



NAUGHTY NETTLE

MEDICINALS

Quebec Poisonous Plant ID: Inside & Outside our homes

Acknowledgements





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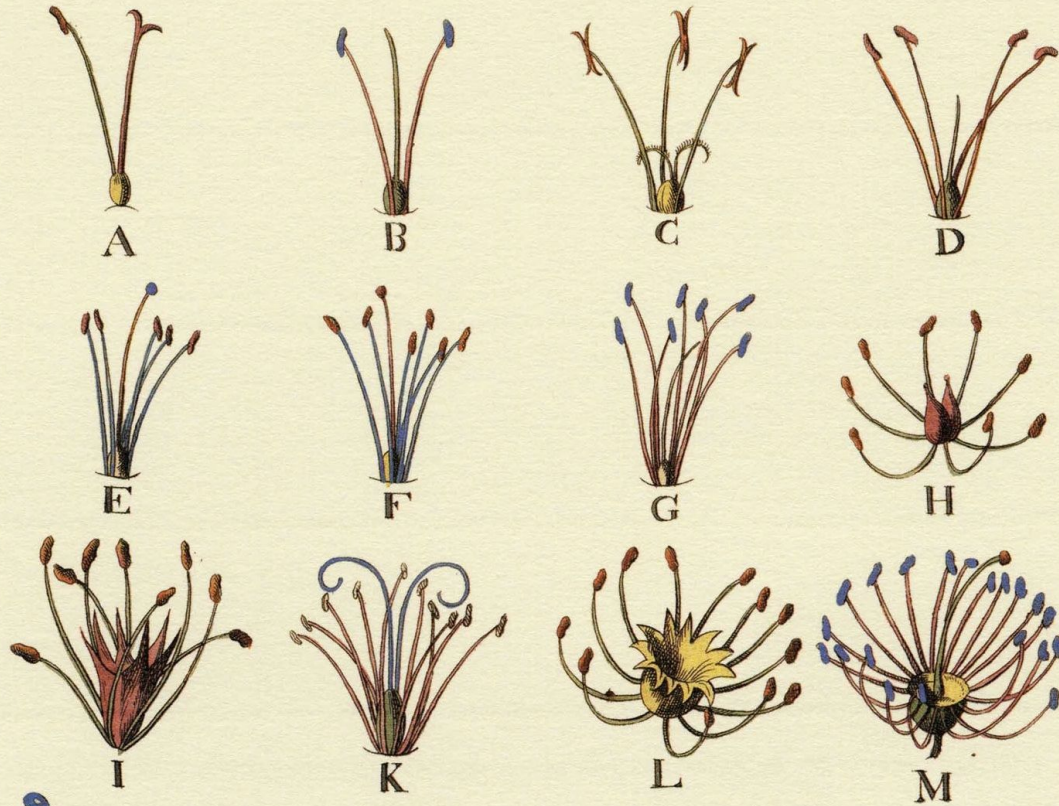
- Botany & Identification
- What to do if poisoned?
- Poisonous Plant ID
- Indoor plants
- Q&A





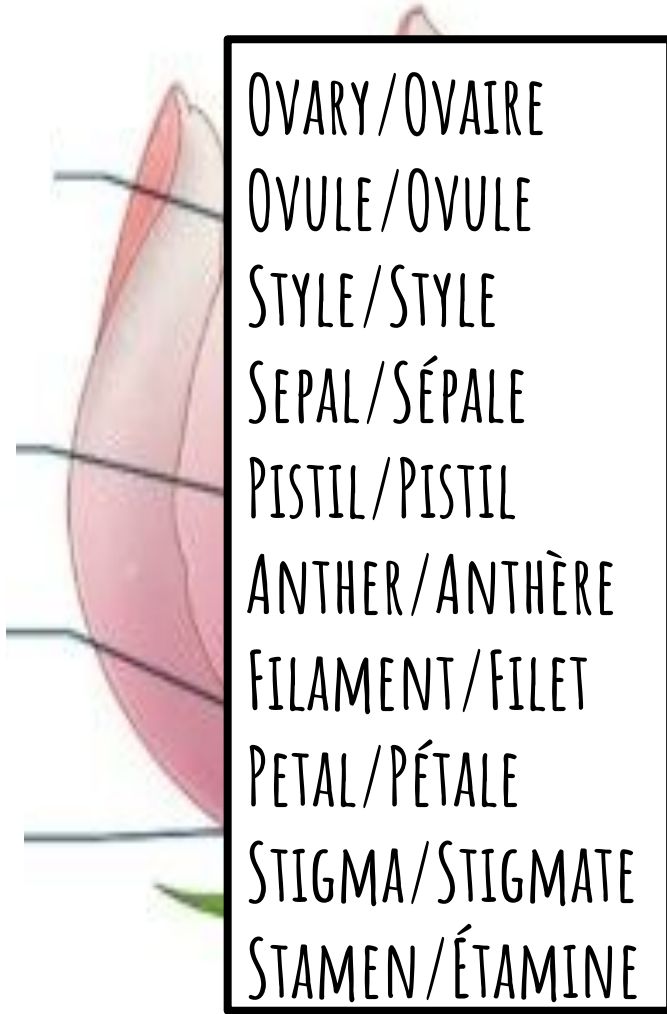


Clariss: LINNÆI. M. D.
METHODUS plantarum SEXUALIS
in SISTEMATE NATURÆ
descripta



5.

1.
2.
3.
4.



10.

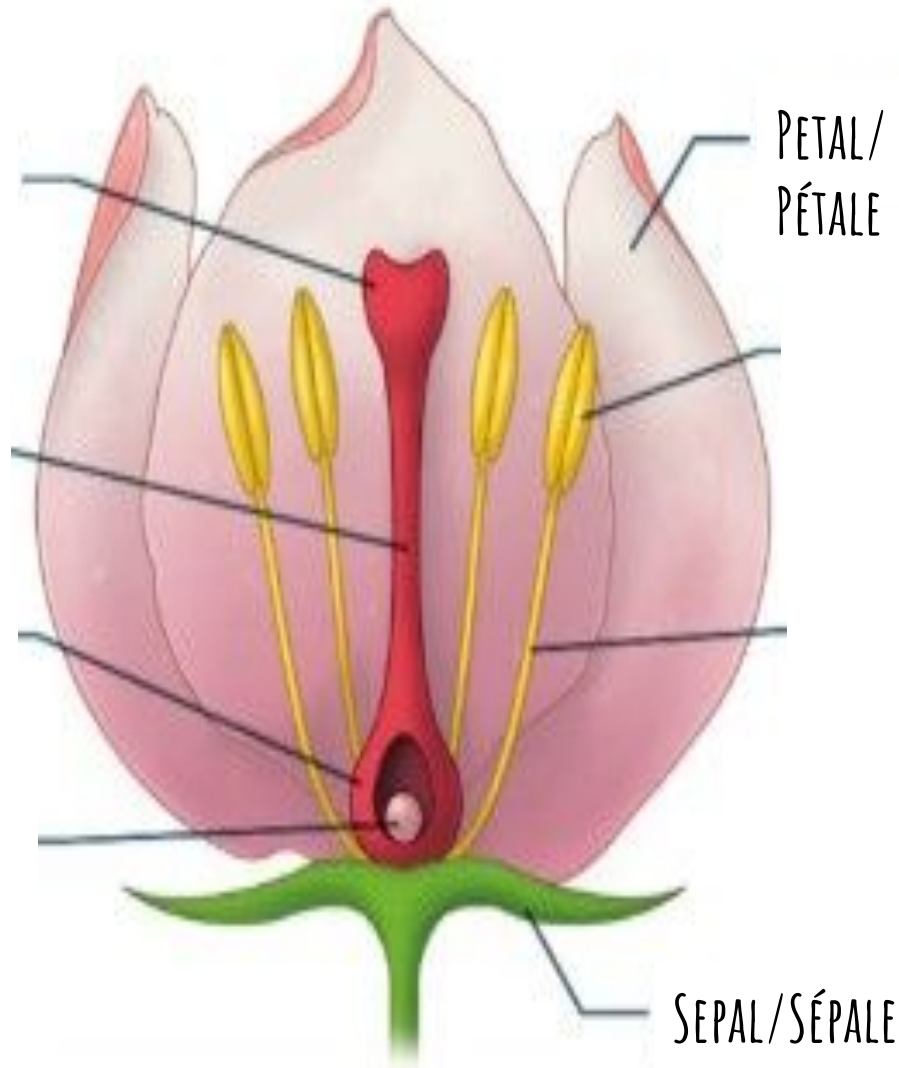
6.

