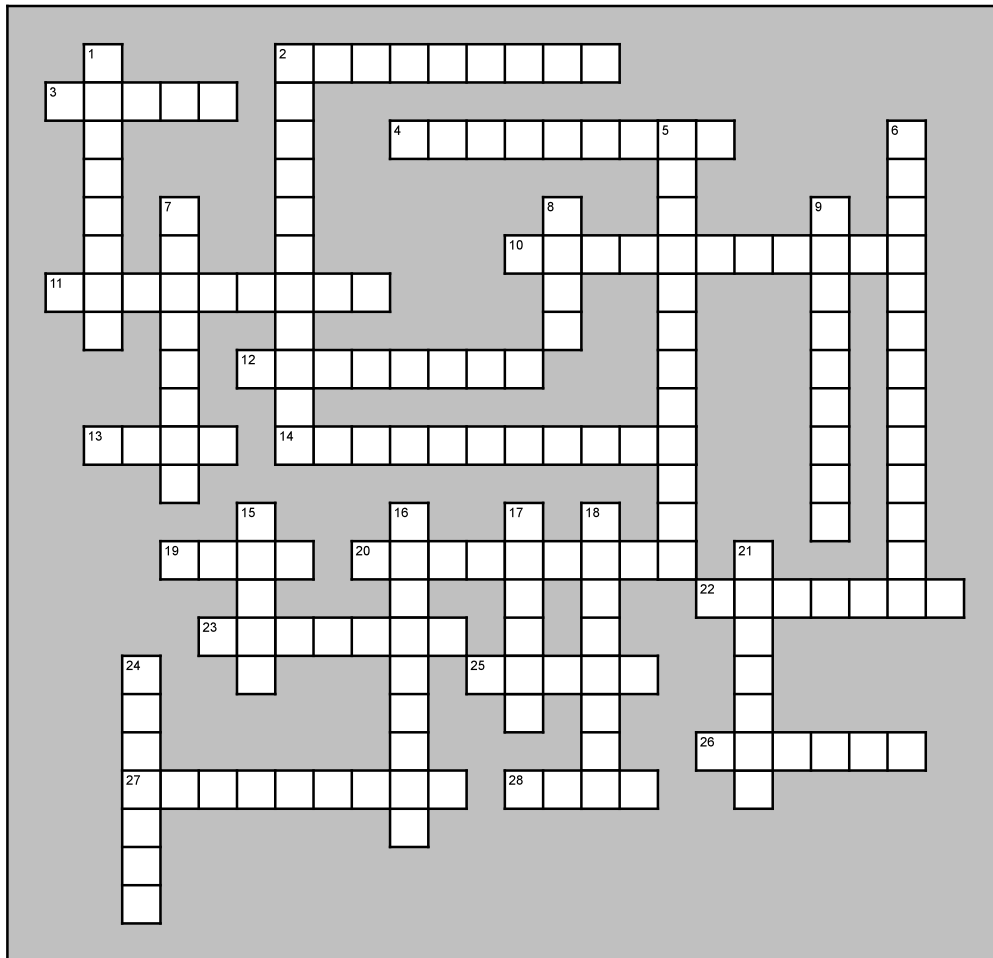


spring eats!



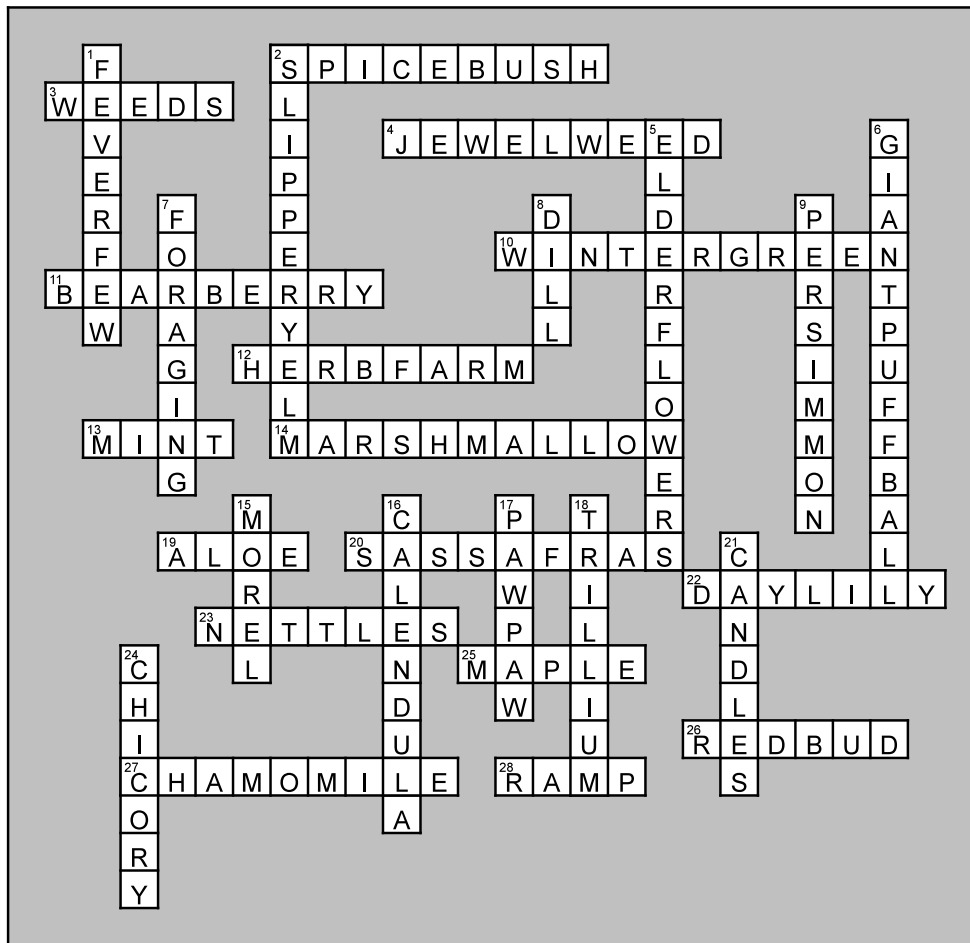
Across

2. berries substituted for allspice, leaves and twigs used for tea
3. herbs that are in the wrong place
4. poison ivy remedy
10. favorite candy flavoring, the leaves and berries make delicious tea
11. kinnikinnik
12. where you can find herbies in May
13. varied family that yields what many people refer to as meadow tea
14. demulcent root historically used to make candy
19. houseplant that heals burns
20. root bark makes a spring tonic tea, leaves ground to make gumbo file
22. all parts of the plant are edible, but the buds are the most delicious
23. nourishing spring vegetable that requires close attention during harvesting
25. boiled down sap from this tree is a treat
26. deep pink pea-like flowers appear along with the dogwood blooms
27. Peter Rabbit's mother knew this herb settled the young ones
28. wild leeks

Down

1. leaves are said to prevent migraine headaches
2. inner bark makes a fine throat lozenge
5. delicate white umbels make delicious fritters
6. fruiting mushroom body large, globular, smooth.
7. wandering fields and woodlands looking for food and medicine
8. herb of the year for 2010 according to the Int'l Herb Assoc.
9. fruit astringent until fully ripe, better after a good freeze
15. one easily identified edible mushroom
16. pot marigold - not a marigold at all
17. fruit suggests stubby bananas, pulp like custard
18. birthroot
21. new growth on evergreen trees
24. roots are dried and used as a coffee flavoring or substitute

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