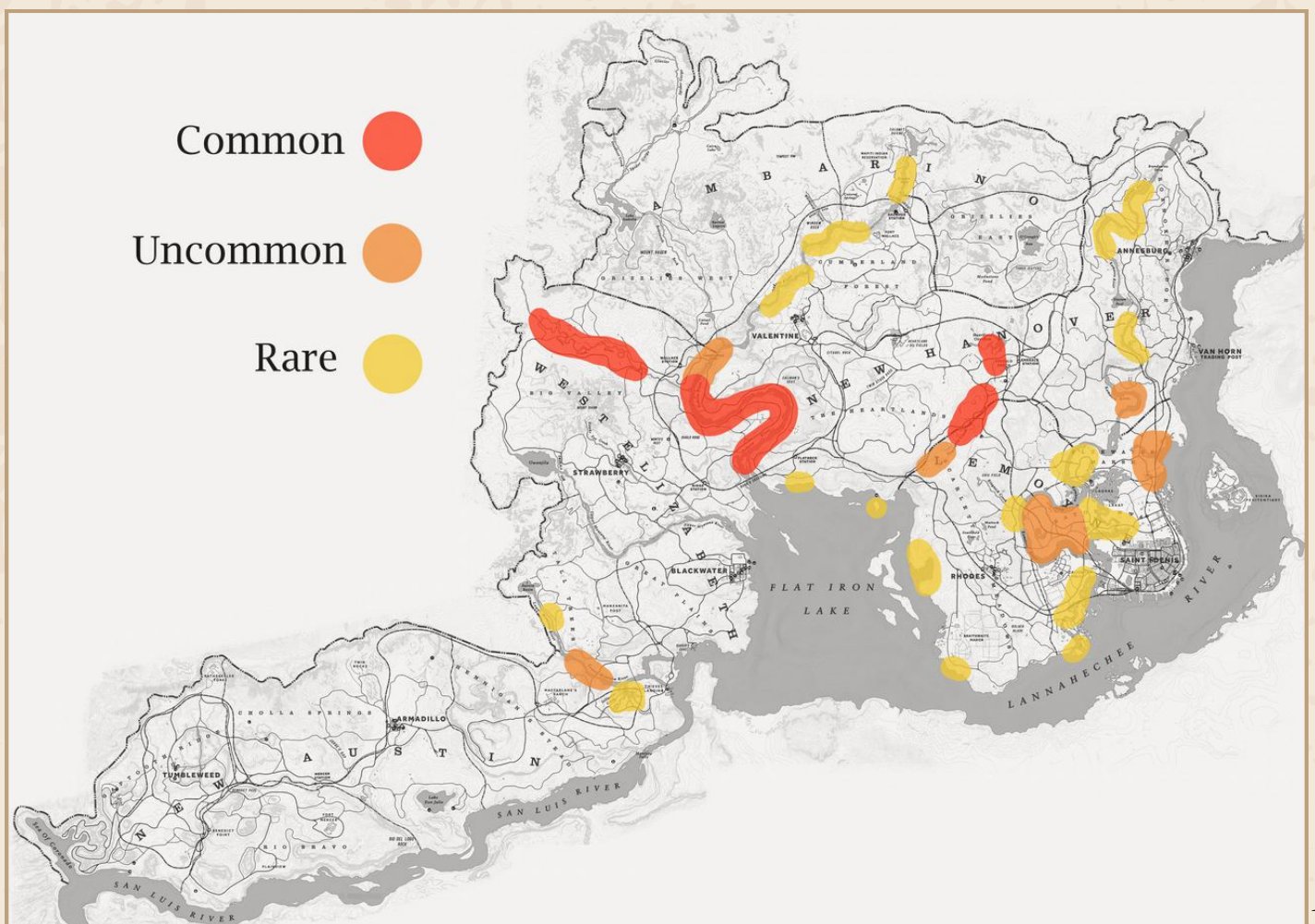
About: An edible mushroom that can be enjoyed raw or cooked. Also useful to cultivate wild yeast.



COMMON BULRUSH

Yield: 1-2 Stems

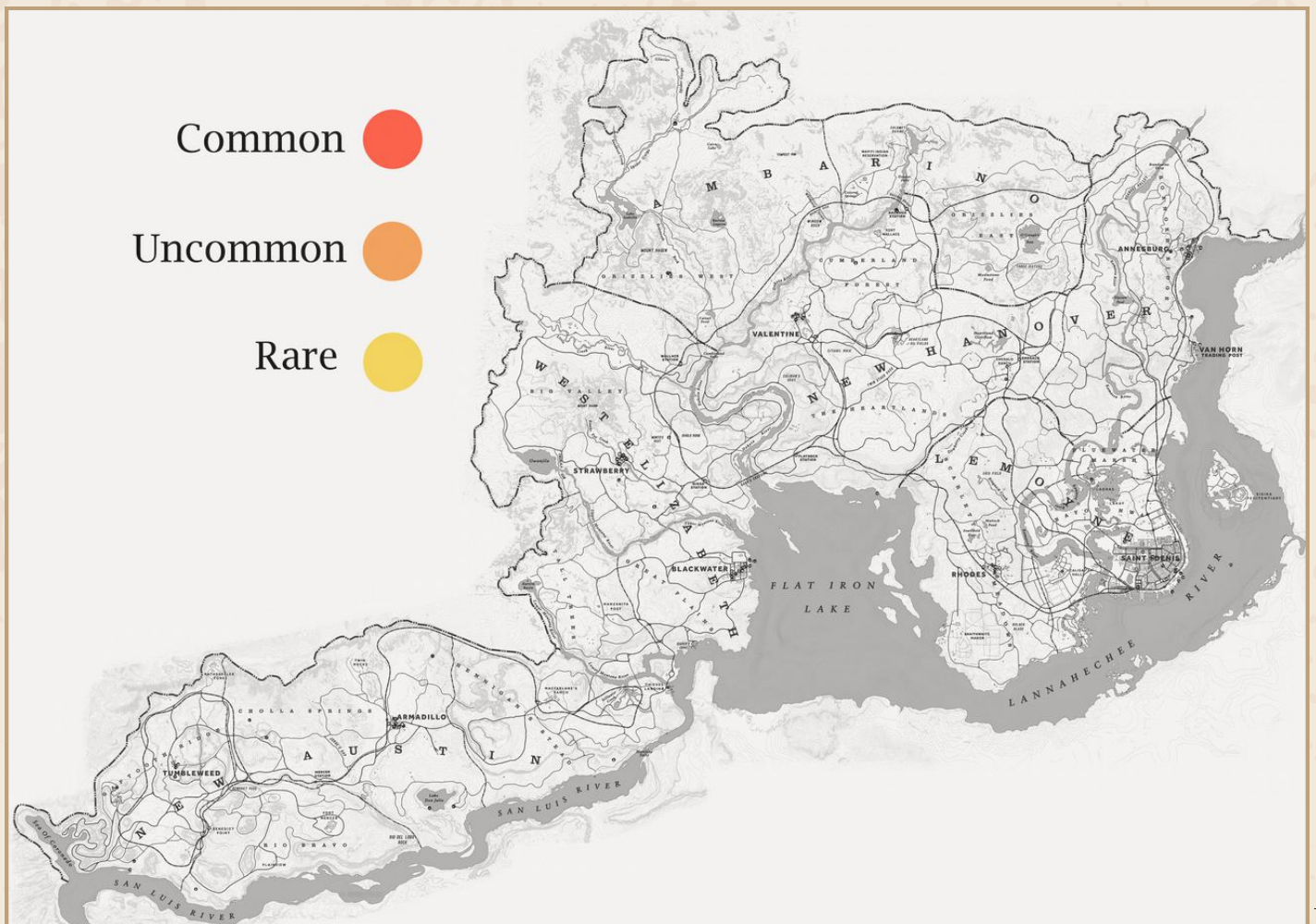
About: Though multiple parts of the plant are edible, it is not commonly eaten by humans. However, it is useful in horse medicines.



DESERT SAGE

Yield: *Unknown*

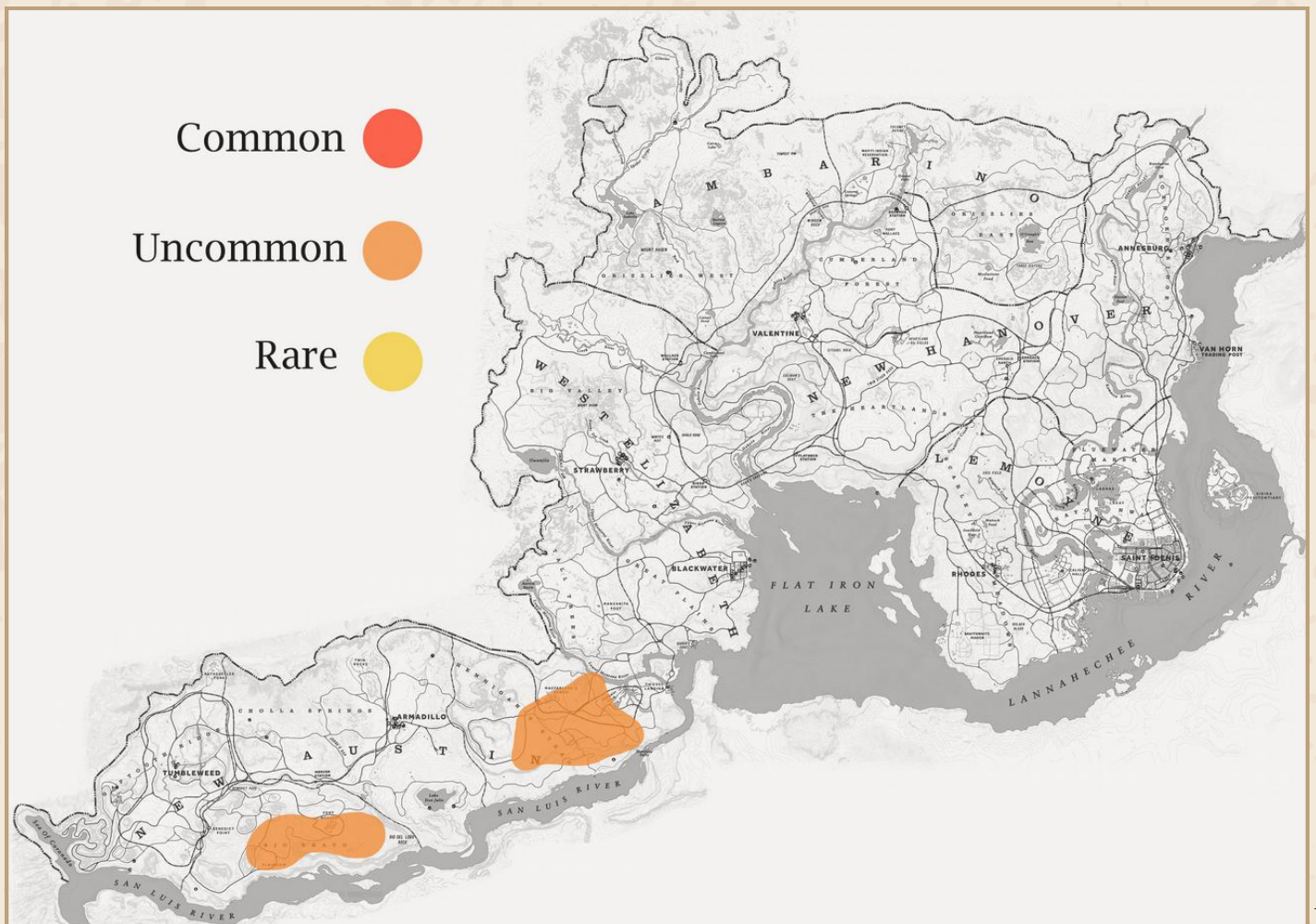
About: A desert shrub used in traditional medicines to treat headaches, stomachaches, and flu. Rumored to grow in New Austin but remains elusive.



ENGLISH MACE

Yield: 1 Sprig

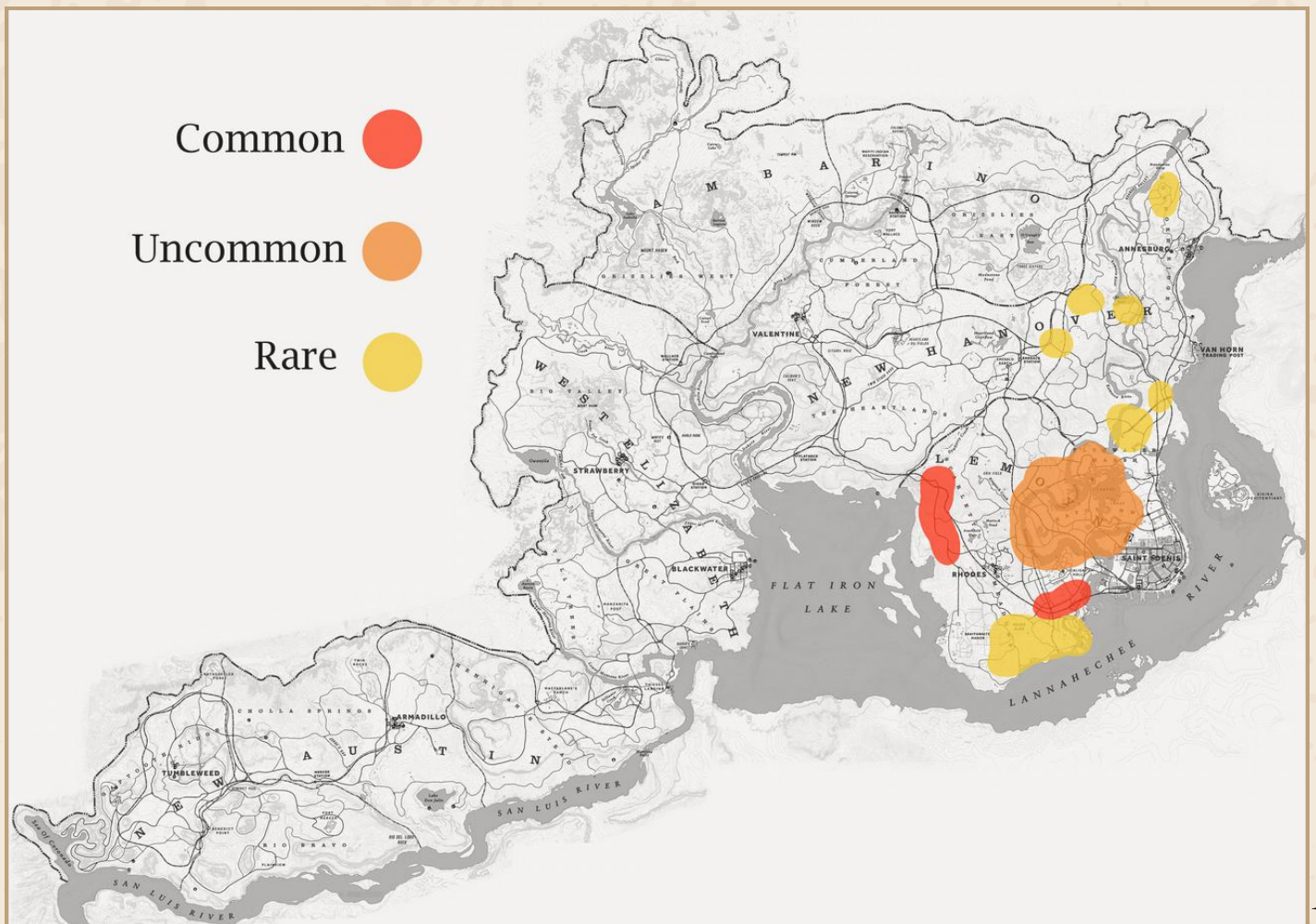
About: A mild flavored herb sometimes used in cooking. Often mistaken for the spice, mace, which comes from nutmeg seeds.



