

Welcome to the EcoVillage Learning Garden!



This is a personally interactive garden (no device needed). Please, Carefully Taste, Touch, & Smell...Connect with the plants in some way. Some plants smell great - rub the roman chamomile, gently crush a leaf of anise hyssop or hyssop, clary sage is said to have the 'smell of euphoria', lemon balm smells lemony while Chameleon plant smells lemony fishy. Some taste great - taste a leaf of Moroccan mint or peppermint or anise hyssop; grab a handful of the different berries when available. Feel the downy softness of mullein and marshmallow leaves, try rubbing some lemon balm leaf on your skin to keep the bugs away. Imagine a lawn full of wonderfully scented and medicinally useful roman chamomile (which can be walked on and mowed) instead of grass!

This garden was designed with elements of permaculture and polyculture. It can be roughly broken down into 3 separate guilds which make up the food forest garden – the Asian Pear Guild, the Mulberry Guild, and the Paw Paw guild. Each guild has its own upper canopy 'main' tree, nitrogen fixers, shrubs, and herbaceous and woody perennial medicinal herbs. [Interesting to note that when we first started researching planting food forests in this region, we were told by Horticultural Extension Office that Asian varieties do very well here. Asian pear out performs European pear, Asian plum outperform European plum, even Asian greens and veggies tend to outperform their European counterparts like Asian eggplant verse European eggplant.] The goals for this garden: to build and nourish the soil (and cleanse the air), attract pollinators and (some) wildlife, provide food, medicinal herbs, education, and community space; a place to connect with self, community, plants, and planet; part of a greater mission to help heal our bodies, our communities, and our planet with plants, knowledge, and self-empowerment.

Listen for the faint hum of pollinators. Do not kill the bees! Many of the herbs and fruit trees will attract droves of pollinators. See how many different little critters you can count. Take notice how they visit different flowers which require their service to make fruit and seed. Visit in different seasons and weather conditions to see what is blooming to feed the pollinators.

Watch your step! It can be hard for the untrained eye to recognize 'weeds' from 'herbs'. Please stay on the grass.

PLEASE NO PETS in the garden. This is a food and medicine garden, while we too love our pets, we must take care not to damage the plants or contaminate the plants/soil/picnic space.

Stay for a picnic. Enjoy a meal or snack in the garden, please clean up after yourself and take away trash. Place food compost, non-meat scraps, and garden weeds/grass clippings in the compost pile in the rear corner of the garden, along the farm store wall, on the far end from the farm store entry.

Word of CAUTION: some plants, such as hops, can be unpleasant to the touch, and some can cause contact dermatitis in sensitive individuals. In general, do not use Wormwood fresh (its thujone content decreases with drying). The Gooseberry, Seaberry, and Buffaloberry plants have thorns.

Harvesting Guidelines

General public may sample a taste of leaves, fruit or flowers of large plants, but no roots. Be considerate of the health of the plants and other people who may want to sample. Never just tear at plants or harvest with a sense of entitlement. To harvest leaves for best potency, plant growth and health, we actually ask the plant for permission to harvest, harvest cleanly as to not cause any damage to the plant, do not waste the harvest, harvest mindfully and full of gratitude. When harvesting leaves, make clean cuts (or pinches) down to the next leaf joint. Theoretically, leaves make the best medicine just prior to flowering, or in early flowering, but can be used when present and in good condition.

Medicinally, roots are harvested when dormant; leaves harvested before flowering; flowers, leaves, stems harvested in early flowering, etc. A note on root harvesting: some roots need to wait several years before they are ready to be harvested for medicine; root harvest does not necessarily mean you have to kill the plant; we carefully harvest roots needed and leave the rest, or dig up the plant trim off roots and replant crown with some small root/rhizome attached; please do not attempt to harvest roots without permission.