7.

8.

9.

PISTIL/
PISTIL



PETAL/
PÉTALE

STAMEN/
ÉTAMINE

SEPAL/SÉPALE

United

Divded

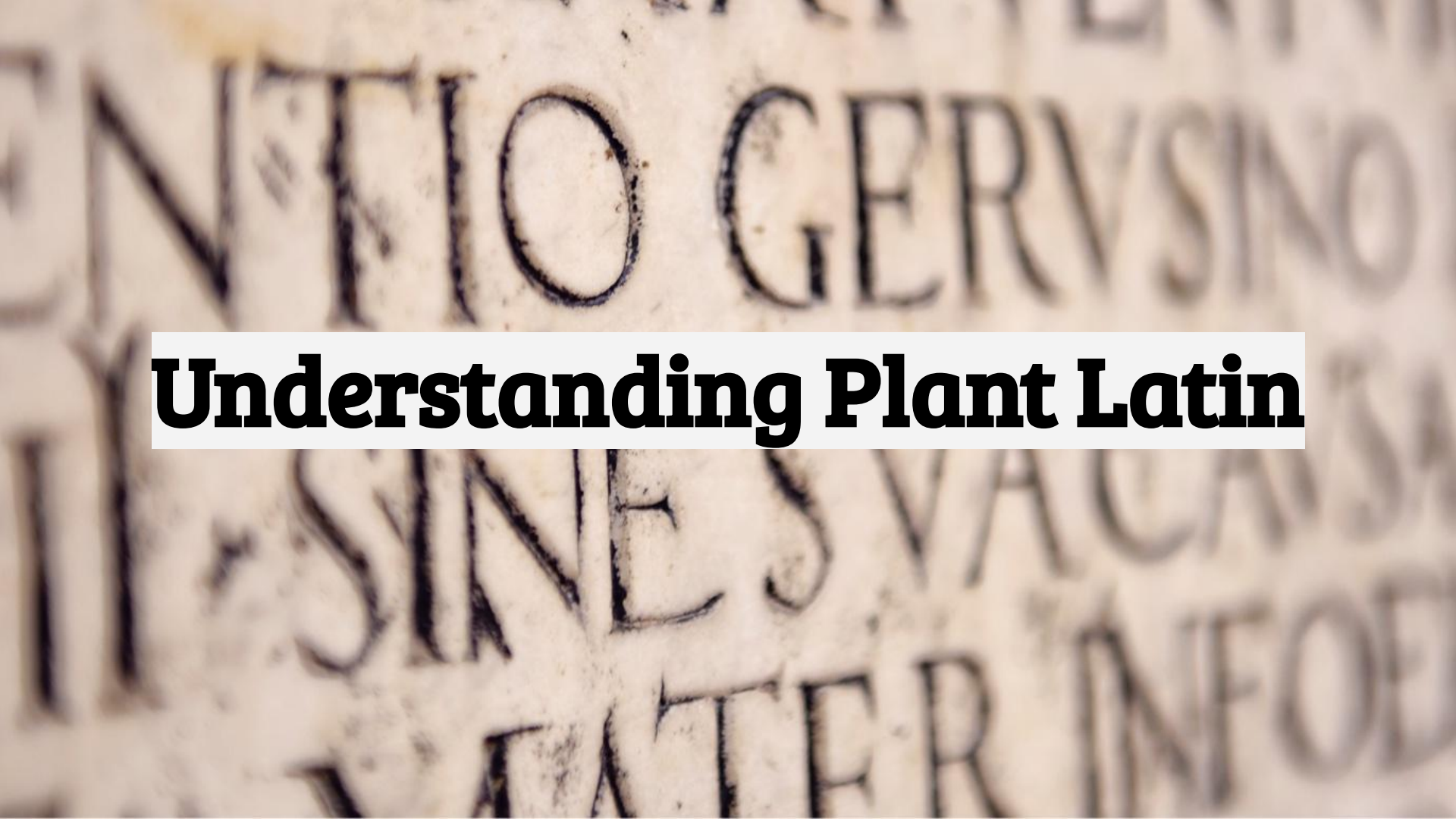


Five united petals

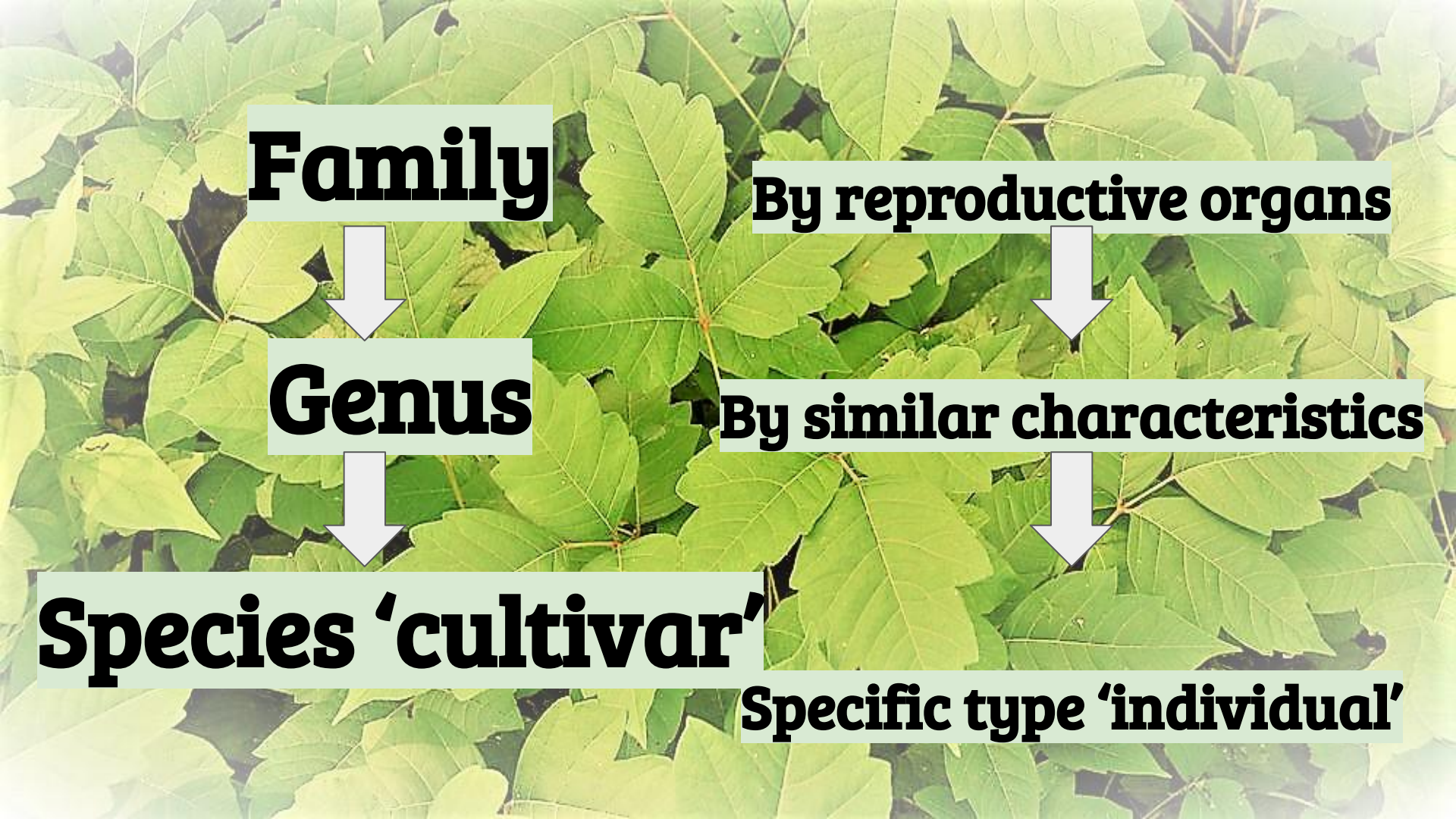
Five united sepals

Five stamen fused
together making a
column





Understanding Plant Latin



Family

By reproductive organs

Genus

By similar characteristics

Species 'cultivar'

Specific type 'individual'

Latin + CEAE

Lamiaceae