EVERGREEN HUCKLEBERRY

Yield: 3-6 Handfuls of Berries

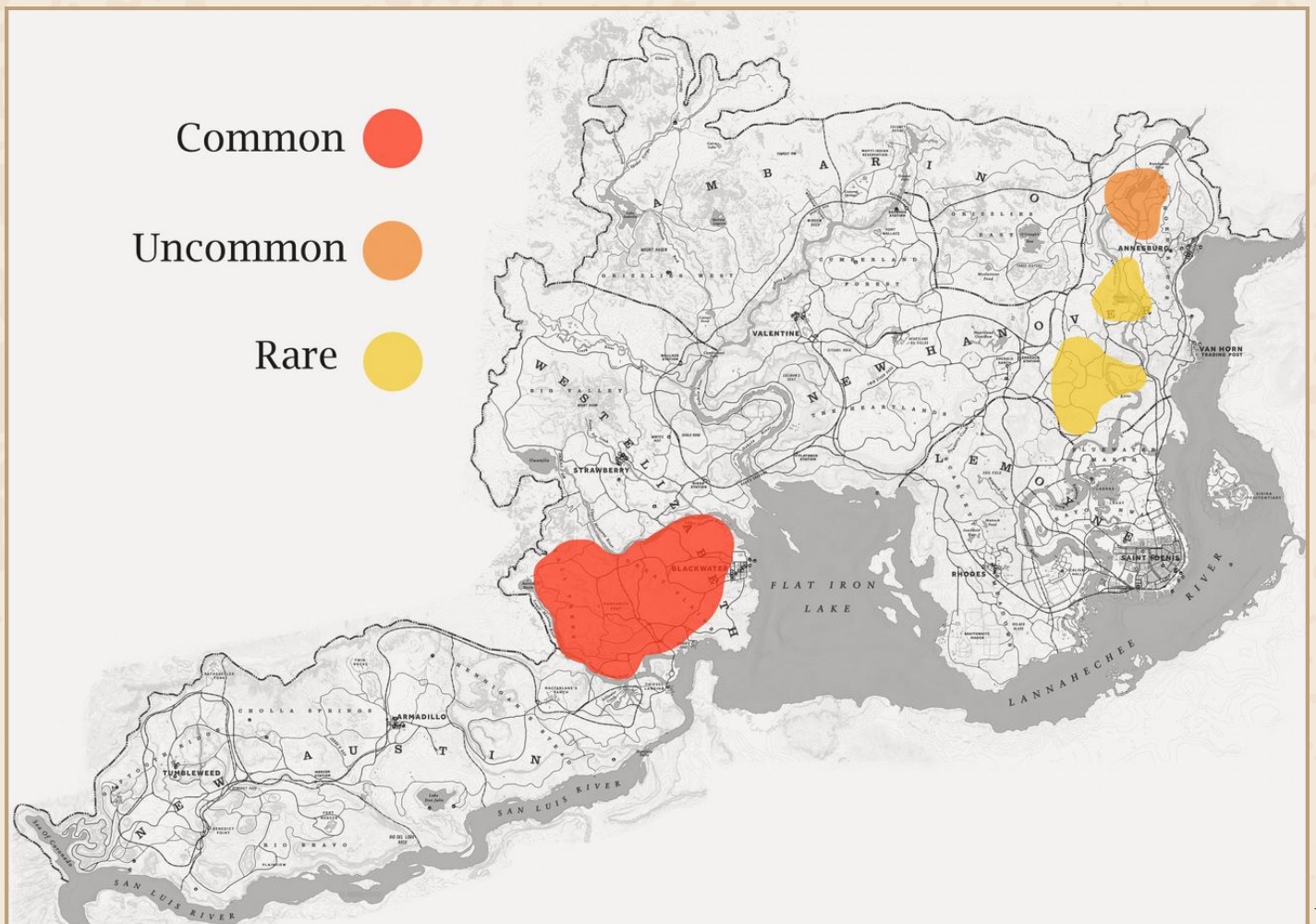
About: Sweet berries that grow natively around Lemoyne. Makes excellent jams and jellies.



GOLDEN CURRANTS

Yield: 1-3 Handfuls of Berries

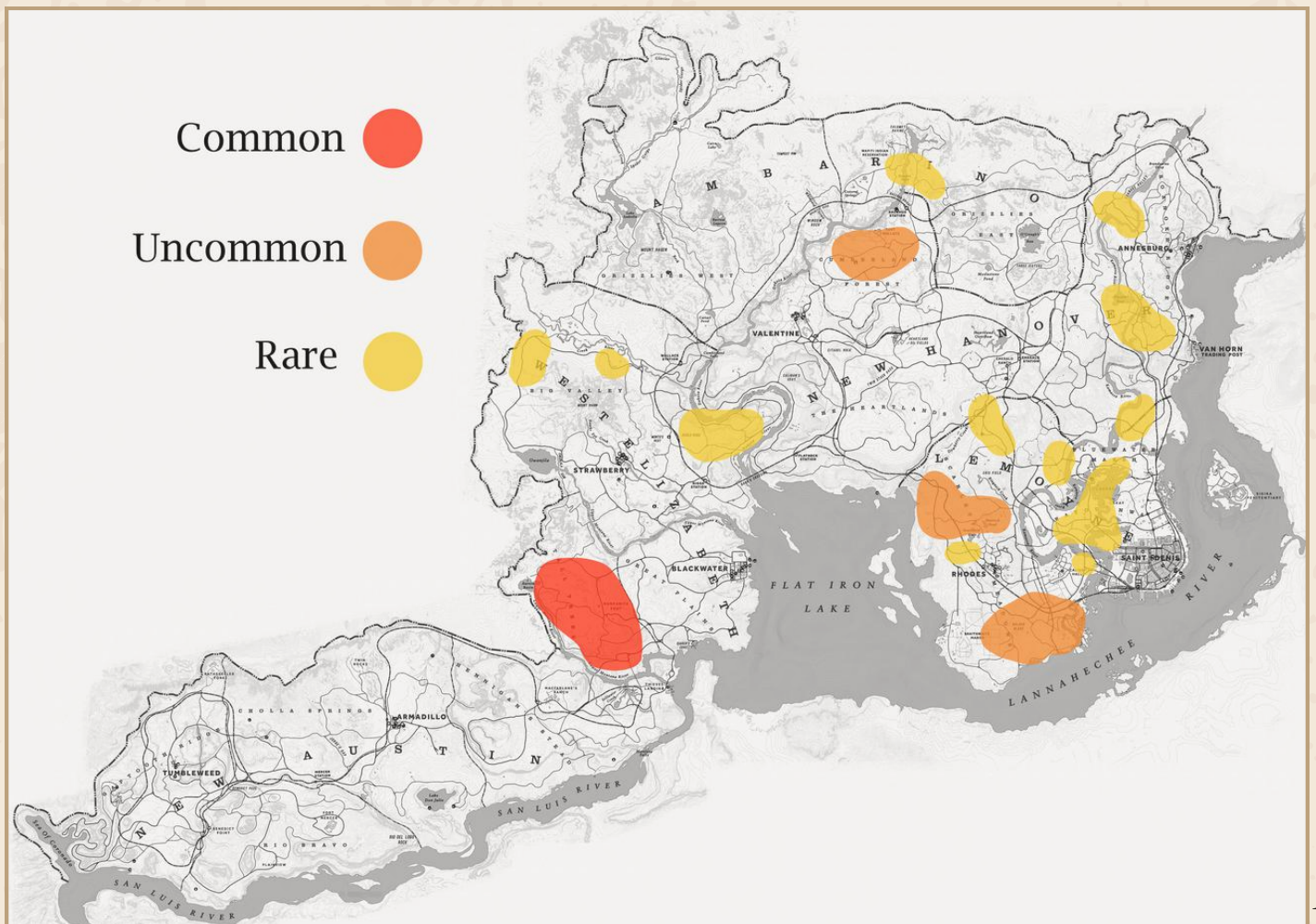
About: A fruit which grows plentifully in West Elizabeth. It is sweet and tart, similar to blackcurrants. Generally eaten raw or used dried.



HUMMINGBIRD SAGE

Yield: 1-2 Flowers

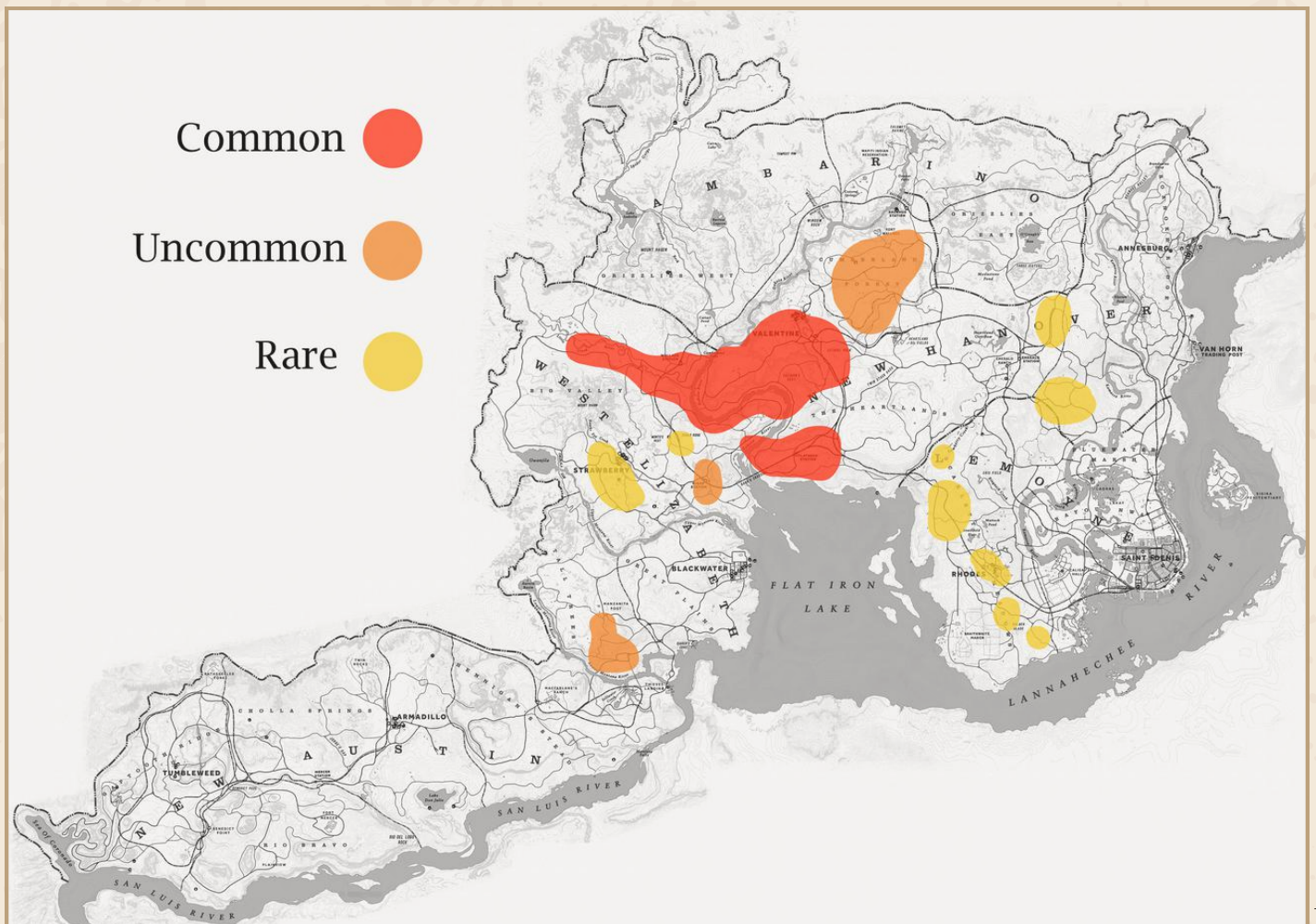
About: A flower in the mint family. Technically edible though not commonly eaten.



INDIAN TOBACCO

Yield: 1 Sprig

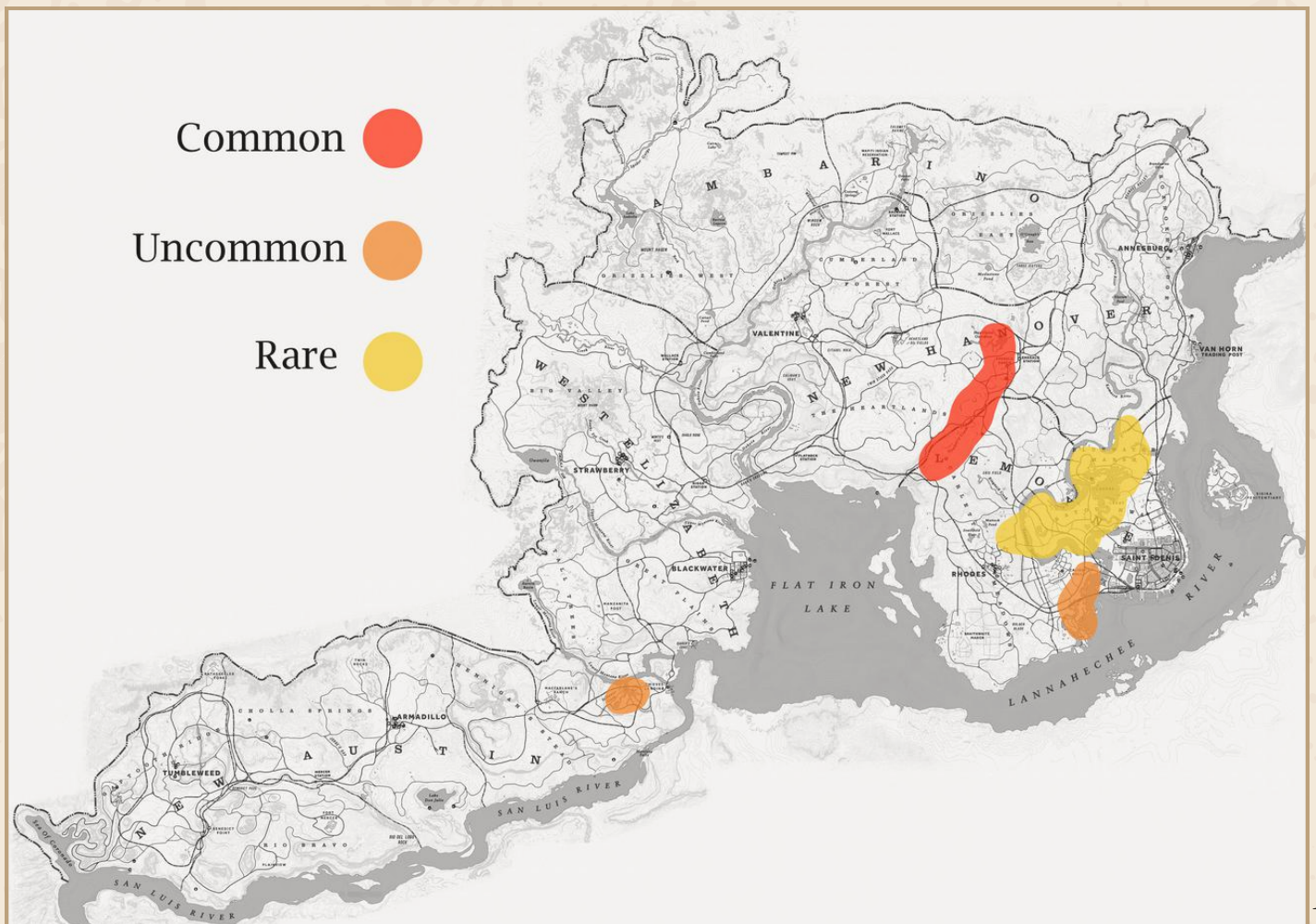
About: Also called Puke Weed. It is often smoked as a remedy for coughs, though eating it can cause vomitting.



