

Harvest Periods for Friends of the Trees Wildcrafted Herbs

East Side of the Cascades

Early Spring

Bitter Cherry*, *Prunus emarginata* Bark
Dandelion, *Taraxacum officinale* Whole plant
Oregon Grape*, *Mahonia aquifolium* Root
Potentilla*, Cinquefoil, *Potentilla* sp. Root
Red Osier Dogwood*, *Cornus stolonifera* Bark
Red Root*, *Ceanothus velutinus* or *C. sanguineus* Root
Sumac*, *Rhus glabra* Root bark
Tree of Heaven, *Ailanthus altissima* Bark
Wild Parsley* *Lomatium nudicale* Root

Mid to Late Spring

Arnica,* *Arnica cordifolia*, Flowers, and Herb
Balsam Root*, *Balsamorhiza sagittata*. Leaf
Elder*, *Sambucus caerulea* Flowers
Geranium, Sticky* *Geranium viscosissimum* Herb
Hawthorn*, *Crataegus douglasii*, Leaf & flowers
Horsetail*, *Equisetum arvense* Herb
Larch* *Larix occidentalis* Bark
Peach, *Prunus persica* Twigs
Raspberry*, *Rubus Ideus* Leaf
Rose*, *Rosa* sp. Tight Rosebuds
Sheep Sorrel, *Rumex acetosella* Herb
Spruce*, *Picea* sp. Tips
St. John's Wort, *Hypericum perforatum* Flowering tops
Sumac*, *Rhus glabra* Stem Bark
Wild Parsley* *Lomatium nudicale* Root
Willow*, *Salix* sp. Bark
Yarrow* *Achillea millefolium*, Herb and Flowerheads

Early to Mid Summer

Alum Root* *Heuchera cylindrica* Herb
Arnica,* *Arnica cordifolia*, Flowers, and Herb
Balsam Root*, *Balsamorhiza sagittata* Leaf, Seeds
Black walnut, *Juglans nigra* Leaf
Catnip, *Nepeta cataria* Leaves & flowering tops
Clematis*, *Clematis ligusticifolia* Stem/Herb
Fireweed*, *Epilobium angustifolium* Herb
Geranium, Sticky* *Geranium viscosissimum* Herb
Houndstongue, *Cynoglossum officinale* Herb
Huckleberry*, *Vaccinium* sp. Leaf
Kinnikinnik*, *Arctostaphylos uva ursi* Leaf
Lomatium*, *Lomatium dissectum* Root and Seeds
Mallow, *Malva neglecta* Herb
Mulberry, (*Morus albus tatarica*) Twigs
Mullein, *Verbascum thapsus* Leaf and Flowers
Oregon Grape*, *Mahonia aquifolium* Berries/Seeds
Peach, *Prunus persica* Leaf
Penstemon*, *Penstemon* sp. Flowering tops
Pine*, *Pinus ponderosa* Pitch
Plantain, Lanceleaf, *Plantago lanceolata* Herb

Potentilla*, Cinquefoil, *Potentilla* sp. Herb
Purple Sage*, *Salvia dorii* Flowering tops
Pusseytoes*, *Antennaria dioica* Herb
Red Clover, *Trifolium pratense* Blossoms and Herb
Self Heal, Heal All, *Prunella vulgaris* Herb
Sheep Sorrel, *Rumex acetosella* Herb
Shepherds Purse, *Capsella bursa-pastoris* Herb
Soapwort, Bouncing Bet, *Saponaria officinalis* Herb
St. John's Wort, *Hypericum perforatum* Flowering tops
Strawberry, Wild*, *Fragaria* sp. Herb
Tansy, *Tanacetum vulgare* Leaf & flowers
Twinflower*, *Linnaea borealis* Herb/stem
Walnut, English, *Juglans regia* Leaf
Wild Lettuce, *Lactuca canadensis* Herb
Wild Parsley* *Lomatium nudicale* Seed
Willow*, *Salix* sp. Bark
Wormwood, *Artemisia absinthum* Herb
Yarrow* *Achillea millefolium*, Herb and Flowerheads

Late Summer/Early Autumn

Alum Root* *Heuchera cylindrica* Root
Arnica,* *Arnica cordifolia*, Root
Baneberry*, *Actea rubra*. root
Black Indian Hemp*, *Apocynum cannabinum* Root
Black walnut, *Juglans nigra* Hulls
Bunchberry*, *Cornus canadensis* Whole plant
Chokecherry*, *Prunus virginiana* Bark
Cow Parsnip*, *Heracleum lanatum* Seeds
Dogbane*, *Apocynum andraesimifolium* Root
False Lily-of-the-Valley*, *Maianthemum dilatatum* Root
Fireweed*, *Epilobium angustifolium* Root
Fleabane, Canadian*, *Coryza canadensis* tops
Geranium, Sticky* *Geranium viscosissimum* Roots
Goldenrod*, *Solidago canadensis* Herb
Hawthorn*, *Crataegus douglasii*, Fruit
Hops, *Humulus lupulus* Strobiles
Houndstongue, *Cynoglossum officinale* Root
Kinnikinnik*, *Arctostaphylos uva ursi* Leaf
Mulberry, (*Morus albus tatarica*) Leaf
Pearly Everlasting, *Anaphalis margaritacea* Herb and Flowers
Soapwort, Bouncing Bet, *Saponaria officinalis* Root
Sumac*, *Rhus glabra* Berries
Tree of Heaven, *Ailanthus altissima* Samaras (fruit)
Valerian, *Valeriana officinalis* Root
Yellow Dock, *Rumex crispus* Root

Late Autumn

Balsam Root*, *Balsamorhiza sagittata* Root
Burdock, *Arctium lappa* root, and Seed heads/burrs
Cow Parsnip*, *Heracleum lanatum* Root
Dandelion, *Taraxacum officinale* Root
Mulberry, (*Morus albus tatarica*) Root bark
Potentilla*, Cinquefoil, *Potentilla* sp. Root
Red Osier Dogwood*, *Cornus stolonifera* Bark
Red Root*, *Ceanothus velutinus* or *C. sanguineus* Root
Rose*, *Rosa* sp. Rosehips
Sumac*, *Rhus glabra* Root bark
Valerian, *Valeriana officinalis* Root
Yellow Dock, *Rumex crispus* Root

Winter

Cottonwood*, *Populus trichocarpa* Buds