Mint family



Latin/Greek

Ocimum

Basils



**Genus +
Adjective**

Ocimum Basilicum
'Genovese'

Sweet basil



Narrower grouping

Family
 $\pm 3,500$ species

Rosaceae
(rose family)

Genus
 ± 500 species

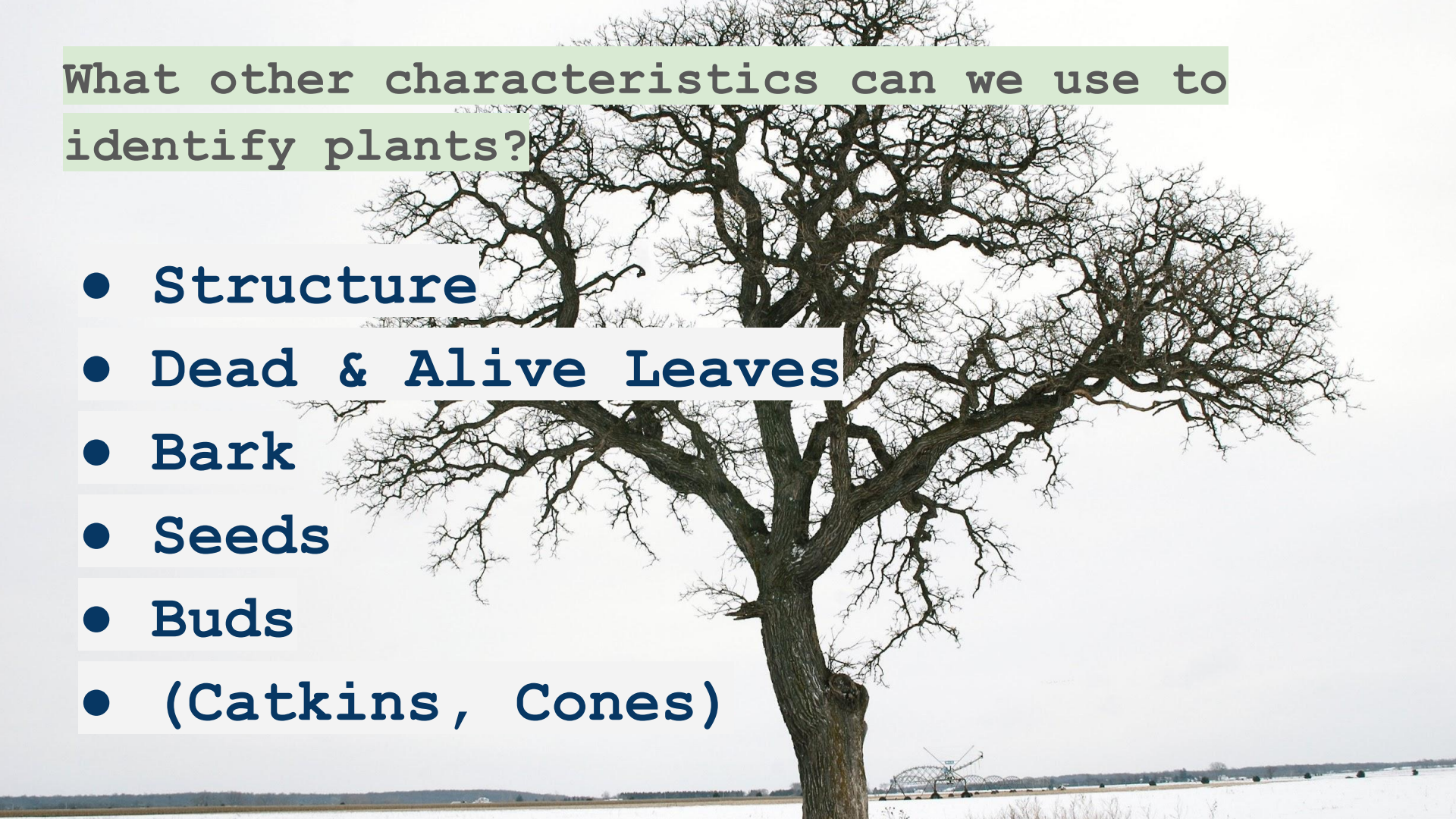
Rosa

Species
Moss rose

Rosa gallica

What other characteristics can we use to identify plants?

- Structure
- Dead & Alive Leaves
- Bark
- Seeds
- Buds
- (Catkins, Cones)