MILKWEED

Yield: 1-2 Handfuls

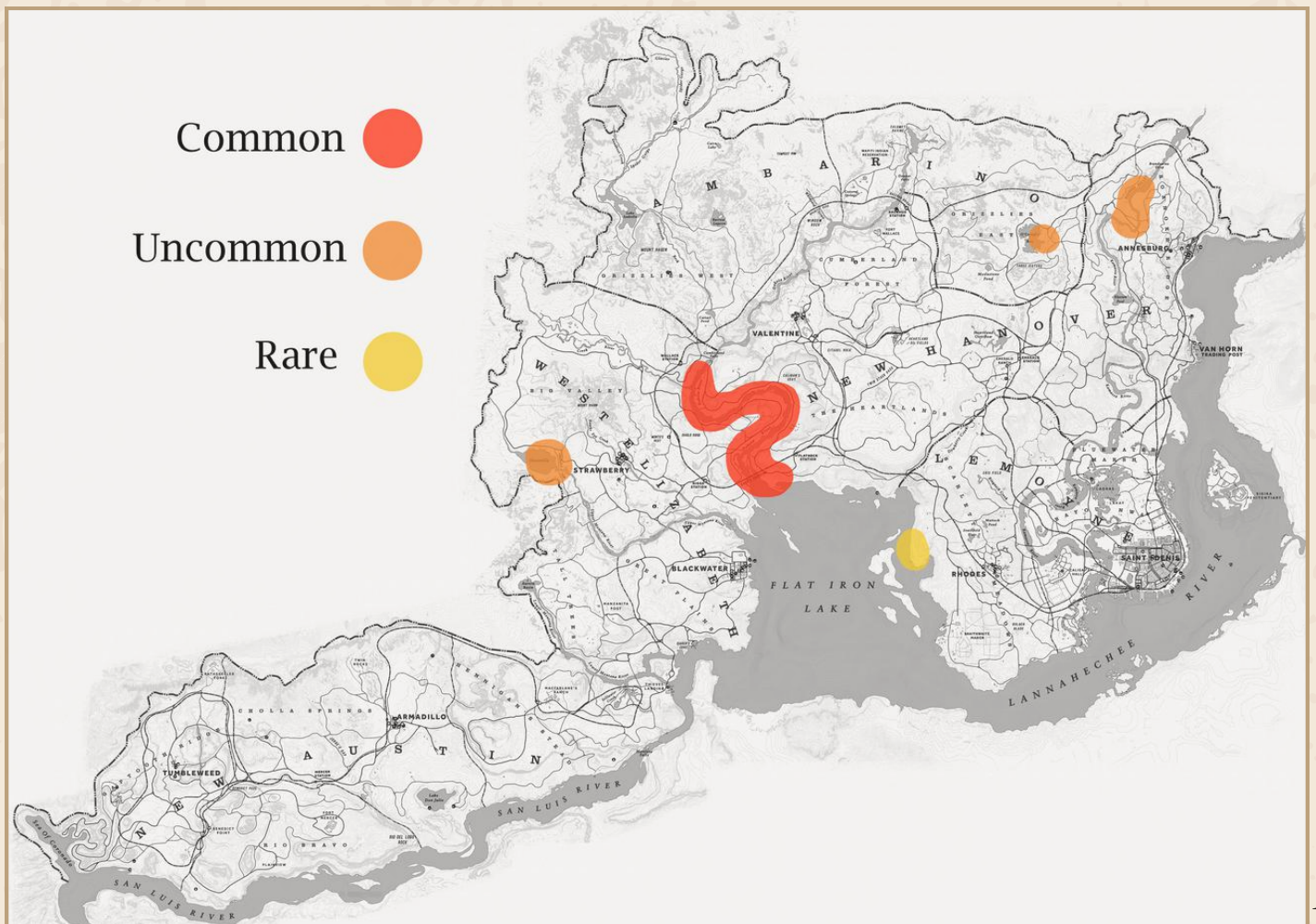
About: Toxic to consume without proper preparation. Useful for creating cord and fabric out of the fibers.



OREGANO

Yield: 1-3 Sprigs

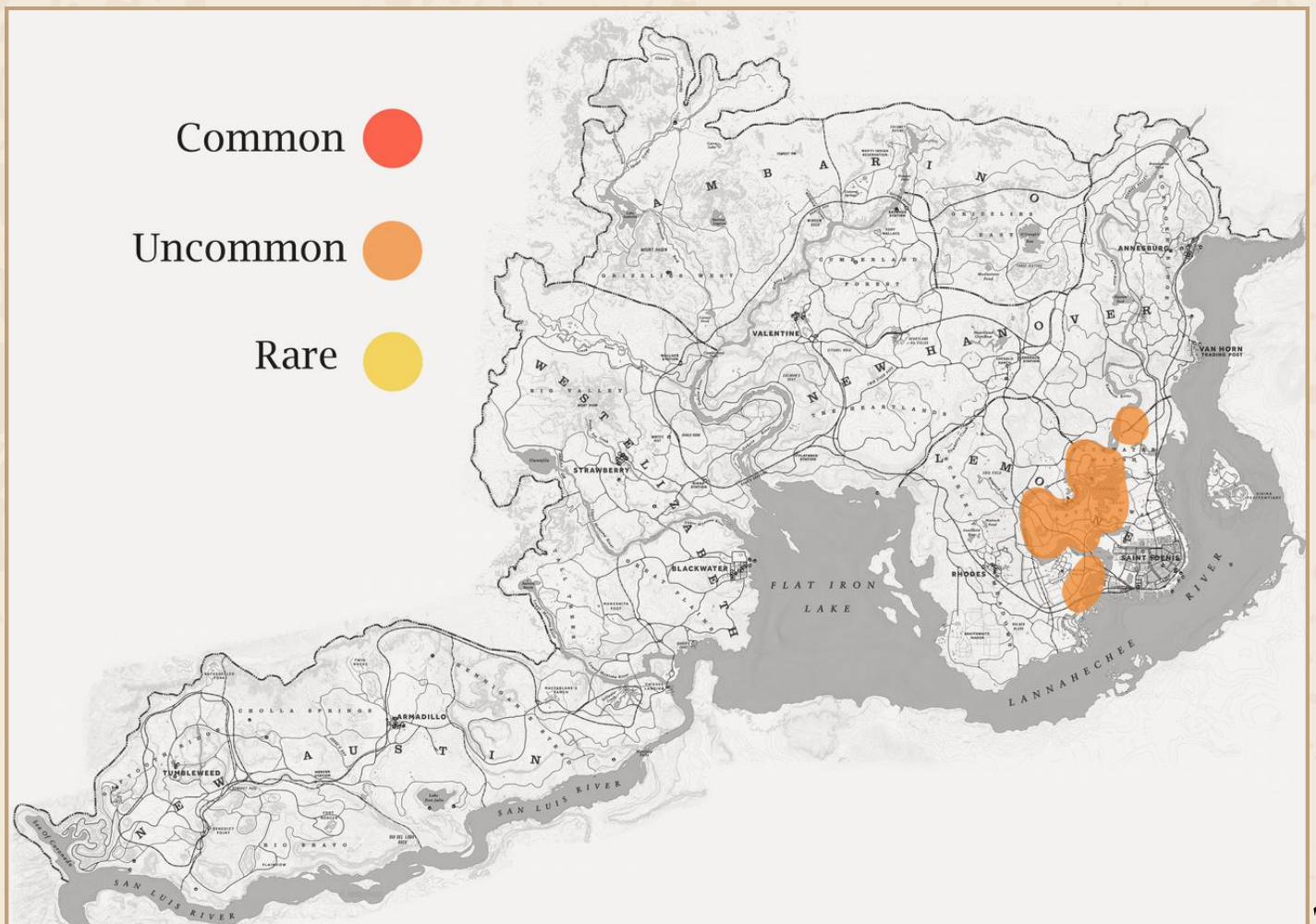
About: An herb often used in cooking. It grows well in the sandy soils along the banks of the Dakota River.



OLEANDER

Yield: 1 Handful

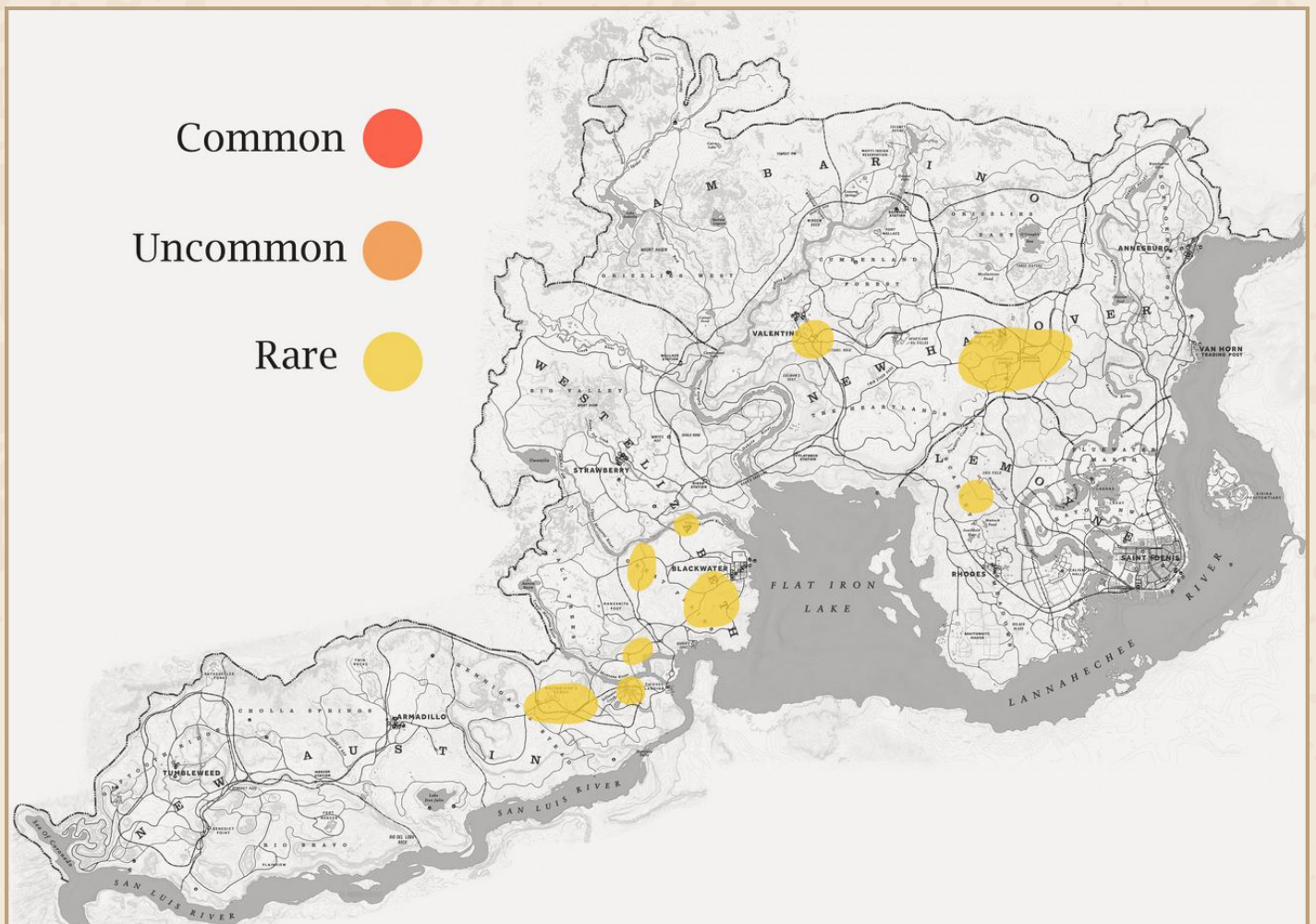
About: An extremely toxic shrub. Consuming any part of the plant can cause serious illness and even death.



PARASOL MUSHROOM

Yield: 1 Mushroom

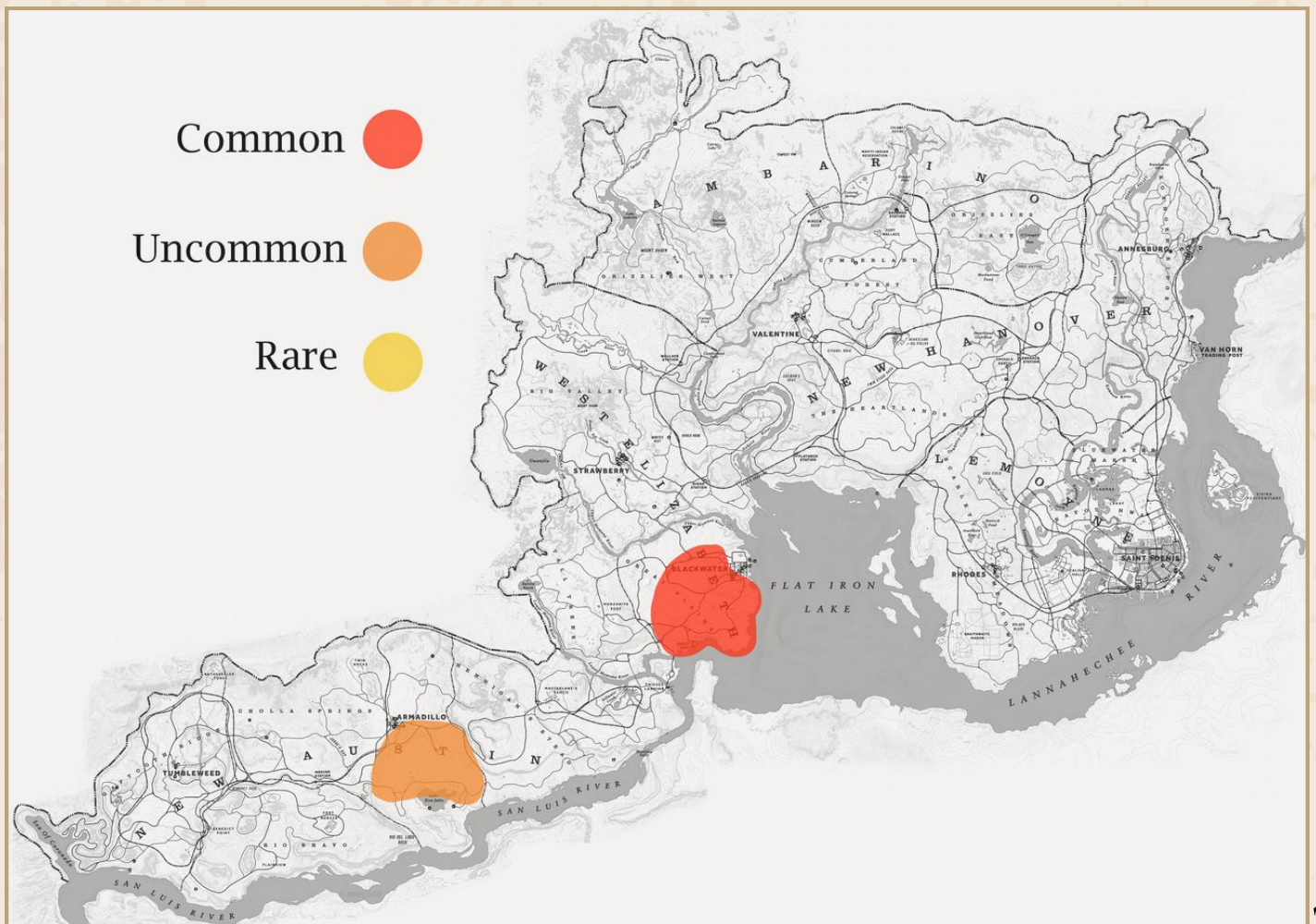
About: A rare edible mushroom that can be eaten raw or cooked. Not to be confused with the poisonous false parasol mushroom.



