

Forage Plants of Western Nemmyrl

Key: E = Edible, F = Flavoring, M = Medicinal, A = Aromatic, D = Dyeing or Tanning, P = Poison, O = Other uses

Used?

4d10	Forest Plants	E	F	M	A	D	P	O	Notes
04	Alder			M		D		O	red/brown dye and leather tanning, folk medicines, sacred for shields and rituals
05	Apple / Crabapple	E		M	A			O	used for preserves; blossoms aromatic; cider vinegar for digestive and fever
06	Bayberry			M	A	D		O	candle wax, tonics, and insect repellent, dyes and tanning
07	Belladonna						P	O	Deadly in most doses; used as sedative, a cosmetic and in rituals
08	Bilberry (European Blueberry)	E		M					Wild berries eaten fresh or dried; used for vision and blood health.
09	Birch	E		M				O	Sap for syrup; leaves used medicinally; bark for containers or writing.
10	Black Nightshade	E		M			P		Edible ripe fruit; leaves and unripe fruit toxic, pain relief in small doses
11	Chervil	E	F	M					A mild anise-scented herb used in soups and as a spring tonic
12	Comfrey			M		D			"Bone-knit"; heals wounds and fractures; dark dyes for leather and ink
13	Creeping Charlie		F	M	A				poultices for inflammation; aromatic; flavored ale before hops: "alehoof"
14	Dock / Dock Weed / Sorrels	E		M	A	D			Common leafy green; sap soothes nettle stings, roots yield yellow/brown dye
15	Elder (Elderberry / Elderflower)	E	F	M	A				Flowers for cordial; berries for syrup and wine; bark and leaves mildly toxic.
16	Foxglove			M			P	O	heart medicine (digitalis), deadly if misused; protective in folklore
17	Greater Henbit	E	F	M					Edible leaves and flowers; soothing tea for colds.
18	Hazelnut	E		M	A			O	Source of food and oil; aromatic nuts used for stamina, symbolic of wisdom; staffs
19	Henbit / Purple Dead-Nettle	E		M	A				Early spring edible and tonic; good for bees; mild scent when crushed
20	Jack-in-the-Pulpit (Bog Onion)	E		M			P		Root cooked to be edible; used to treat colds and snakebites.
21	Lady's Slipper			M				O	rare orchid used as a calming agent; ornamental and symbolic "elf shoes" in lore
22	Laurel		F	M	A			O	Leaves used for seasoning; symbol of victory and purification; mildly medicinal.
23	Lemon Balm		F	M	A				lemon-scented herb; used in teas to calm nerves and flavor dishes.
24	Meadowsweet		F	M	A				Used for fever and pain relief; flavor mead and wine; amorative herb strewn on floors
25	Mistletoe			M			P	O	used in folk remedies but toxic if ingested; Strong ritual role and sacred to Druids
26	Mugwort		F	M	A				flavoring beer before hops; linked to dreams and protection charms.
27	Nettle	E	F	M		D		O	greens high in iron; teas and poultices; fibers used in cloth, leaves yield green dye
28	Oak	E		M		D		O	Bark used as astringent; acorns edible after soaking; sacred tree; tannins for leather
29	Red Bergamot (Beebalm)	E	F	M	A				red flower with citrus-mint aroma; used for teas and treating colds, edible leaves
30	Rose	E	F	M	A				Rosehips rich in vitamin C; petals used in scent and medicine.
31	Sage	E	F	M	A				Evergreen herb; used in medieval cooking and for cleansing rites.
32	Sweet Woodruff		F	M	A	D		O	Maibowle wine, scents mead; poultices; yellowish dye, sacred spring festivals; perfumes linens
33	Valerian			M	A			O	Sedative root, pungent scent, repels evil and attracts love; used for anxiety and sleep.
34	White Clover	E	F	M				O	Edible blossoms and leaves used in teas for mild fevers; symbolic (luck, warding), bee forage
35	White Dead-Nettle	E		M					Mild edible; calming and anti-inflammatory.
36	White Willow			M				O	Bark used for pain and inflammation, wood symbolic for endurance/resilience
37	Wild Garlic / Ramsons	E	F	M					Strong garlicky flavor, spring foraging staple; antiseptic.
38	Wild Violet	E		M	A				Edible flowers and leaves; used for cough syrups and for perfumes
39	Wood Sorrel	E		M					Tangy, lemony leaves eaten fresh; aids digestion. Common forest floor edible.
40	Yarrow / Melefour			M	A			O	wound herb ("soldier's woundwort"); stops bleeding; aromatic, used ritually in divination
41	Yellow Archangel			M	A				Used to staunch bleeding; thrives in shaded woods, used in purity charms, slightly aromatic