Make a poultice – chew up or crush up some leaves and apply to burns, cuts, bites, stings, breaks, sprains, etc. Yarrow for cuts; Plantain for stings/bites; Marshmallow leaf for swellings, infections, chapped skin; Comfrey for sprains, breaks, traumatic injuries, pain; Wood Betony for splinters, painful joints, bruises

Make some tea – great tea herbs include: anise hyssop, lemon balm, peppermint, Moroccan mint, Tulsi, Catnip, Bergamot, Roman Chamomile, Tulsi. **For best beneficial tea from plants, make a concentrate by covering fresh or dry herbs with boiling water in a glass jar and steep for a day or two before filtering out the plant pieces and diluting to taste.**

THE PLANTS

Fruit and Nut Trees/Shrubs

Illinois Everbearing Mulberry (*Morus alba* X *Morus rubra*)

Berries deliciously edible; leaves, twigs, root bark also medicinal

FUN FACT: The white mulberry lineage (*Morus alba*) was introduced to America from Asia for silkworm production.

Shinseki Asian Pear. Medium-large, Sweet, Yellow Fruits, easy to grow

Elderberry (*Sambucus nigra* spp. *canadensis*); native. Berries/Flowers used for cold, flu, syrup (avoid green); leaves for cuts/trauma; leaves, twigs, bark, root antiviral. Harvest berries when ripe, harvest leaves anytime available; leaves, stems, bark must be first be heated/decocted before ingestion

Paw Paw (*Asimina triloba*); native. Delicious superfood, ripens September; Leaves, Bark, Seeds also used medicinally. FUN FACT: Americas only native tropical fruit, related to the Caribbean Soursop; also called Poor Man's Banana, Mountain Mango, Custard Banana.

Serviceberry (*Amelanchier alnifolia*); native. var "Smokey"; Delicious berries, similar to blueberries with no sourness

Blueberry (*Vaccinium corymbosum*); native. var “Hardyblue”, Best variety for clay soils

Blueberry, (*Vaccinium corymbosum*); native. var “Elliot”, “Elizabeth”, “Aurora”

Flying Dragon Hardy Orange (*Poncirus trifoliata*); Asia. Small fruits good for juicing; medicinal
The hardiest citrus, to -30F, fruits ripen in late fall.

Red Currant (*Ribes rubrum*); naturalized alien. Red berries, fresh, jelly, preserves

Gooseberry (*Ribes uva-crispa*); naturalized alien. Berries delicious fresh, pies, preserves

Hazelnut, Yamhill (*Corylus avellana*), Blight resistant; Best kernel quality nuts, easy to grow

Hazelnut, Jefferson (*Corylus avellana*), Blight resistant; Heavy yield, large, flavorful nuts, easy to grow

The Nitrogen Fixers. These plants are here to help fix nitrogen in the soil, which benefits all nearby plants; stabilize the soil; attract pollinators and provide food and medicine to human and critter alike.

Seaberry (*Hippophae rhamnoides*); cultivated

Nitrogen fixer; Orange, Edible, Tart berries; Juice, Jelly, Sauce

Buffaloberry (*Shepherdia argentea*); native Great Plains; planted here in honor of Buffalo Mountain and the Floyd Buffs. Nitrogen fixer; Tart, pleasant red fruit; fresh, dried, preserves, wine. With a name like Buffaloberry, how could we not plant a few of these permaculture plants in honor of Buffalo Mountain and the Floyd Buffaloes.

Ku-Shen (*Sophora flavescens*); cultivated. Nitrogen fixer; root; TCM release heat, inflammation, swelling, antiviral

The Herbs

Angelica (*Angelica archangelica*); naturalized alien
root, leaf, stem, seed; digestion, constipation, fever, asthma, flu

Anise Hyssop (*Agastache foeniculum*); escape cultivation
leaf, flower; colds, fever, toxins; great tea herb
Leaves and flowers harvested at peak of flowering

Astragalus (*Astragalus membranaceus*); cultivated
root; immune, liver, energy, anemia, chemo

Bergamot, Red Bee Balm (*Monarda didyma*); native; Oswego Tea
leaf, flower; antibacterial, colds, anxiety, yeast; great tea; leaves dried used as food spice like thyme/oregano
FUN FACT: Oswego Tea was the local herb tea used after English tea was tossed at the Boston Tea Party, tastes like Earl Grey Tea.

Bergamot, Lavender Bee Balm (*Monarda fistulosa*); native
leaf, flower; colds, sore throats, yeast

Boneset (*Eupatorium perfoliatum*); native
leaf, flower; immune, coughs, colds, flu, pneumonia, bone breaks
Leaf & flowering tops harvested in early flowering, used fresh or dried; best used in secondary phase of cold/flu with yellow phlegm/fever/aches and pains. Tea or tincture internally, intensely bitter.