Palmate

Oval

heart shaped

Simple



Compound





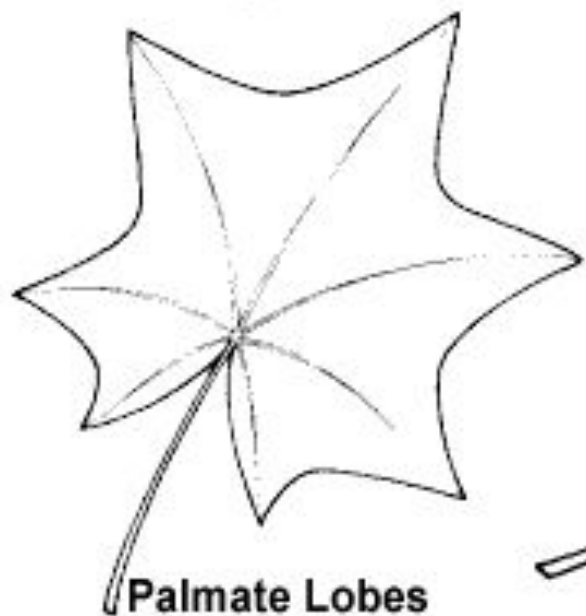
Pinnate



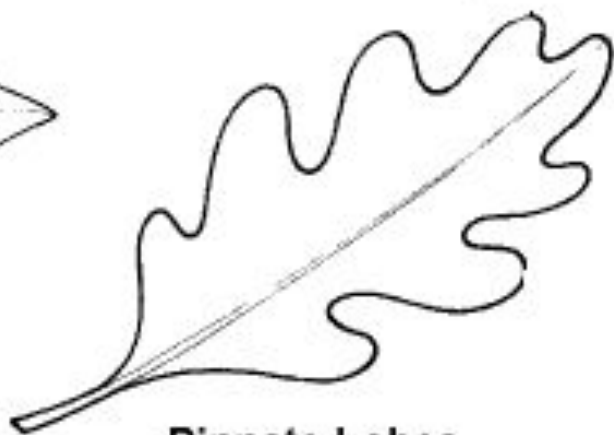
Serrated



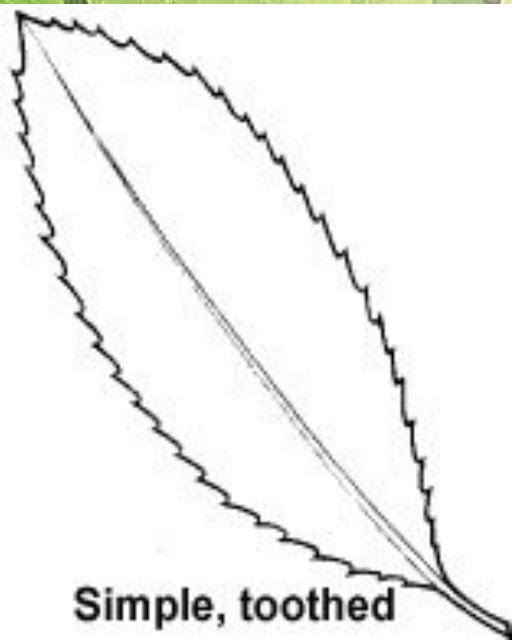
Smooth



Palmate Lobes

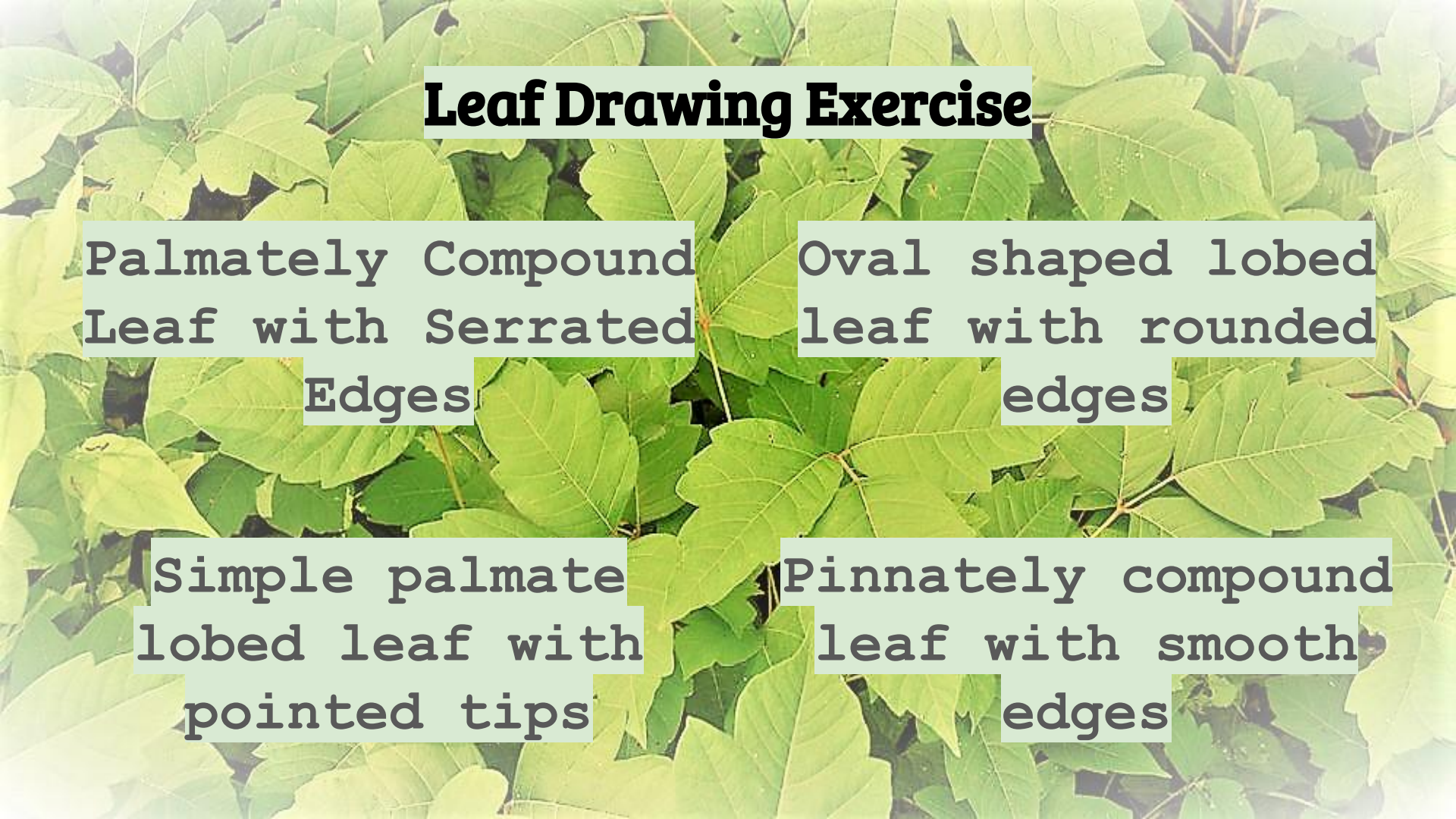


Pinnate Lobes



Simple, toothed

Leaf Drawing Exercise



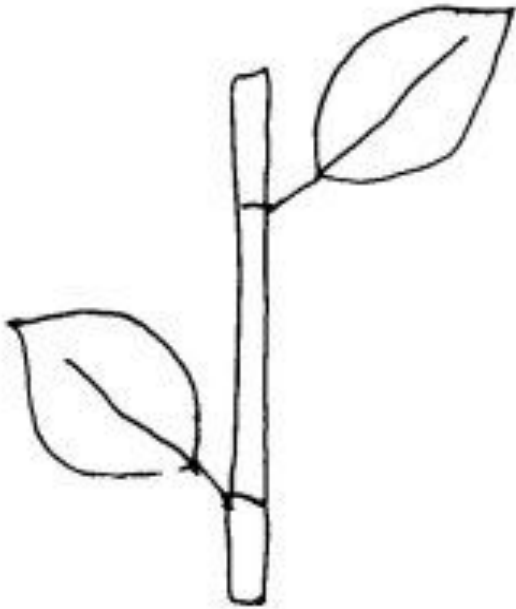
Palmately Compound
Leaf with Serrated
Edges

