

Harvest Periods for Friends of the Trees Wildcrafted Herbs

West side of the Cascades

Early Spring

Alder, Red*, *Alnus rubra*. Bark, 2 to 4 yr. old wood
Bitter Cherry*, *Prunus emarginata* Bark
Blackberry, *Rubus* sp. Root
Dandelion, *Taraxacum officinale* Whole plant
Devil's Club*, *Oplopanax horridum* Root
Oregon Grape*, *Mahonia nervosa* Root
Red Osier Dogwood*, *Cornus stolonifera* Bark
Salmonberry*, *Rubus spectabilis* Root
Skunk Cabbage*, *Symplocarpus foetidus* Root
Teasel, *Dipsacus sylvestris* Root

Mid to Late Spring

Birch*, *Betula* spp. Leaf
Blackberry, *Rubus* sp. Leaf
Cattail*, *Typha latifolia* Pollen
Chickweed, *Stellaria media* Herb
Cleavers*, *Galium aparine* and other sp. Herb
Devil's Club*, *Oplopanax horridum* Root
Fir* *Abies* sp. Branch tips
Giant Horsetail*, *Equisetum telmateia* Herb
Hawthorn, European, *Crataegus monogyna* Leaf/flws
Hemlock*, *Tsuga heterophylla* Branch tips
Horsetail*, *Equisetum arvense* Herb
Huckleberry*, *Vaccinium* sp. Leaf
Nettles* *Urtica dioica* Herb
Plantain, Lanceleaf, *Plantago lanceolata* Herb
Raspberry*, *Rubus Ideus* Leaf
Rose*, *Rosa* sp. Tight Rosebuds
Salal*, *Gaultheria shallon* Twigs
Salal*, *Gaultheria shallon* Leaf
Scotch Broom, *Cytisus scoparius* Branch tips
Sheep Sorrel, *Rumex acetosella* Herb
Shepherds Purse, *Capsella bursa-pastoris* Herb
Spruce*, *Picea* sp. Tips
Usnea* *Usnea* sp.* Whole lichen
Veronica*, Brooklime, *Veronica americana* Herb
Western Red Cedar*, *Thuja plicata* Foliage / Branch tips
Willow*, *Salix* sp. Bark

Early to Mid Summer

Avens, Large-leaved*, *Geum macrophyllum*. Herb
Catnip, *Nepeta cataria* Leaves & flowering tops
Chestnut, *Castanea* sp. Leaf
Chickweed, *Stellaria media* Herb
Cleavers*, *Galium aparine* and other sp. Herb
Fireweed*, *Epilobium angustifolium* Herb
Gumplant*, Gumweed, *Grindelia integrifolia* Herb
Herb Robert, *Geranium robertianum* Herb
Huckleberry*, *Vaccinium* sp. Leaf
Madrone*, *Arbutus Menziesiis* Leaf

Mugwort, *Artemisia vulgaris* Herb
Oregon Grape*, *Mahonia nervosa* Berries/Seeds
Periwinkle, *Vinca minor* Herb
Pipsissewa*, *Chimaphila umbellata* Herb
Plantain, Lanceleaf, *Plantago lanceolata* Herb
Salal*, *Gaultheria shallon* Leaf and Twigs
Self Heal, Heal All, *Prunella vulgaris* Herb
Sheep Sorrel, *Rumex acetosella* Herb
Shepherds Purse, *Capsella bursa-pastoris* Herb
Skullcap*, *Scutellaria laterifolia* Herb
Tansy, *Tanacetum vulgare* Leaf & flowers
Teasel, *Dipsacus sylvestris* Herb
Usnea* *Usnea* sp.* Whole lichen
Valerian, Sitka*, *Valeriana sitchensis* Herb
Veronica*, Brooklime, *Veronica americana* Herb
Western Red Cedar*, *Thuja plicata* Foliage / Branch tips
Wild Lettuce, *Lactuca canadensis* Herb

Late Summer/Early Autumn

Black walnut, *Juglans nigra* Hulls
Bleeding Heart*, *Dicentra formosa* Root
Butterbur*, Coltsfoot, *Petasites palmatus* Root
Cow Parsnip*, *Heracleum lanatum* Seeds
Fireweed*, *Epilobium angustifolium* Root
Geranium, Cranesbill, *Geranium maculatum* Root
Hawthorn*, *Crataegus douglasii*, Fruit
Hawthorn, European, *Crataegus monogyna* Fruit
Horsechestnut, *Aesculus hippocastanum* Seeds
Licorice Fern*, *Polypodium glycyrrhiza* Rhizomes and Herb
Nettles* *Urtica dioica* Seeds
Nightshade, Bittersweet*, *Solanum dulcamara* Root
Pearly Everlasting, *Anaphalis margaritacea* Herb and Flowers
Plantain, Lanceleaf, *Plantago lanceolata* Herb
Queen Anns Lace, Wild Carrot, *Daucus carota* Seed head
Salal*, *Gaultheria shallon* Leaf
Shepherds Purse, *Capsella bursa-pastoris* Herb
Skullcap*, *Scutellaria laterifolia* Herb
Usnea* *Usnea* sp.* Whole lichen
Valerian, Sitka*, *Valeriana sitchensis* Root and Herb
Western Red Cedar*, *Thuja plicata* Foliage / Branch tips
Wild Ginger*, *Asarum canadense* Roots/rhizomes
Yellow Dock, *Rumex crispus* Root

Late Autumn

Burdock, *Arctium lappa* root, and Seed heads/burrs
Butterbur*, Coltsfoot, *Petasites palmatus* Root
Cow Parsnip*, *Heracleum lanatum* Root
Dandelion, *Taraxacum officinale* Root
Nettles* *Urtica dioica* Root
Nightshade, Bittersweet*, *Solanum dulcamara* Twig ends
Red Osier Dogwood*, *Cornus stolonifera* Bark
Rose*, *Rosa* sp. Rosehips
Salmonberry*, *Rubus spectabilis* Root
Teasel, *Dipsacus sylvestris* Root
Usnea* *Usnea* sp.* Whole lichen
Wild Ginger*, *Asarum canadense* Roots/rhizomes
Yellow Dock, *Rumex crispus* Root

Winter

Cottonwood*, *Populus trichocarpa* Buds
Roots of many species.