PRAIRIE POPPY

Yield: 1-2 Flowers

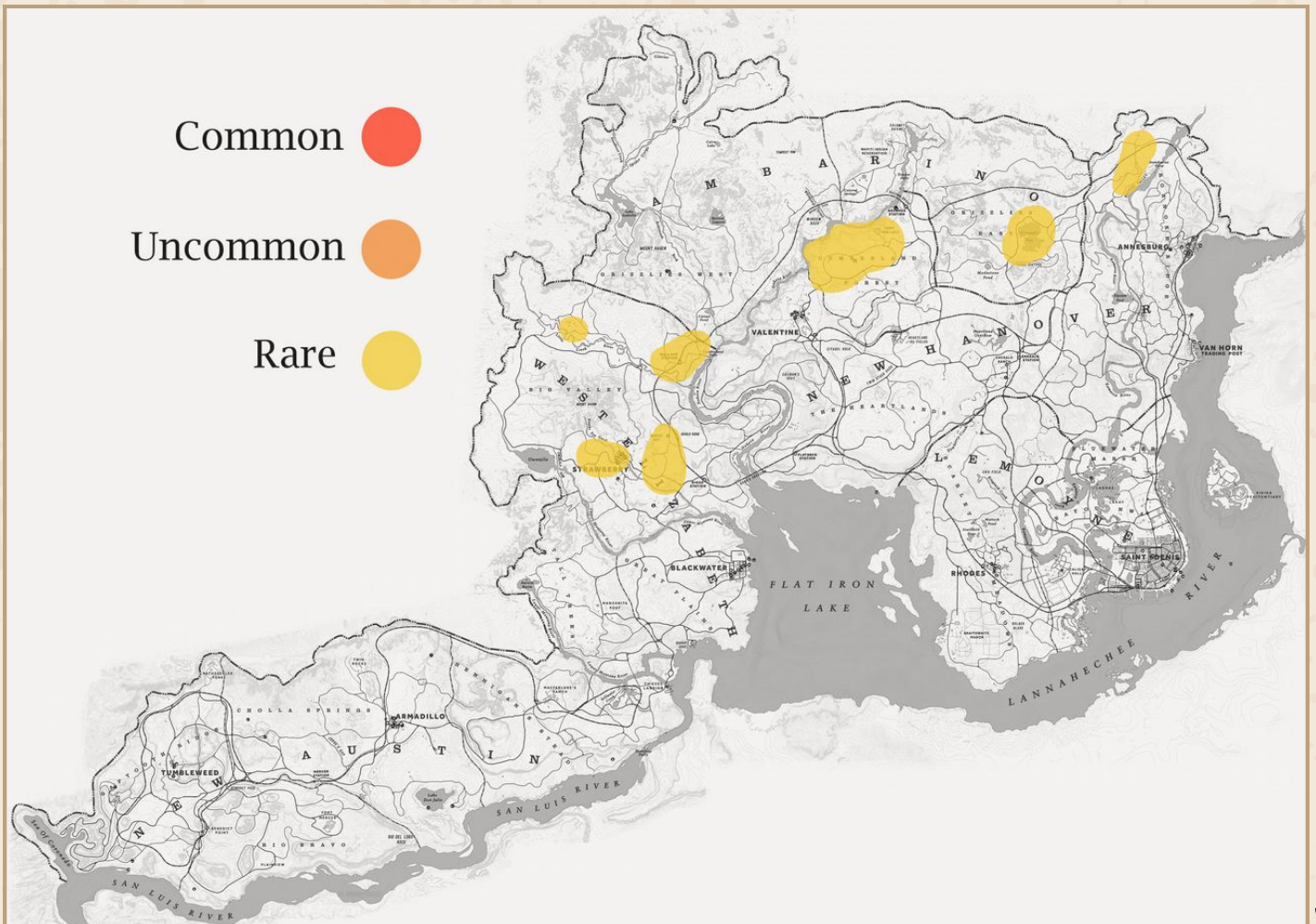
About: A native flower in the poppy family. Believed to cause a calming effect when consumed.



RAM'S HEAD

Yield: 1 Mushroom

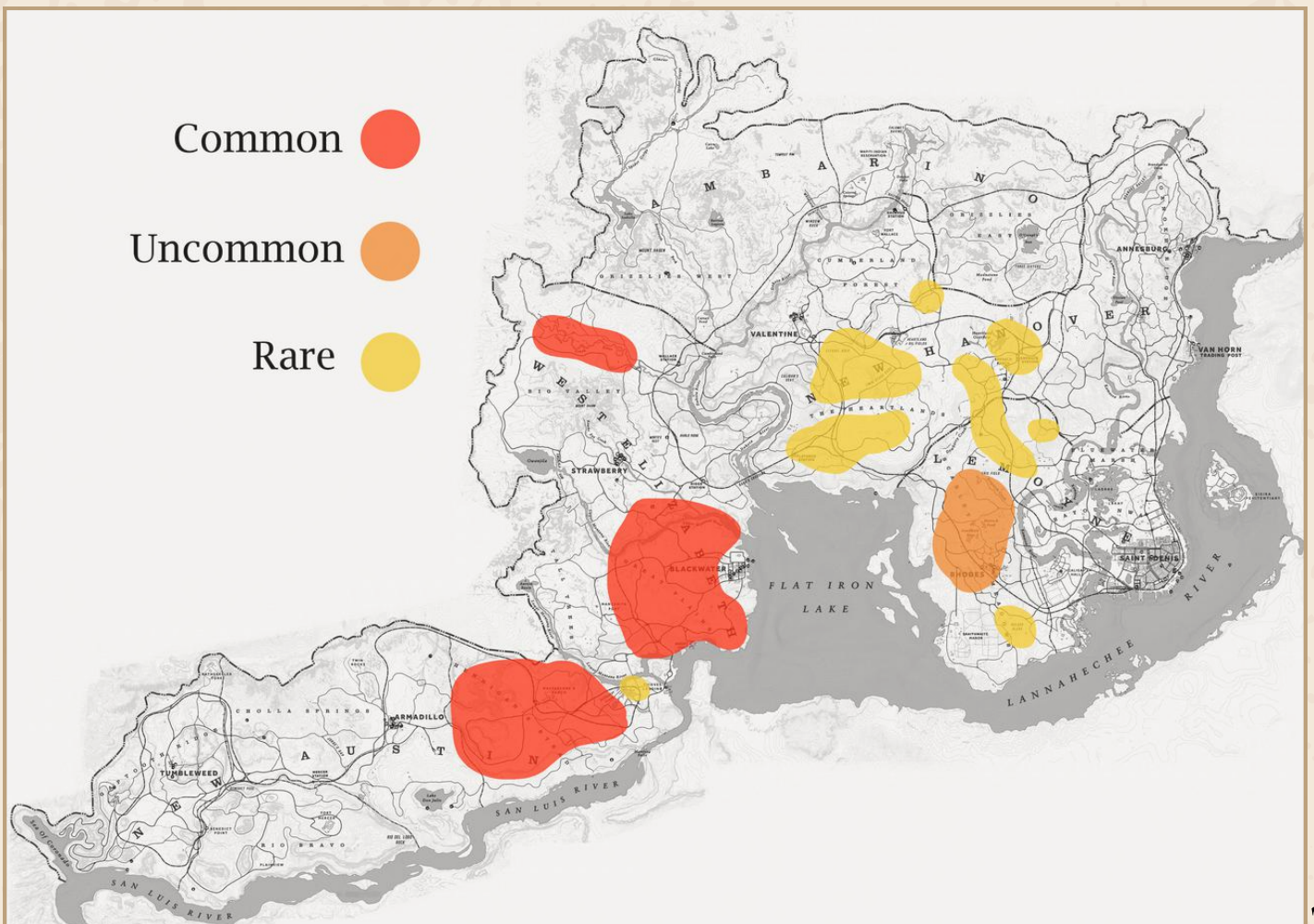
About: An edible mushroom often called Hen of the Woods. Praised for its flavor, it is often harvested around oak trees.



RASPBERRY

Yield: 3-6 Handfuls of Berries

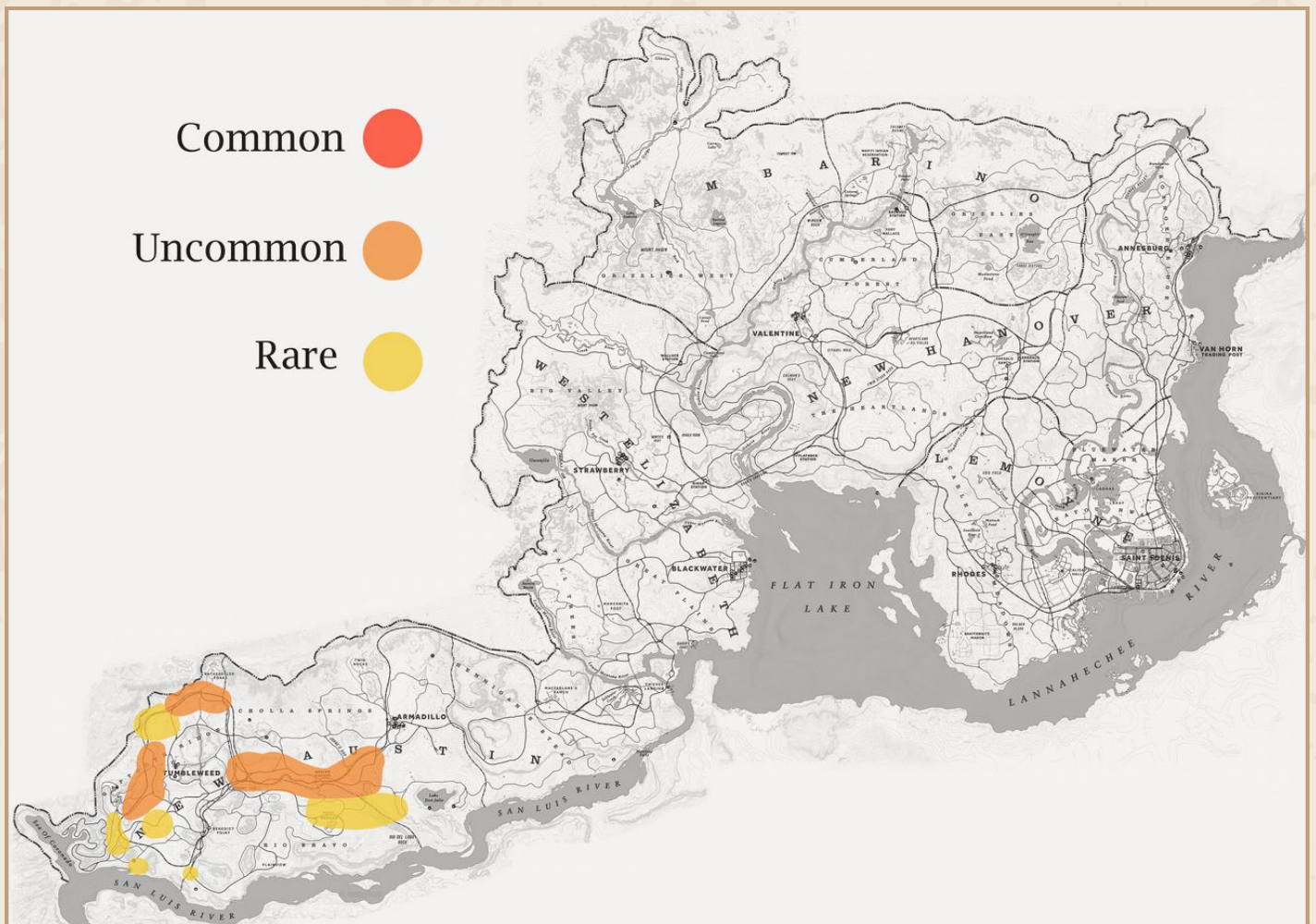
About: Edible berries from a number of related species of bush. Commonly eaten raw or made into jam.



RED SAGE

Yield: 1 Flower

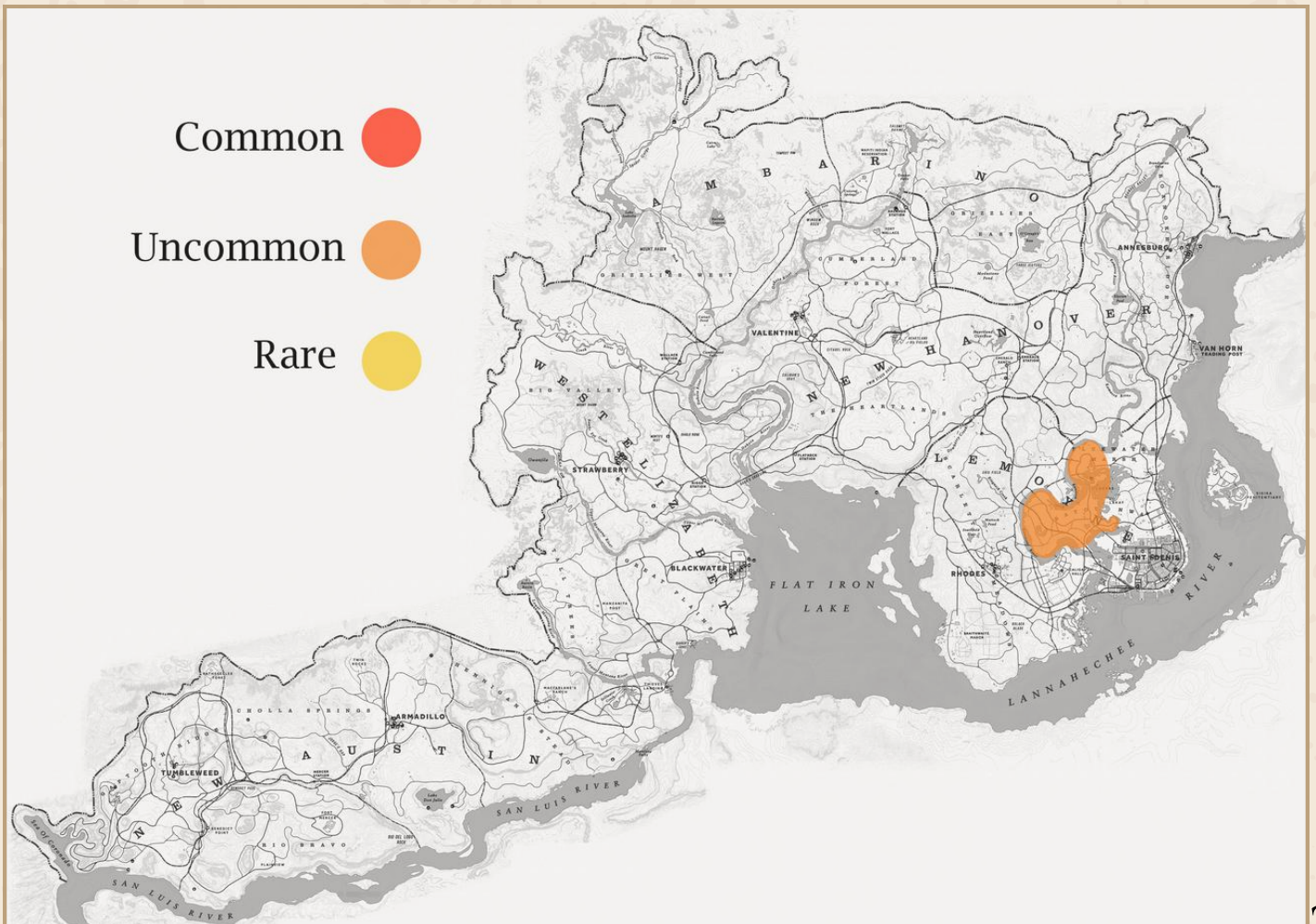
About: A red flowering plant sometimes used in medicines. The dried roots have been known to help treat illnesses of the heart and liver.