Oval shaped lobed
leaf with rounded
edges

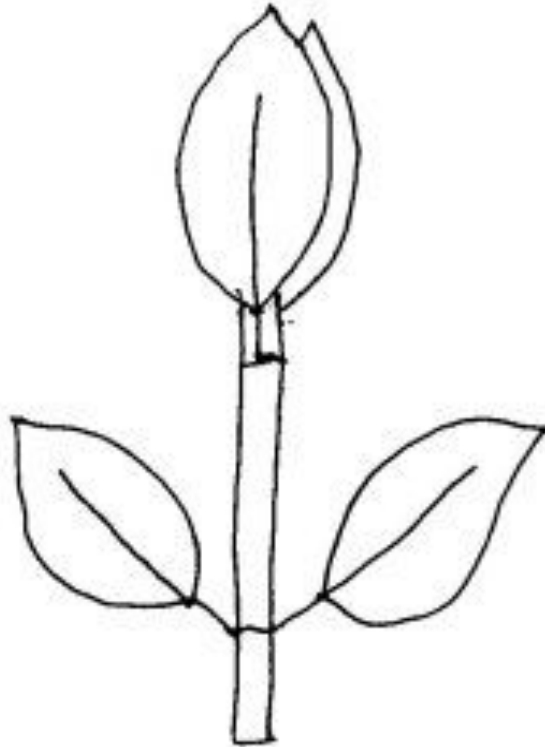
Simple palmate
lobed leaf with
pointed tips

Pinnately compound
leaf with smooth
edges

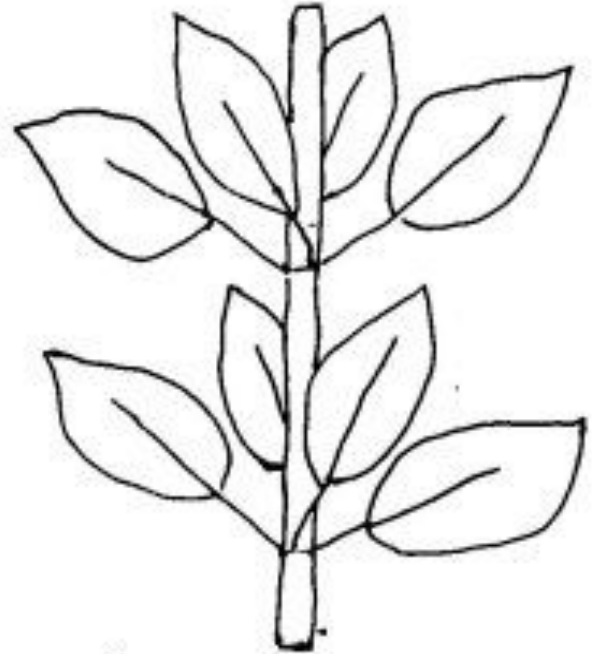
Breaking Down Plant Structure



alternate



opposite



whorled

A photograph of a White Ash tree in winter. The branches are dark, bare, and have a slightly rough texture. They are set against a clear, pale blue sky. The branches are mostly vertical and horizontal, with some smaller, thinner branches branching off.

White Ash

A photograph of a Red Maple tree in winter. The branches are a reddish-brown color and are covered with many small, dark red, pointed buds. The branches are set against a clear, bright blue sky. The branches are more diagonal and horizontal than those of the White Ash.

Red Maple



Horsetail



Sumac



Willow



Elder



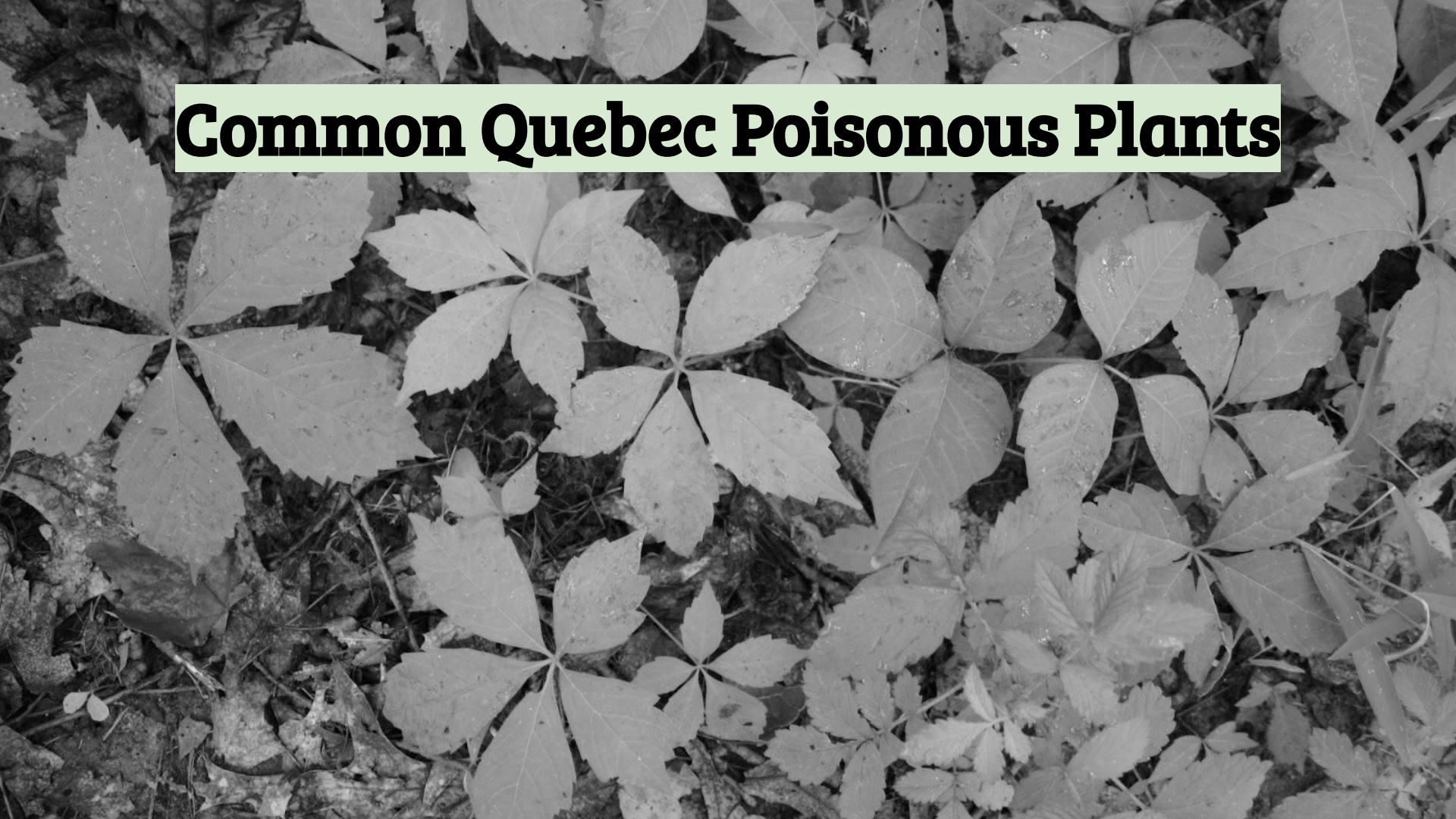
What to do if poisoned

- ★ Identify the plant or keep a sample
- ★ No to forced vomiting
- ★ Children go to hospital. Adults: an informed decision
- ★ Activated charcoal (3-4 tablespoons in a water solution)
- ★ Never eat a plant you don't know