Catnip (*Nepeta cataria*); widespread alien

leaf, flower; indigestion, gas, colic, hives, sedative

FUN FACT: Cats love catnip! At first it stimulates them before the sedative action (felt by humans) kicks in.

Celandine (*Chelidonium majus*); naturalized alien

root, leaf, stem, flowers; cancer, liver, immune, warts, gallbladder, bile, migraines

Low dose botanical, only small doses used internally; stems and roots 'bleed' orange latex, dab on warts, corns

Chameleon Plant (*Houttoynia cordata*); cultivated

leaf, root; antiviral, antibacterial, staph, lyme

Leaves and rhizomes harvested prior to flowering and used fresh; dried leaves; leaves have lemony taste with fishy undertones, used in salads, noodles, spring rolls; rhizome chopped for fish curry

Amazing medicinal and food plant, easy to grow, easy to harvest; Broad-spectrum antiviral and antibacterial, disperse toxins, UTIs, Mycoplasma, herpes, dengue, zika, West Nile, Bird Flu, candidiasis. Poultice fresh leaves on purulent sores.

Chickweed (*Stellaria media*); abundant naturalized alien; herb of early spring and fall; disappears in summer heat

leaf, stem, flowers; food (great in spring salads), energy, detox, alkalize body/blood, weightloss; externally for rashes, psoriasis, eczema, stings, arthritic/rheumatic joints

Chicory (*Cichorium intybus*); widespread alien

leaf, root; heart, liver, antibacterial, fever; coffee substitute

Clary Sage (*Salvia sclarea*); cultivated; smell of euphoria

seed used for eye debris; flowers for essential oil

Clover, Red (*Trifolium pratense*)

leaf, flower; blood thinner, cancer, well-being; promotes youthfulness

Comfrey (*Symphytum officinale*); widespread alien

Great permaculture plant, dynamic accumulator (accumulates nutrients from soil)

leaf & root; breaks, bruises, sprains, ligaments/tendons

Dandelion (*Taraxacum officinale*); naturalized alien

leaf, flower, root; liver, toxins, bile, blood, cancer

Echinacea (*Echinacea purpurea* & *angustifolia*); native

leaf, flower, root; immune, flu, antiviral, wounds, bites

Elecampane (*Inula helenium*); naturalized alien

root; respiratory infection, cough, asthma, TB, parasites

Hops (*Humulus lupulus*); native

strobiles; insomnia, irritation, cramps, tension

Hyssop, Official (*Hyssopus officinalis*); woody perennial; naturalized alien

leaf, flower; expectorant, antiviral, colds, asthma

Leaves and flowers harvested at peak of flowering, used fresh or dried; good tea herb

Indian Tobacco (*Lobelia inflata*); native

leaf, seed; expectorant, antispasmodic, asthma, emphysema

FUN FACT: Native smoke mixes were spiritual and medicinal, often containing herbs specific for lung/chest problems.

Jiao-gu-lan (*Gynostemma pentaphyllum*); cultivated alien; annual; may overwinter in correct conditions

leaves/vine stems; adaptogen, energy, heart, circulation, immune, cancer, longevity

Lemon Balm (*Melissa officinalis*); widespread alien
leaf, flower; calming, colds, antiviral, fever; great tea

Leaf & flower harvested in early flower stage, used fresh or dried; Promotes longevity; gently sedative and calming; mild antiviral, herpes, hyperactive thyroid, goiter, Grave's disease; insect repellent

Marshmallow (*Althaea officinalis*); naturalized alien
root, leaf, flower; cough, ulcer, colds, immune

FUN FACT: Marshmallow root was the original source of marshmallow candy.

Moroccan Mint (*Mentha spicata* var. *crispa*); cultivated
leaf, flower; amazing tea; digestion, hiccups

Motherwort (*Leonurus cardiaca*); widespread alien
leaf, flower; heart, hyperthyroid, menses, anxiety, sedative

Mountain Mint (*Pycnanthemum virginianum*); native
leaf, root; fever, cold, cough

Mullein (*Verbascum thapsus*); widespread alien
leaf; cough, sore throat, bronchitis; flowers commonly used for earache; root medicinal as well

FUN FACT: Mullein leaves often referred to as 'camper's toilet paper'; fall flower stalks dipped in tallow for candles.