VANILLA FLOWER

Yield: 1 Vanilla Bean

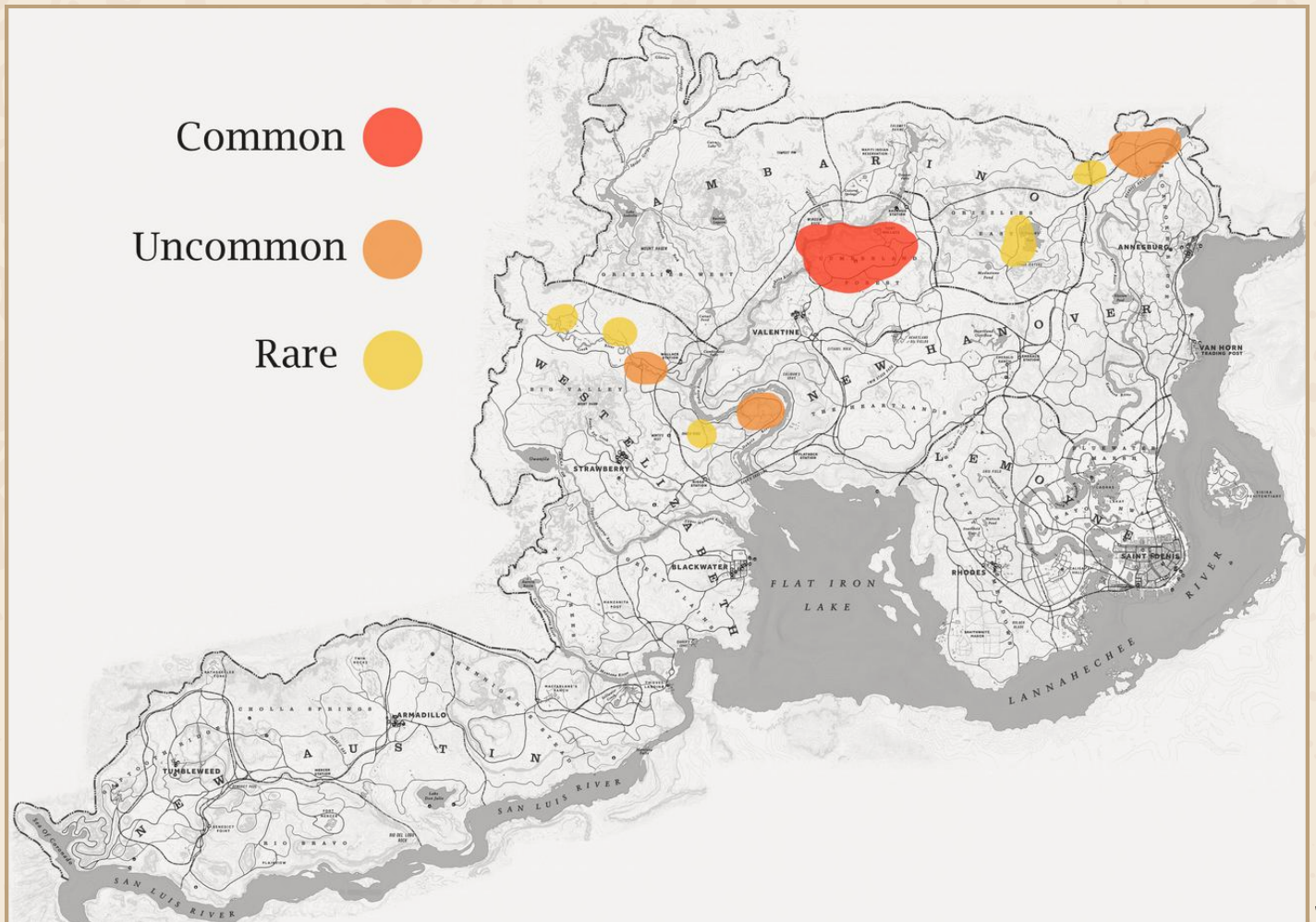
About: A small yellow flowering vine which grows seed pods used in cooking. Not always able to be picked from the ground.



VIOLET SNOWDROP

Yield: 1 Flower

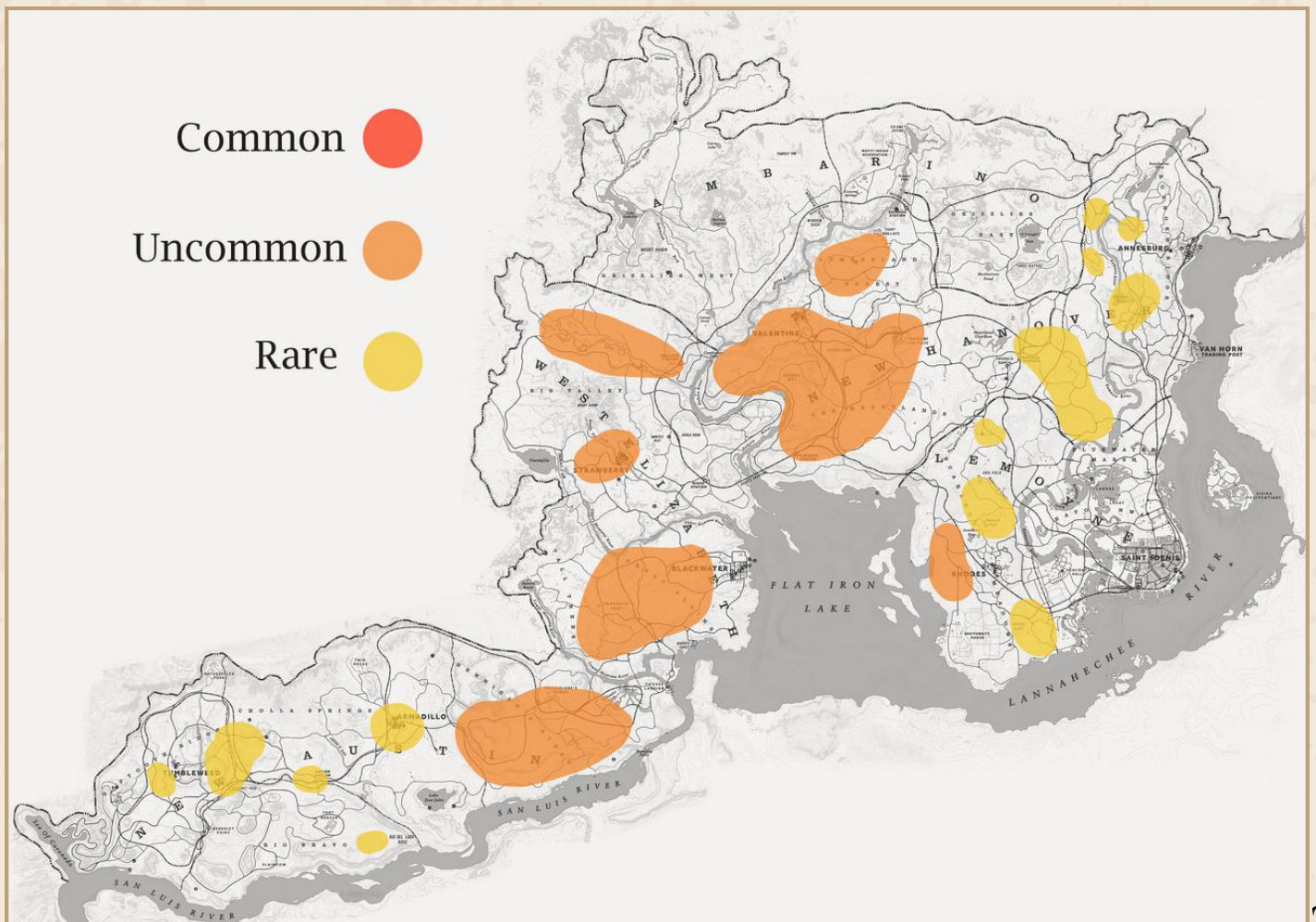
About: A deep purple flower that grows in shaded forests. Leaves are edible and believed to treat inflammation, nerve pain, and blood pressure.



WILD CARROT

Yield: 1 Carrot

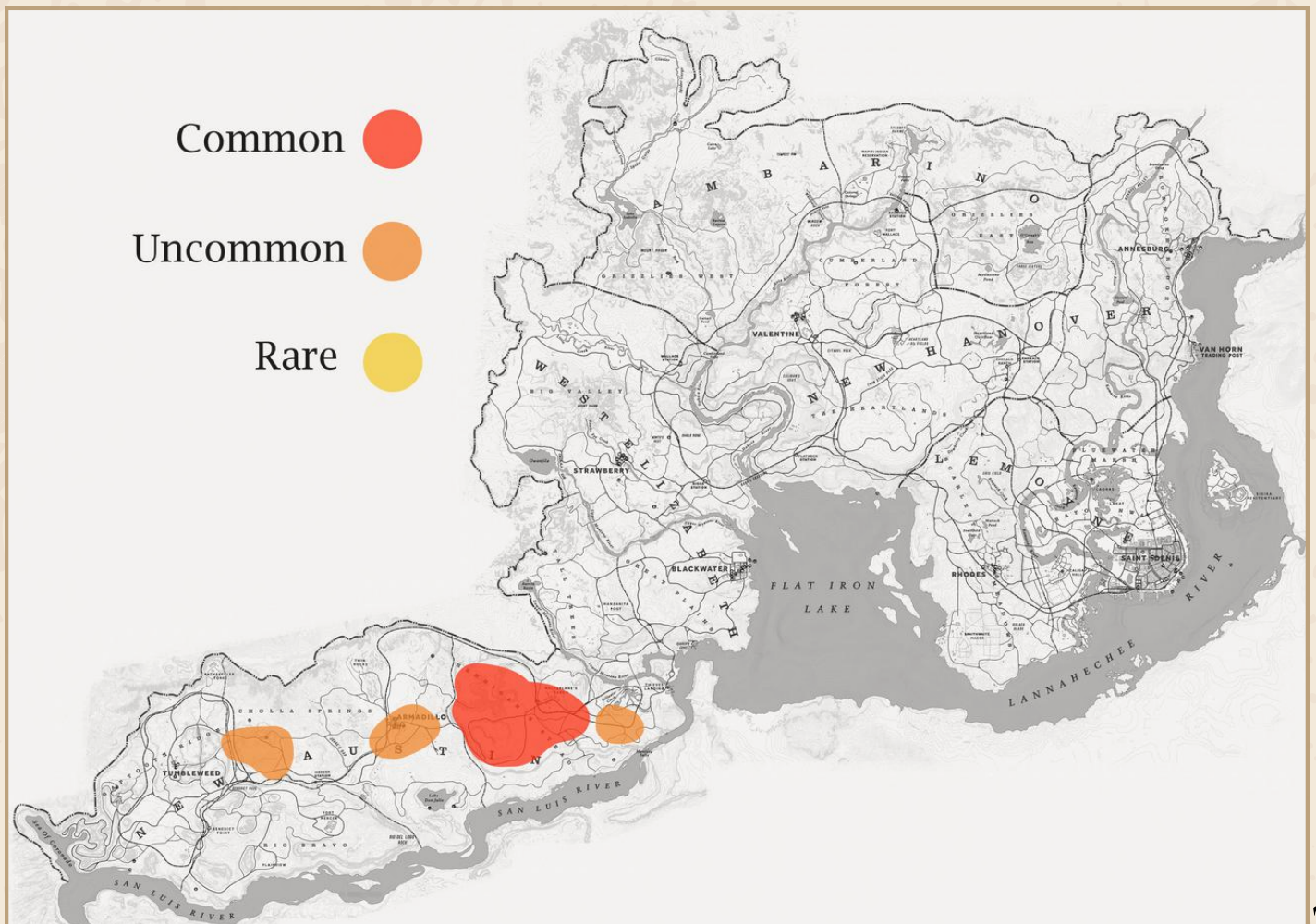
About: An edible root that grows across most of the state. Can be used to substitute for traditional carrots. Also known as Queen Anne's Lace.



WILD FEVERFEW

Yield: 1 Flower

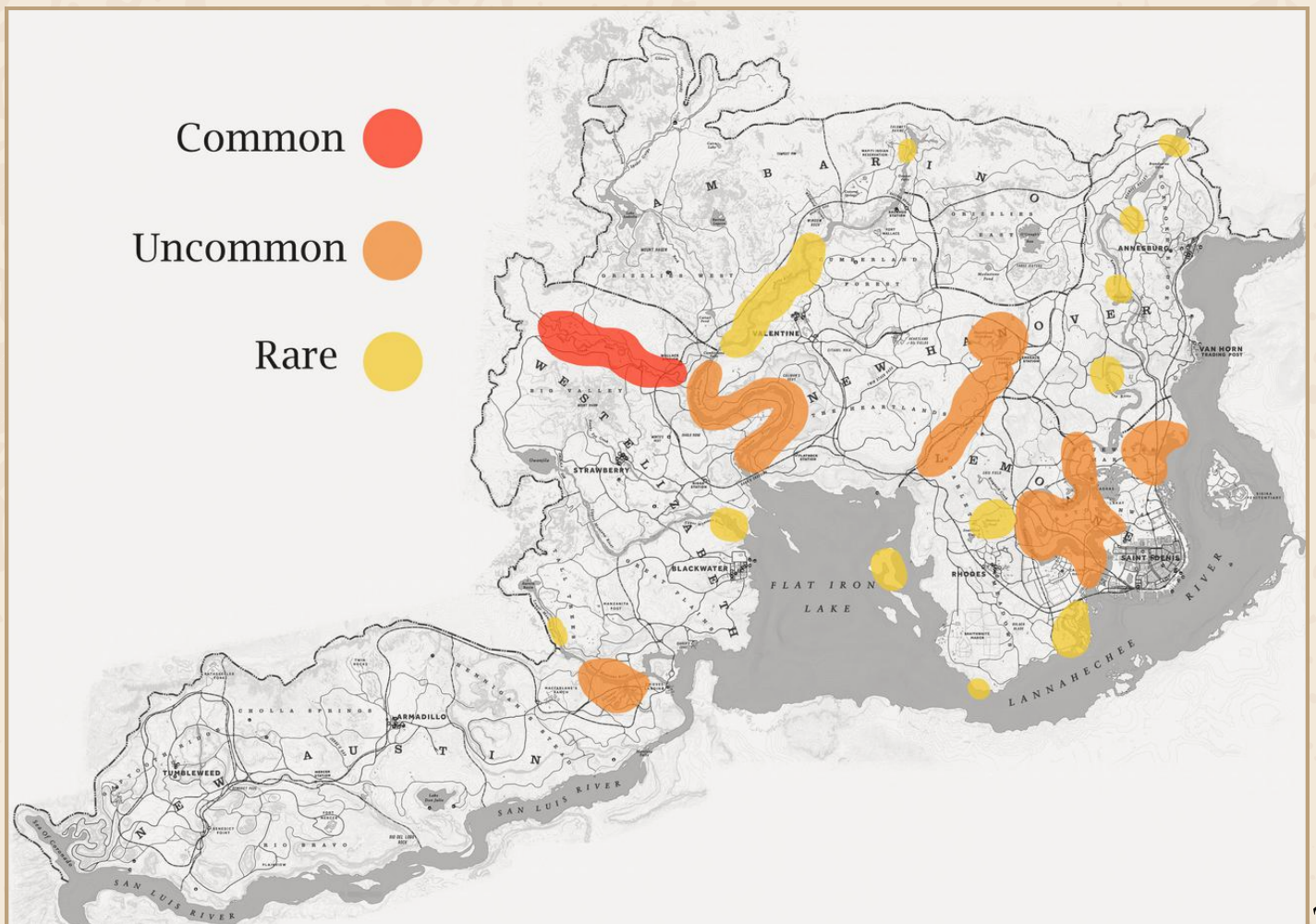
About: A medicinal herb often used to make tea. Treats fevers, headaches, and arthritis.