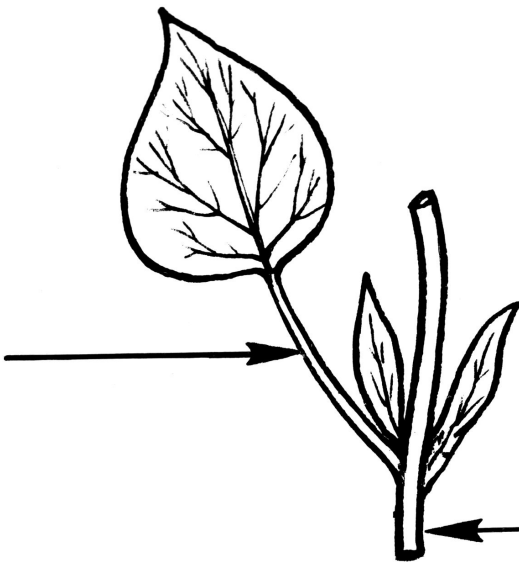
Quebec Poison Centre Helpline:

1-800-465-5060

Common Quebec Poisonous Plants



PETIOLE



STEM

Toxicodendron Radicans



Family:

Sumac/Anacardiaceae

Common Names:

Poison Ivy

Sumac Grimpant, Herbe à Puce

Identified by:

Vines, Waxy leaf surface,
3 leaflets alternated
paired, one long petiole

Treatment &

Wash w/ soap within 30
min, Jewelweed ice cubes,
pray. Severe skin rash

Symptoms:

appears in 1-7 days

Look-alikes:

Virginia Creeper, Wild Grape



A photograph of a Jewel Weed (Impatiens Du Cap) plant. The plant has numerous green, oval-shaped leaves and many small, two-lipped flowers in shades of orange and red. The background is a blurred natural setting. The text is overlaid on the center of the image.

Jewel Weed
Impatiens Du Cap



Deadly Nightshade
Belladone



Solanum Spp.



Nightshade/Solanaceae

Nightshade, Bittersweet

La Morelle

Vines, tiny tomato like fruit, 1-3m tall

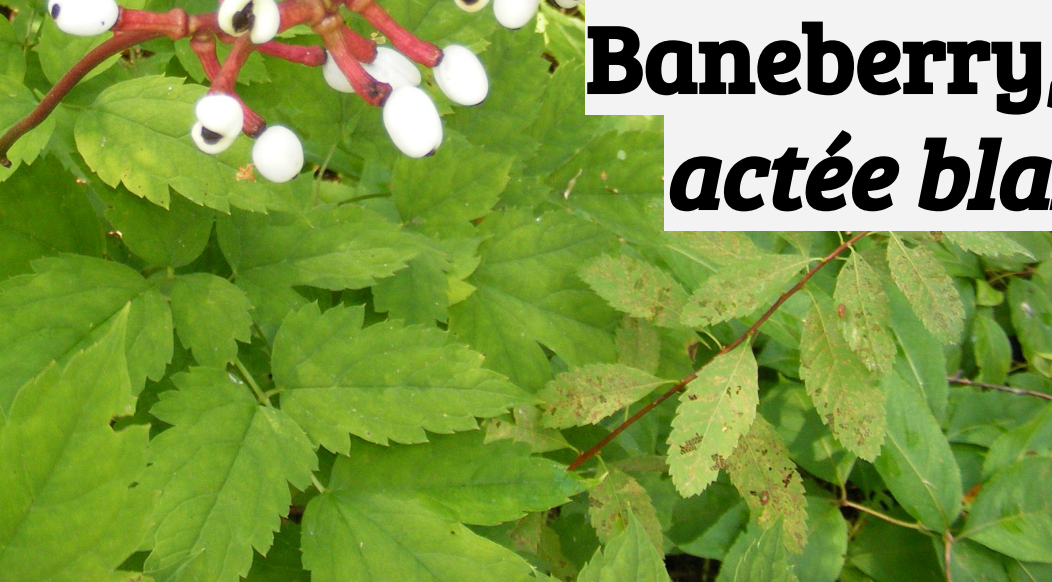
Considered edible and medicinal by many cultures. Unripe seeds are especially dangerous. Gastric upset & Vomiting



Tomatoes, other nightshades



Baneberry, *Actea*
actée blanche



Actaea Sp.

Buttercup/Ranunculaceae

Baneberry, Doll's Eyes

L'Actée à gros pédicelles/L'Actée Rouge

30cm-1m tall, woody base, coarsely toothed alternate leaves, extremely bitter glossy red or white 6-8mm long berries

2-6 Berries can cause cramps, burning, headaches, dizziness. No reported deaths but can cause cardiac arrest



Black Cohosh

Virginia Creeper
vigne vierge de Virginie

Parthenocissus Quinquefolia



Grape/Vitaceae

Virginia Creeper

La Vigne Vierge de Virginie

Vine like, grows up buildings, palmately composite leaf 3-20cm long, fruits grown not in bunches

Dangerous levels of Oxalic acid, can cause throat irritation and damage to kidneys

Wild Grapes



Menispermum canadense



Menispermaceae

Moonseed Vine

La Vigne Vierge de Virginie

Vine like, grows up buildings, palmately lobed smooth leaf 5-20cm long, fruits grow, no tendrils

Dangerous levels of Oxalic acid, can cause throat irritation and damage to kidneys



Wild Grapes

Wild Parsnip
Panais Sauvage

Pastinaca Sativa

Carrot/Apiaceae

Wild Parsnip

Panais Sauvage

Yellow umbel shaped flower, aromatic seeds, root and leaf smell like parsnip, common by roadsides

Broken or rubbed onto the skin can cause photoallergic reactions leading to large blisters. Irritation possible from eating raw leaves

Parsnip, Wild Carrot, Hemlock, Carrots





Nettle

L'Ortie



Urtica Sp.

Nettle/Urticaceae

Stinging Nettle, Wood Nettle

Ortie, Ortie du Canada

Square stem, serrated leaves (opposite & alternate), fine stinging hairs, 30cm - 1.5m tall