Oregano (*Origanum vulgare*); widespread alien
leaf, flower; antioxidant, antiseptic, antifungal, parasites; food

Passion (*Passiflora incarnata*); native
leaf, vine, flower; insomnia, anxiety, nerve pain, menses

Peppermint (*Mentha piperita*); widespread alien
leaf, flower; cooling, stimulating, digestion, hiccups; great tea

Rhubarb (*Rheum rhabarbarum*); cultivated
stems; food, lemony, used in pies, etc.; leaf toxic, used as pesticide

Roman Chamomile (*Chamaemelum nobile*); alien
leaf, flower; stomach, digestion, calming, ulcers; smells great; generally, a substitute for German Chamomile of tea fame

Skullcap (*Scutellaria lateriflora*); native
leaf, flower, stem; nervine, sedative, nerve pain, anxiety
Entire aerial portions of plant can be harvested in flower, used fresh or dried
Nervine tonic, sedative, and anti-spasmodic; useful for anxiety, insomnia, nerve pain
FUN FACT: Often referred to as 'Mad Dog Skullcap' as it was once used in treatment of rabies.

Spikenard (*Aralia racemosa*); native
root, leaf, berries; coughs, asthma, respiratory, digestion, energy; berries have root beer taste
FUN FACT: Spikenard is largest herbaceous member in the Ginseng family.

Tansy (*Tanacetum vulgare*); alien
leaf; jaundice, worms, menses, herpes
FUN FACT: Tansy was an old world strewing herb, strewn on floor to improve fragrance and repel flies.

Thyme (*Thymus vulgaris*); woody perennial; cultivated alien
leaves; coughs, viral/bacterial respiratory infection, anti-septic; food

Tulsi 'Holy Basil' (*Ocimum sanctum* syn. *O. tenuiflorum*); cultivated alien; self-seeding annual leaves, flowers; sacred, adaptogen, mind, digestion, heart, immune, stress, cancer, flu; great tea
FUN FACT: Sacred hindu plant, often planted outside door of dwelling/temples; original seed stock blessed by Amma

Valerian (*Valeriana officinalis*); naturalized alien
root; sedative, insomnia, stress, pain, nervousness, irritability
Root harvested during dormancy, mid-late fall to early spring, used fresh (recommended) or dried.

Vipers Bugloss (*Echium vulgare*); naturalized alien
leaf, stem, flower, root; toxins, fevers, expectorant
FUN FACT: Folklore held that even touching this plant protected one from snakebites for the day; seed shaped like viper

White Horehound (*Marrubium vulgare*); naturalized alien
leaf, flower; coughs, expectorant, delayed menses, hepatitis

Wood Betony (*Stachys officinalis*); cultivated
leaves; nerve pain, headache, stomach, wounds, plague
Nervine tonic and pain-reliever; Once considered a panacea; Leaves harvested prior to flowering; best used fresh, but can be used dried; fresh leaves poultice on cuts, bruises, swellings, painful joints, splinters, ulcerations; tea or tincture internally

Wormwood (*Artemisia absinthium*); naturalized alien
leaf, flower (not recommended to use fresh); digestion, stomach, gallbladder, parasites
FUN FACT: Wormwood is the active ingredient in the alcoholic beverage known as Absinthe, reputed to have caused famous painter Van Gogh to cut his ear off.

Yarrow (*Achillea millefolium*); native
leaf, flower; bleeding, digestion, colds, fever, skin
Flowers, leaves harvested in flowering used fresh or dried
Hemostatic and antiseptic used for internal and external bleeding; bitter tonic helps improve digestion when taken prior to meal; hot tea helpful with colds and sweat out fever; use bruised/mashed leaves as poultice for wounds

This garden was designed and planted by I-TAL Acres (Maya & Ed Skopal) and Springhouse School Interns (Julia and Grace). Large tree (and blueberry) stock obtained through Burnt Ridge Nursery. All other fruiting shrubs and medicinal plants cultivated by I-TAL Acres. I-TAL Acres offers Plant ID Walks/Garden Tours and Plant Propagation & Herbal Medicine Making Workshops. For more information, or to order herbal products or medicinal plant seedlings please contact I-TAL Acres at 540-553-4023 or visit www.italacres.com.

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