WILD MINT

Yield: 1-2 Sprigs

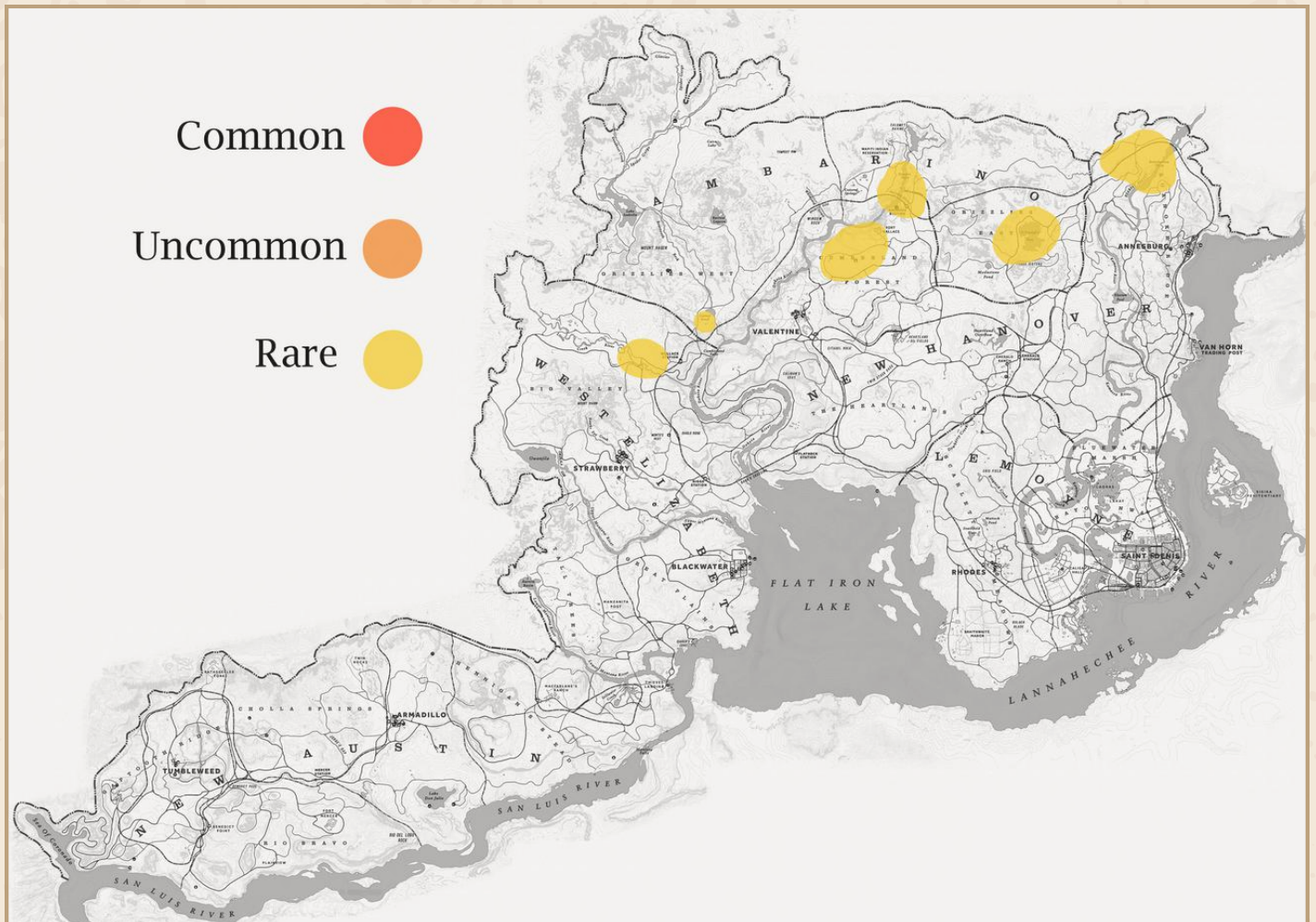
About: A cooking herb that grown in the marshy soils around state and around riverbanks. Often used for flavoring and also said to aid digestion.



WINTERGREEN BERRY

Yield: 1-3 Handfuls of berries

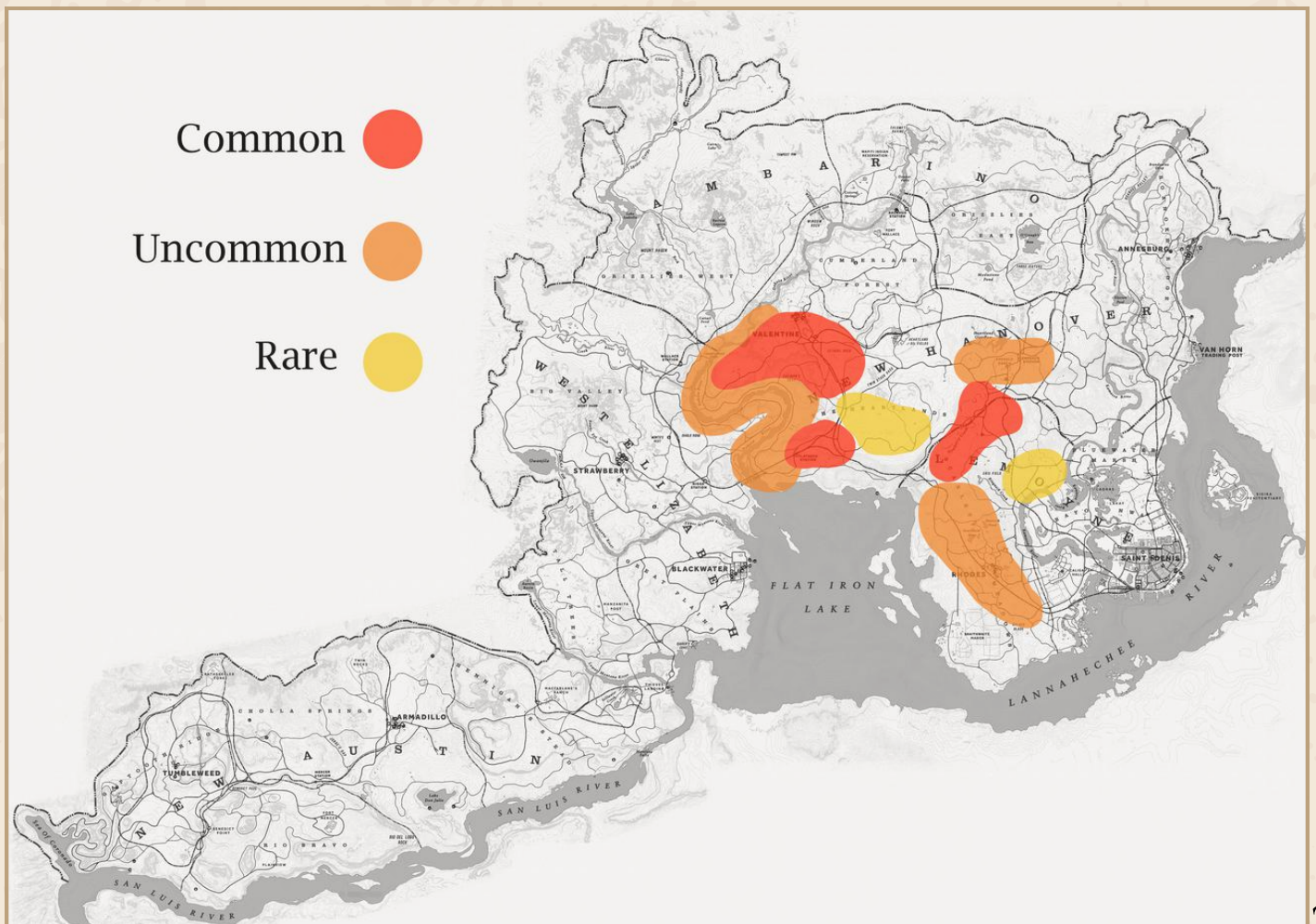
About: An edible fruit that grows on a bush and truly comes into ripeness after the first frost. Berries have a very potent flavor.



YARROW

Yield: 1-2 Handfuls

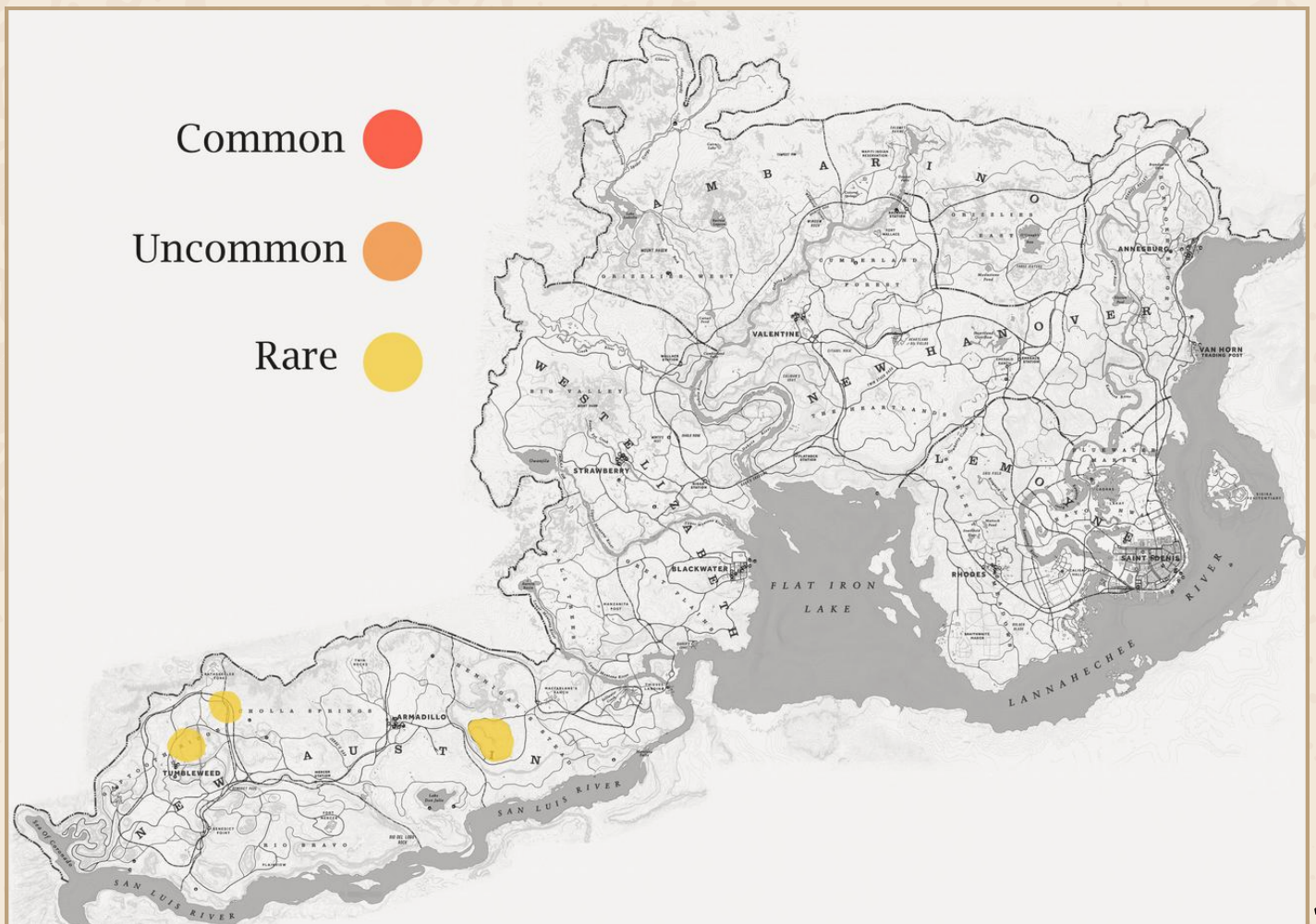
About: An herb that is used medicinally for a number of uses. The dried leaves can be ground into a powder which stops bleeding.



AGARITA

Yield: 1 Cluster of Flowers

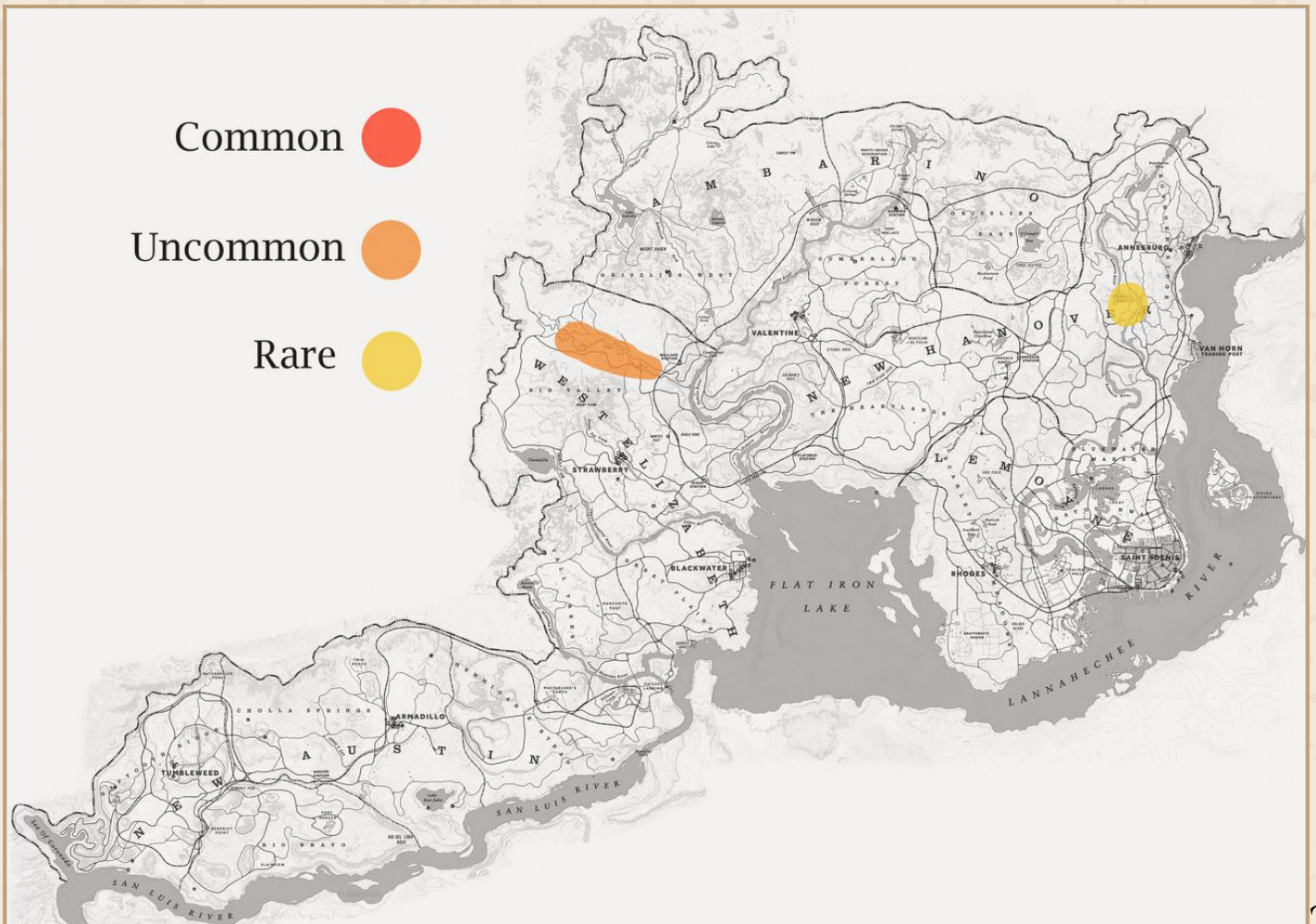
About: An evergreen shrub that grows along rocky slopes. Produces small yellow flowers.