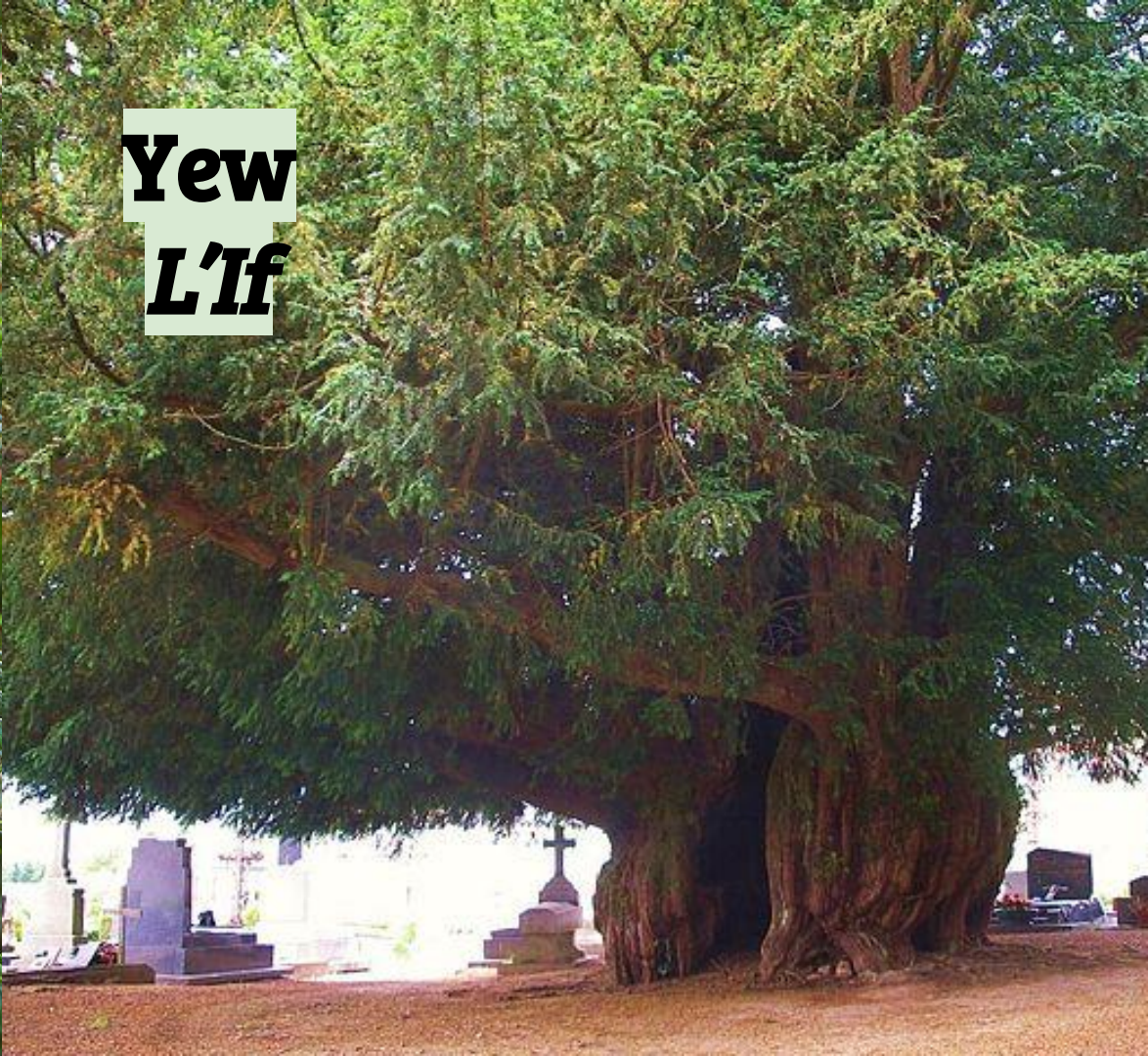
Lightly touched can release plant poisons into the skin, can cause painful sensations lasting upto 24 hours.

Lamb's Quarters, Dead Nettle,





Yew
L'If



Taxus Sp.

Taxaceae/Taxus

Yew

L'If

Flat blunt leaves, evergreen conifer, bitter tasting leaves, red berries (arils) are edible

5+ SEEDS ARE LETHAL IF CHEWED

Contains heart depressing alkaloids in leaf, bark and seed.

Other conifers



Poison Hemlock
Grande ciguë

Conium Maculatum

Carrot/Apiaceae

Poison Hemlock

Grande ciguë

White umbel shaped flower, hairless, purple
splotched stem, mouse like smell,

All parts are poisonous, causes numbness &
paralysis of lower limbs followed by arms &
chest. Confusion, weakness, difficulty
breathing, vomiting and death can follow
after eating this. Possible to develop a rash

Carrot Family



Common Garden Poisonous Plants



Foxglove
Digitale Pourprée

Lily of the Valley
Muguet

A photograph of a Jimsonweed plant (Datura Officinalis) in a field. The plant has dark green, deeply lobed leaves and a single white, trumpet-shaped flower. The background is a blurred field of green grass. The image is framed by a light green border on the left and right sides.

Jimsonweed
Datura Officinal

Azalea & Rhododendrons
Azalée & Rhododendrons

Leafy Spurge

L'euphorbe ésule



Buttercups
Renoncule âcre

The background of the entire image is a dense, close-up photograph of green leaves, likely from a plant like Philodendron, which have prominent veins and a slightly serrated edge. The leaves are in various shades of green, from light lime to a darker forest green, and are layered to create a sense of depth.

Inside your home

Philodendron (Philodendron spp.)

Dieffenbachia (Dumb Cane) (Dieffenbachia spp.)

Pothos (Devil's Ivy) (Epipremnum aureum)

Peace Lily (Spathiphyllum spp.)

Snake Plant (Sansevieria spp.)

Oleander (Nerium oleander)

Caladium (Caladium spp.)

Azalea (Rhododendron spp.)

Cyclamen (Cyclamen spp.)

Castor Bean Plant (Ricinus communis)

A close-up photograph of a wooden cutting board. On the board, there is a large pile of finely chopped green herbs, likely parsley or cilantro. A large, silver-handled knife with a wide blade is positioned diagonally across the left side of the board. The background is a light-colored wooden surface.

FORAGING PRACTICES



1. KNOW YOUR PLANTS



1B. USE MULTIPLE SOURCES

(AND DON'T TRY AND MAKE IT FIT)



2. KNOW YOUR SOIL



3. AVOID BUSY AREAS



4. START SMALL

5. SHOW RESPECT



Wild plant tool kit

- ★ Gloves
- ★ Spray Mister
- ★ Bags
- ★ Field Guides
- ★ Digging Tool
- ★ Cleaning Cloth



WHY EAT WILD FOODS?

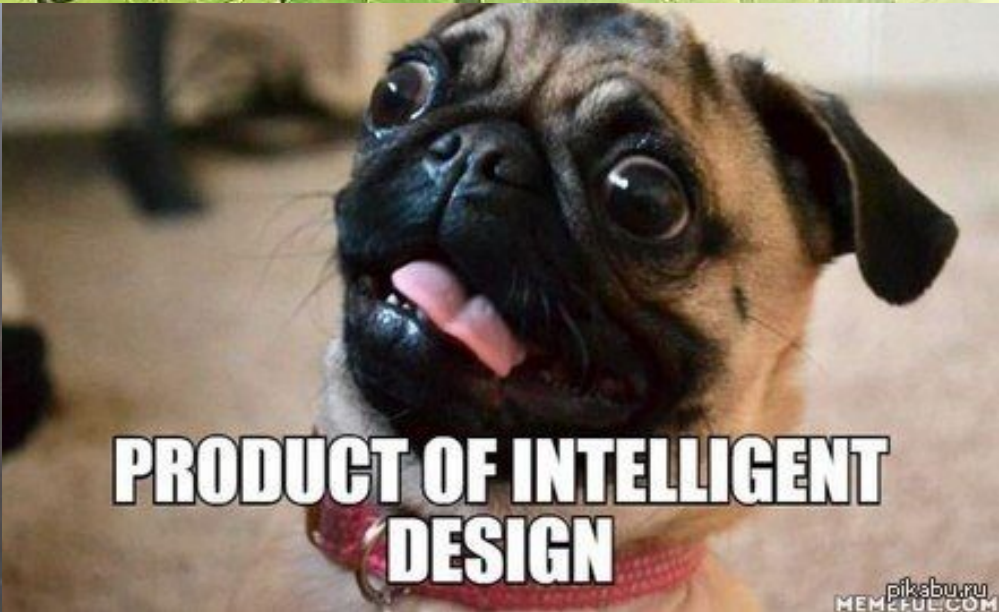
The background of the entire slide is a close-up photograph of green leaves, likely from a plant like poison ivy, with prominent veins and serrated edges. The leaves are in various shades of green, from light to dark, and are densely packed.

