

Plants: A Miracle from God. God plants them naturally!

Alma 46:40 And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate—

From YW Camp Manual:

Plants and Flowers

Plants and flowers beautify the world around us and provide many things that we use in our daily lives. Medicines, dyes, ornaments, furniture, clothing, flour, oils, herbs, spices, vanilla, yeast, and many more items come from flowers and plants. Many plants are edible.

Some **poisonous plants** may also be in your area. Learn how to identify them and what to do if someone comes into contact with them. You should know poison ivy, poison oak, and poison sumac by sight. Although each of these plants has its own characteristics, the following verse provides a good guideline: **“Leaflets three? Let it be. Berries white? Take flight!”** Every part of these poisonous plants contains poison—from roots to leaves and fruit. The poison is long-lasting and still active even after the plant has died, so do not touch dry leaves or dead plants. Gloves, shoes, or other clothes that have touched the plants can carry the poison for months. Because the poison vaporizes when the plants are burned, you could get a severe case of poisoning just by inhaling fumes from a fire built with these plants. Be sure that you can recognize each of these plants so you can avoid any contact with them.

Poison Ivy. Poison ivy grows in many countries as trailing vines or shrubs or as erect woody plants. The stems of the vine look like a fuzzy rope. Poison ivy leaves always grow in groups of three. The leaf edges are smooth or notched. The leaves are green in spring and summer, but they change in early fall to scarlet, orange, and russet. The flowers of poison ivy are small and white and grow in clusters. The fruit is usually wax-like, although it may have a downy look. It looks very much like a tiny peeled orange. Remember, **if the fruit is red, you are safe!**

Edible Plants:

stinging nettle (Robin Hood, Cate Blanchette, Nettle soup and dandelion salad) High in iron

dandelion – liver booster

plantain (Broad leaf and Narrow Leaf) – blood poisoning, stings and bites, Metamucil

lamb's quarters - (eat sparingly, Oxalic acid)

elderberry – mature berries, syrup for flu

comfrey root and leaves – general healing, remember about the 2 boys.

Mullein – colds, congestion, ears – biennial plant

Lilac leaves – reduce irritation of poison ivy

Echinacea - (Purple Coneflower) boosts immune system, leaves and roots - (James Tiberius Kirk: Numb Tongue)

yellow dock (curly dock)- High in iron, counters poison ivy too.

burdock – for boils and vit C, pancreas

raspberry leaf tea – General women health

Red Root Pigweed – Amaranth grain

Duckweed: one of the smallest flowering plants

Black Walnut – Iodine (biologic transmutation), potassium, nuts, athletes foot fungus

Red Clover – great blood cleanser

Garlic – 3 cloves for adult dose of Penicillin, keeps bugs away (garlic oil)

White Oak – bark: astringent for periodontal disease, nuts leached for flour

Hickory nuts – edible nuts

White Pine – 5 needles in bundle, needle tea for vitamin C

Rose hips – vitamin C

Birch – inner bark for aspirin and outer bark for fire starters

Dr Christopher: Herballegacy.com

Poison Ivy. Dr. Christopher used to say that the remedies for these plants grow right near the site of infestation. Burdock leaves and plantain leaves, as well as jewel weed where it grows, can help neutralize the poison. Mullein, hounds-tongue and lilac leaves will counter the irritation. A poultice of comfrey root, marshmallow root, slippery elm, aloe vera, and witch hazel, as many as you have available and in equal parts, can heal the rash once it starts. Immersion in cold water is very effective. Internally, you can take blood-cleansing and -building herbs, such as chaparral, yellow dock, and echinacea, to help stop the reaction. Internally, lobelia and valerian or catnip or camomile can stop the pain.

herballegacy.com

<http://online.snh.cc/files/2100/HTML/index.htm>

Medicines – mullein, Echinacea, plantain, dandelion, etc.

dyes – onion skins for yellow, beets for red

ornaments - dried reeds and seed-heads

furniture – oak and hickory trees

clothing (cordage) - flax for linen, flax seed for smoothies, linseed oil, cotton, jute, yucca, hemp (marijuana)

flour – amaranth (pigweed), wheat, rye, oats, barley

oils – olive and sunflower, soybean, canola, peanut, corn, essential oils

herbs – oregano, thyme, rosemary, etc.

spices – cinnamon, myrrh, saffron, black pepper

vanilla – only edible orchid

yeast - *Saccharomyces cerevisiae*, CO₂ and alcohol are byproducts