BITTERWEED

Yield: 1 Flower

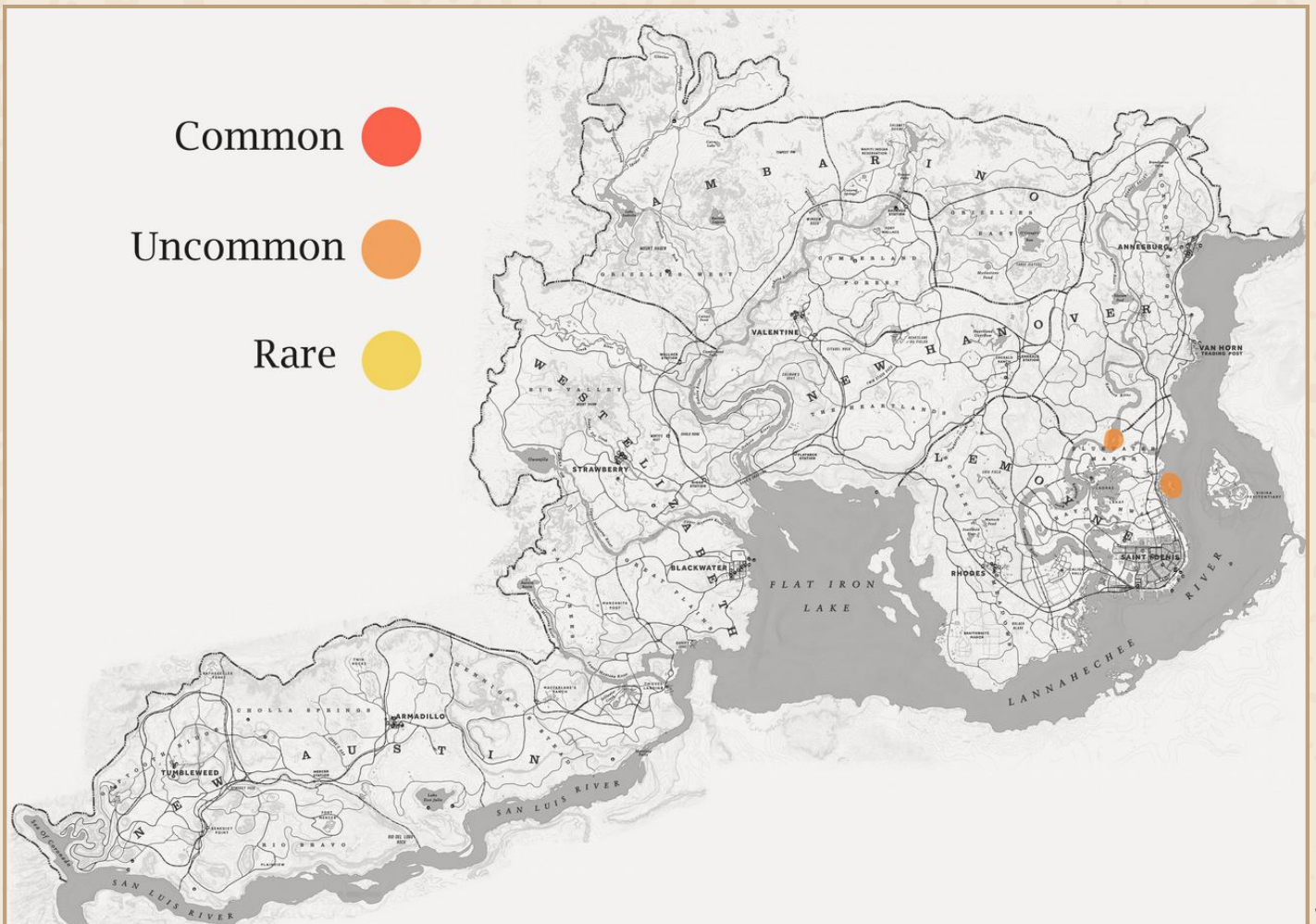
About: A yellow wild flower that grows in damp soils near river beds. It is poisonous for livestock to consume.



BLOOD FLOWER

Yield: 1 Flower

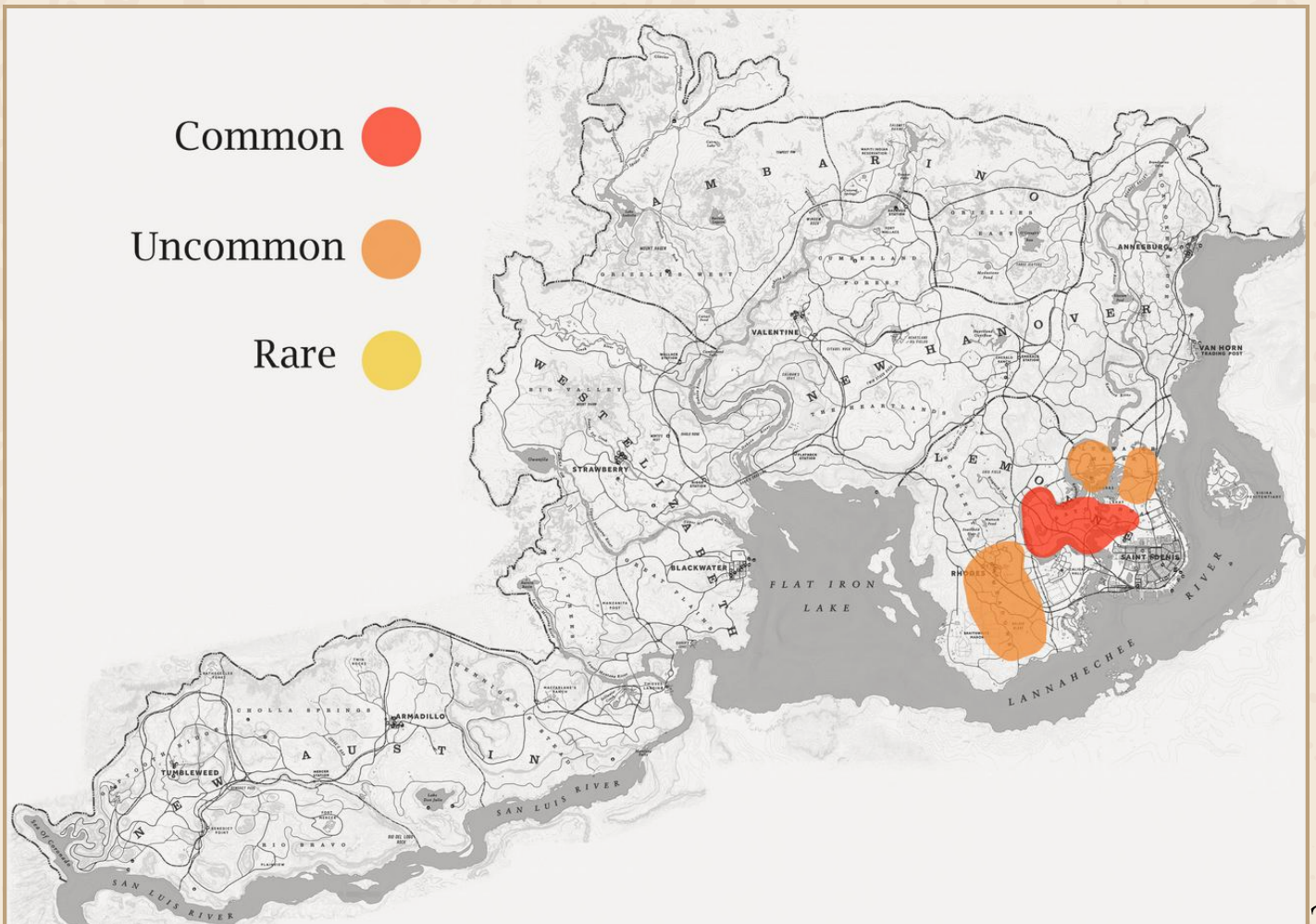
About: A species of milkweed known for its rarity. It grows in the swamps and is often incorrectly rumored to only bloom at night.



CARDINAL FLOWER

Yield: 1 Flower

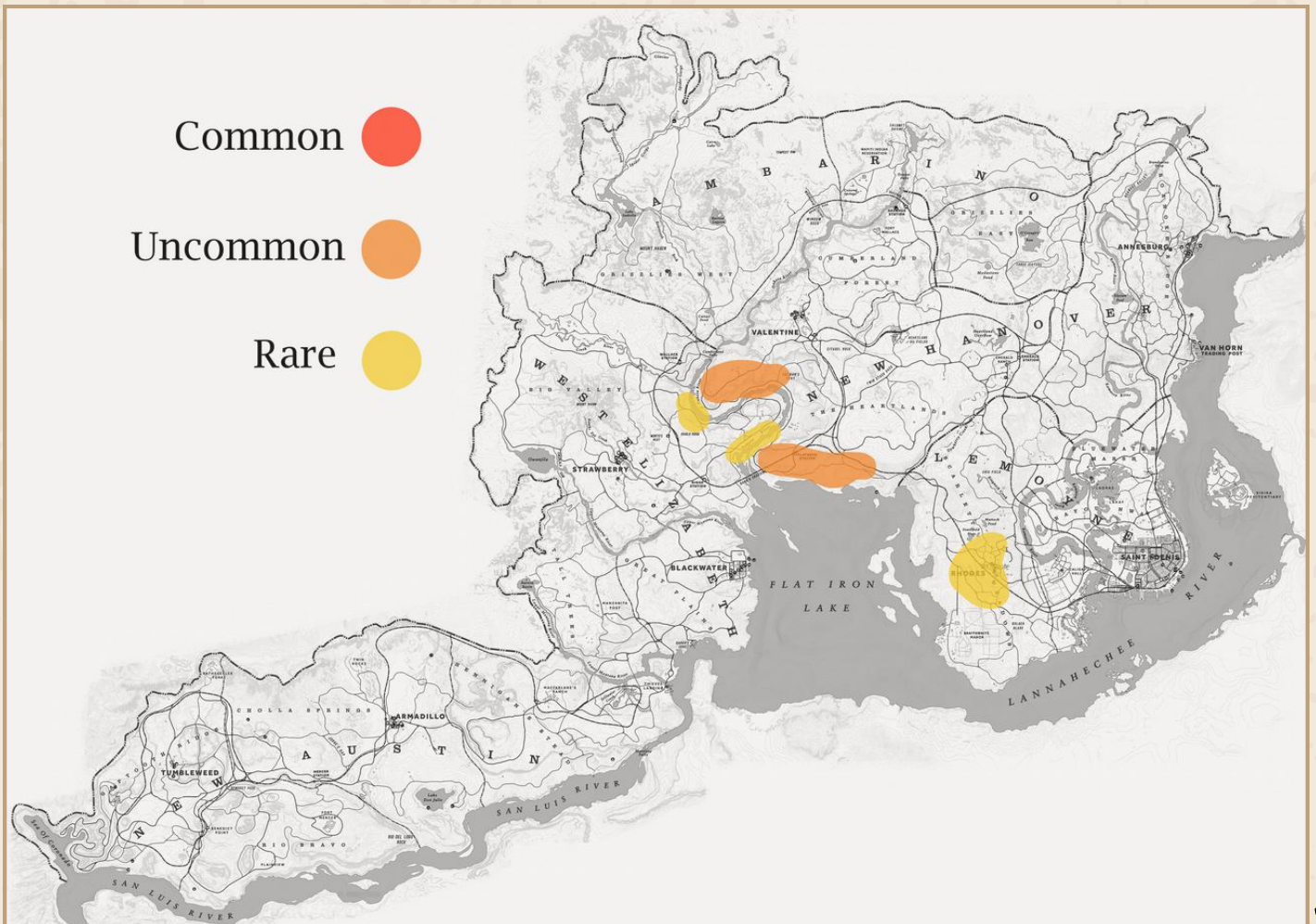
About: A tall flowering plant that grows bright red petals in sets of threes. Common throughout the wet soil of Lemoyne.



CHOCOLATE DAISY

Yield: 1-2 Flowers

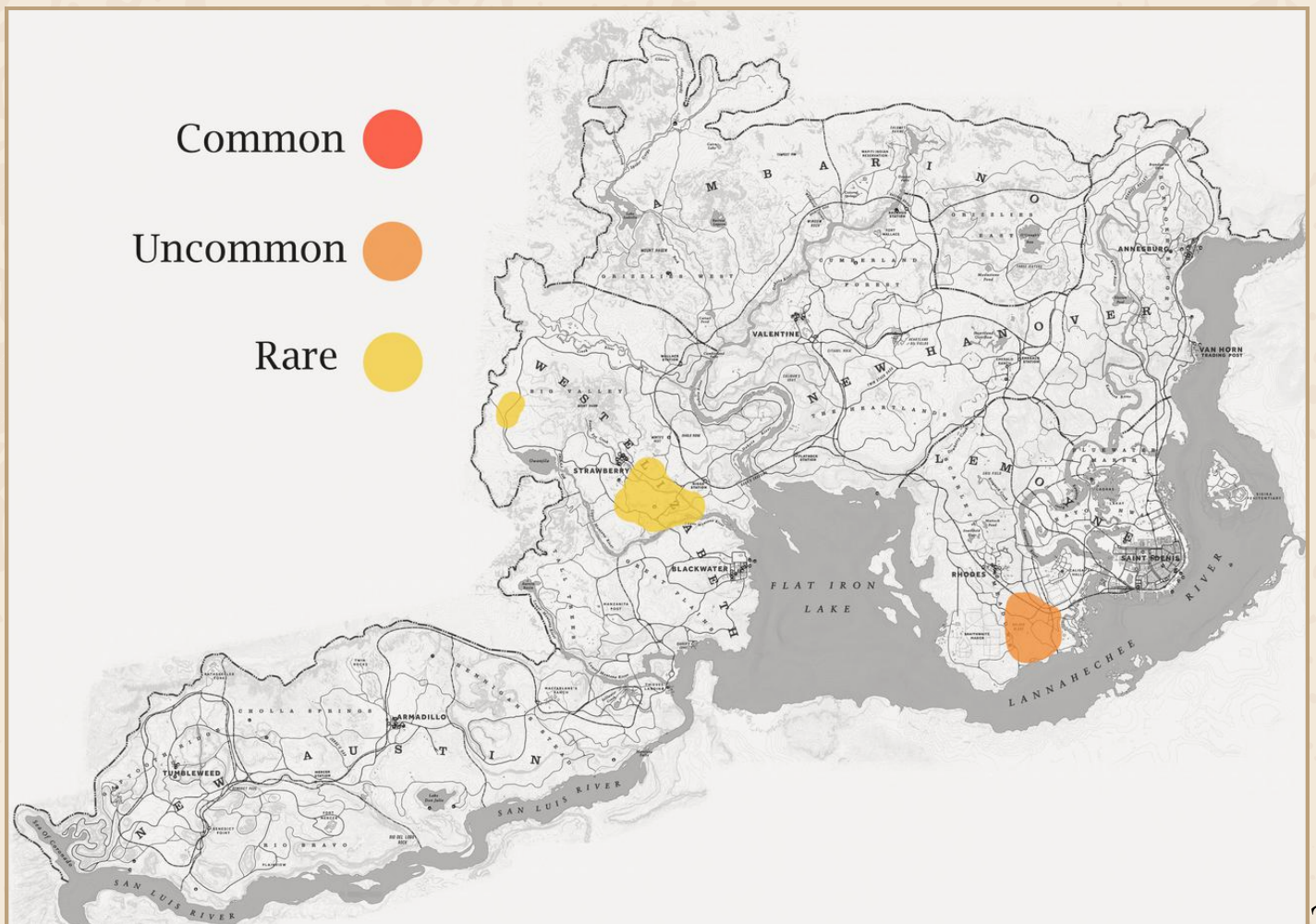
About: A yellow flower named for its chocolate aroma. Can be made into a delectable tea.