Benefits of wild foods

- Ecologically sound
- Fosters Earth & Ancestry Connection
- Probiotic
- Seasonal
- Free!
- Four Season Hobby
- Edible & Medicinal
- Help Survive a Zombie Apocalypse



PRODUCT OF EVOLUTION



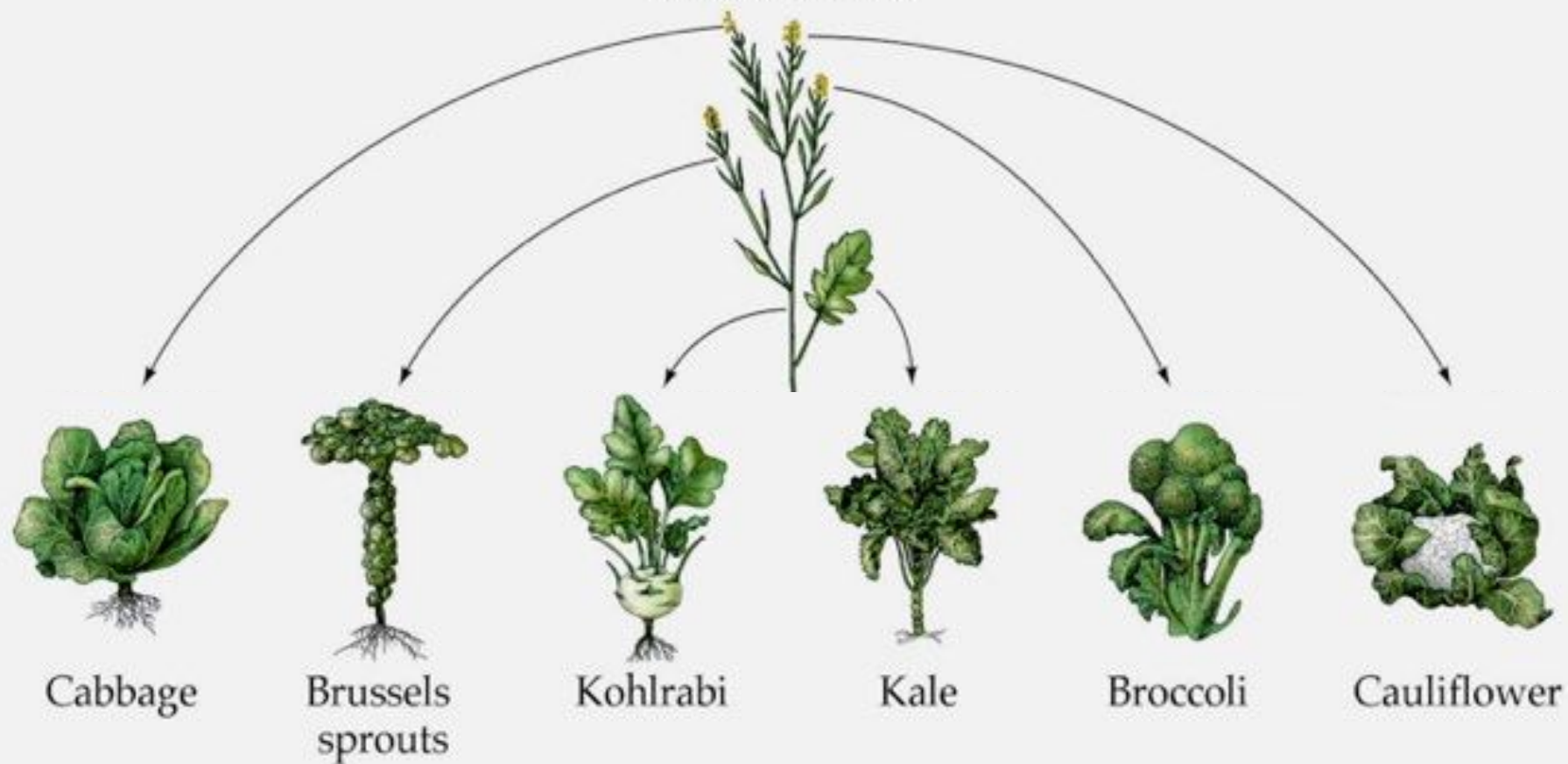
**PRODUCT OF INTELLIGENT
DESIGN**







Brassica oleracea



Cabbage

Brussels
sprouts

Kohlrabi

Kale

Broccoli

Cauliflower

The background of the entire image is a dense, close-up photograph of green nettle leaves. The leaves are serrated and have prominent veins. They are arranged in a way that fills the entire frame, with some leaves in sharp focus and others slightly blurred in the background.

NAUGHTY NETTLE MEDICINALS

[FB.com/WeLoveNettles](https://www.facebook.com/WeLoveNettles)

[WeLoveNettles.Ca/plantclass](https://www.WeLoveNettles.Ca/plantclass)
(nettlenettlenettle)

Plant Tours

Vanier Mindful Gardening class!

Further Questions

Resources - Book list

Beverly Gray - Boreal Herbal - <http://borealherbal.com/>

Susun Weed - Healing Wise. Abundantly Well

Edible & Medicinal Plants of Canada - Field Guide -
<http://www.lonepinepublishing.com/cat/9781551055725>

John Kallas: Edible Wild Plants

<https://wildfoodadventures.com/edible-wild-plants-volume-1/>

Stephen Harrod Buhner - Sacred & Healing Herbal Beers. Herbal Antibiotics for Antibiotic Resistant Bacteria. The Lost Language of Plants

Botany in a Day - Hops Press

John Kallas - Edible Wild Plants

Samuel Thayer - Nature's Garden. The Forager's Harvest.

Resources

Learn Your Land - Stinging Nettle - The Most Nutritious Plant On Earth? <https://www.youtube.com/watch?v=ANZ60K3h2ow>

Beverly Gray - Boreal Herbal - <http://borealherbal.com/>

Susun Weed - Nourishing Herbal Infusions

http://www.susunweed.com/herbal_ezine/September08/anti-cancer.htm

Edible & Medicinal Plants of Canada - Field Guide -
<http://www.lonepinepublishing.com/cat/9781551055725>

John Kallas: Edible Wild Plants

<https://wildfoodadventures.com/edible-wild-plants-volume-1/>

http://www.wildflowers-and-weeds.com/Plant_Families : For diagrams
and photos of every plant family

Resources

Robin Rose Bennett - Info on Wild Carrot as a contraceptive

<https://botanical.com/botanical/mgmh/mgmh.html> - Neat record of old recipes & herbal information

<http://herbierduquebec.gouv.qc.ca/plantes> - Online database of Quebec plants

<https://www.youtube.com/watch?v=NSxjozvB43Q&t=>

Common Weeds And Wild Edibles Of The World
(full movie about foraging)

More Resources

<https://www.cbc.ca/news/canada/montreal/montreal-contaminate-d-landfills-1.3317884> Info on old landfills in MTL

<http://www.terrainscontamines.lesaffaires.com/> MTL soil contamination

<https://www.youtube.com/watch?v=ARN7GsVRzFc> Yarrow, poison hemlock and Queen Anne's lace - a close look at the difference's