CREEK PLUM

Yield: 1 Cluster of Flowers

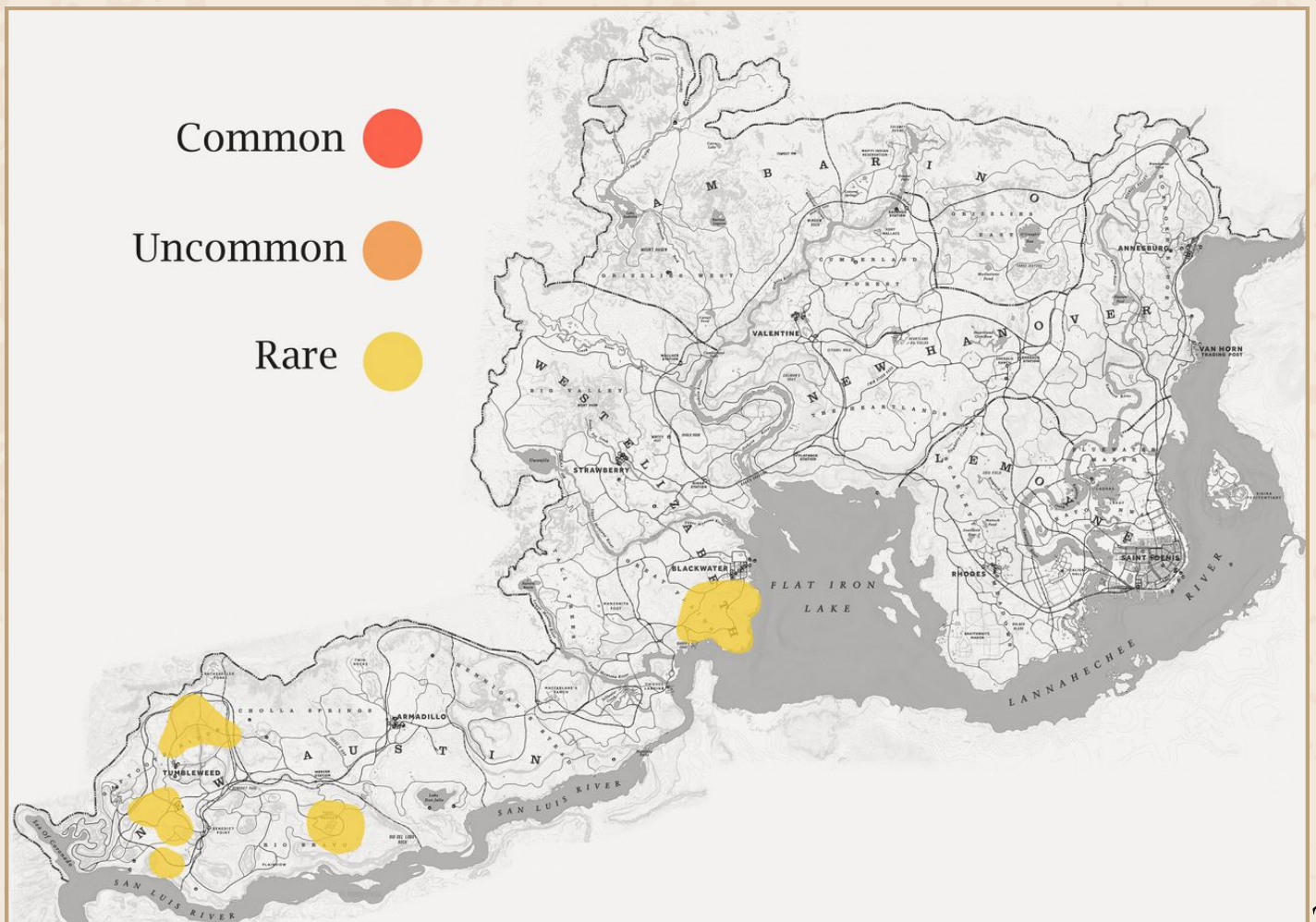
About: A large bushy plant with white flowers and large red berries. Grows in well-drained sandy soil.



TEXAS BLUEBONNET

Yield: 1 Flower

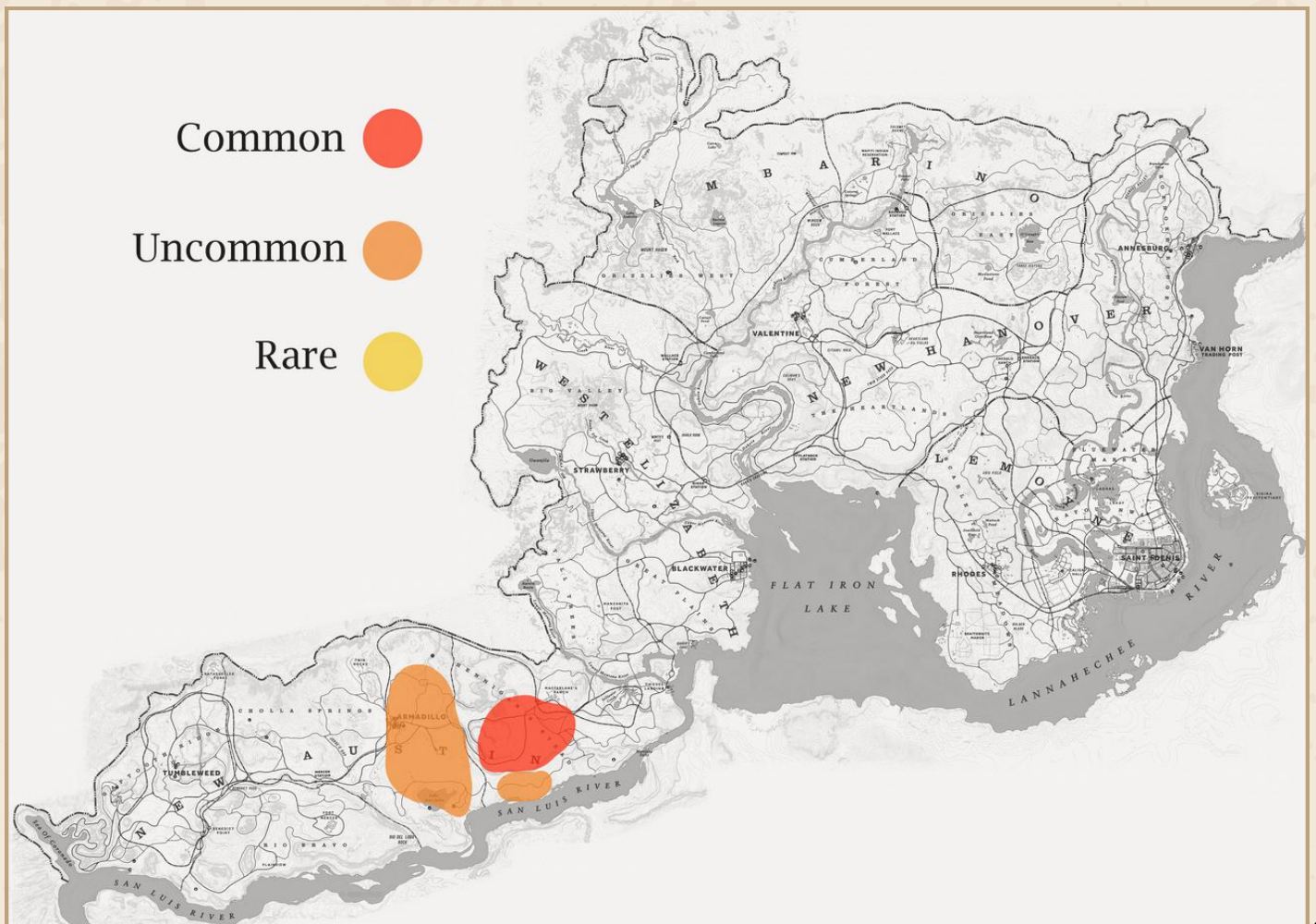
About: A type of lupine flower.
Grows in the loamy soil of
West Elizabeth and New
Austin.



WILD RHUBARB

Yield: 1 Flower

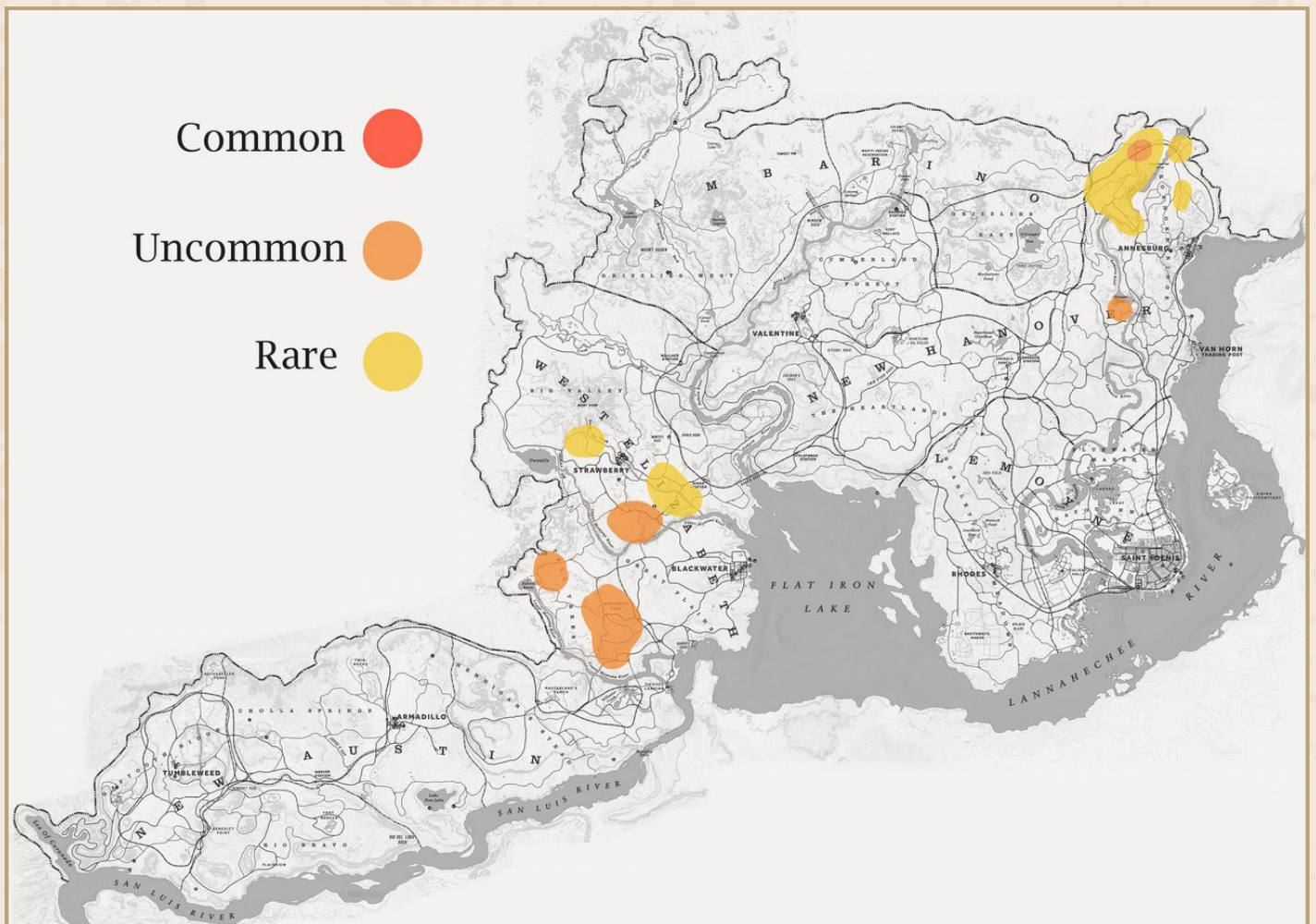
About: Flower that grows in a central stalk surrounded by leaves. Flowers start pale green and turn red.



WISTERIA

Yield: 1-3 Flowers

About: A family of flowering woody vines. Will twine around any support and blooms beautiful purple flowers.



HERBAL MEDICINES

Burdock Tea

Recipe:

In a cooking pot, combine;

3 Burdock roots

1 Portion water

Cup to serve

Uses:

Helps the body eliminate toxins and assists digestion

Feverfew Tea

Recipe:

In a cooking pot, combine;

3 Feverfew flowers

1 Portion water

Cup to serve

Uses:

Reduces fevers and treats headaches

Ginseng Tea

Recipe:

In a cooking pot, combine;

2 American, 2 Alaskan ginseng roots

1 Portion water

Cup to serve

Uses:

Boosts energy and helps the body fight off illness

Willow Bark Tea

Recipe:

In a cooking pot, combine;
1 Handful red willow bark
1 Portion water
Cup to serve

Uses:

Reduces pain and inflammation

Aloe Vera Gel

Recipe:

On a sturdy work surface, combine;
3 Aloe plants, 1 Jar aloe juice,
1 Portion sugar, 1 Portion water
Macerate with Mortar & Pestle
Cup to split portions

Uses:

Soothes minor burns and insect bites

Yarrow Powder

Recipe:

On a sturdy work surface, combine;
3 Handfuls dried yarrow leaves
Macerate in Mortar & Pestle

Uses:

Applied to wounds to slow bleeding and help to prevent infection

Grain Alcohol

Recipe:

In a cooking pot, combine;

3 Handful grain

1 Portion water

Cup to split portions

Uses:

Used to sterilize tools and minor wounds

Tonic

Recipe:

In a cooking pot, combine;

3 Handful Indian tobacco,

3 Handful American ginseng,

3 Handful red sage

Uses:

Restores and invigorates the body and promotes health

Snake Oil

Recipe:

In a cooking pot, combine;

3 Ram's head mushrooms,

3 Handful Indian Tobacco,

3 Scent glands

Uses:

Relieves pain and inflammation

Bone Broth

Recipe:

In a cooking pot, combine;
1 Thick Bone, 1 Pinch salt,
1 Portion water
Cup to serve

Uses:

Reduces inflammation and helps boost the immune system



Animal medicines:

Horse Medicine

Recipe:

In a cooking pot, combine;
3 Handful Alaskan ginseng,
3 Handful common bulrush
3 Wild Carrots

Uses:

Base for most equine medicines and mashes, consult a vet for more details on additives

Notes from the author:

This book is assembled primarily from observation made of the herbs and flowers in state from over a year of research. All growth areas have been found through herb-cataloging excursions, though some may still be missing or underrepresented.

While I feel comfortable publishing this book, it is not necessarily complete. Feel free to make your own notes or even reach out with corrections.

Mable Shepherd
P.O. 95266