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1d20	Water / Bog / Lake / River Plants	E	F	M	A	D	P	O	Notes	
01	Blue Flag / Blue Water Iris			M		D	P	O	purgative use carefully; brown/purple dye; petals represent faith, wisdom, and courage	
02	Bog Myrtle		F	M	A	D			flavored beer before hops ("gale ale"); aromatic insect repellent; bark yields yellow dye	x
03	Bogbean		F	M	A				Bitter tonic treats fevers and digestion; Leaves aromatic when dried; bitter flavoring in cordials	
04	Brooklime	E		M					Edible and rich in vitamin C; grows in shallow streams.	
05	Butterbur			M	A			O	leaves used for wrapping butter; root for fevers and coughs.	
06	Cat-Tail (Bullrushes)	E		M		D		O	Roots, shoots edible; seed fluff bedding, insulation, & wound dressing; stems yield brown dye	
07	Coltsfoot			M	A				leaves used for cough syrup and soothing throats; aromatic when burned or steeped	x
08	Cowslip	E		M	A	D			mild sedative and symbol of youth; flowers yield yellow dye	
09	Dayflower	E				D			edible leaves and flowers, Petals produce blue dye; historically used to tint inks.	
10	Eastern Skunk Cabbage			M			P	O	Root dried and used for respiratory ailments, strong scent, flowers before snowmelt	
11	Jack-in-the-Pulpit (Bog Onion)	E		M			P		Root cooked to be edible; used to treat colds and snakebites.	
12	Lotus	E		M	A	D		O	Edible roots and seeds; symbolic of calm and rebirth; blue or white used in perfume and dye	
13	Marsh Cinquefoil			M					Tonic herb for fevers and inflammation; common in bogs.	
14	Marsh Marigold	E					P		Spring edible when boiled; toxic when raw. Classic risky foraging plant.	
15	Marshmallow	E	F	M	A				roots edible (early confection) used to soothe throat or skin; aromatic leaves used medicinally	
16	Nut Sedge / Cyperus	E			A	D			Edible tubers (earth almonds); aromatic roots yield fragrant oil, used for dyeing and perfumes	
17	Reedmace (similar to Cat-tail)	E						O	Rhizomes edible; fluff used as tinder or bedding.	
18	Smartweed / Knotweed	E		M	A				Young shoots edible, leaves used for mild antiseptics; aromatic peppery scent when crushed	
19	Squill			M	A		P	O	Sea onion; bulb used in heart medicines and rat poison; used for incense, sacred to healers	
20	Sweet Flag / Calamus		F	M	A	D	P	O	Calm root used as tonic and fragrance, flavors spirits, yields yellow dye, sacred herb	x
21	Sweetgrass (Holy Grass)				A	D		O	Sacred, braided and burned for fragrance and ritual; mild vanilla scent, yields yellow dye	
22	Water Avens		F	M	A				clove-like roots used to flavor ale and as a tonic; thrives in damp meadows, aromatic	
23	Water Mint	E	F	M	A				Aquatic mint used in teas and sauces, edible and strongly scented	x
24	Water Pepper (Marsh Smartweed)	E	F	M					Pungent leaves used as spice; helps digestion.	
25	Watercress	E		M	A				Peppery aquatic plant used in poultices and for scurvy prevention; peppery flavor/aroma	
26	White Fragrant Water Lily			M	A			O	Roots used to calm inflammation and pain; fragrant and ornamental, used in love charms	
27	Yellow Flag / Yellow Water Iris			M		D	P	O	purgative, toxic when fresh; sap irritates skin, yellow dye from roots; sacred purification plant	

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4d10	Plains / Moor Plants	E	F	M	A	D	P	O	Notes	
04	Arnica			M			P		Yellow daisy-like flower; used externally for bruises and sprains. Poisonous if eaten	
05	Barley	E						O	Stray heads foragable for survival food, straw used for bedding/thatching	
06	Bindweed / Morning Glory			M			P		Root used as purgative; overuse causes sickness.	
07	Black Medic / Hop Clover / Nonesuch			M				O	Related to clover; nutritious fodder, nitrogen fixer, Medicinal (skin poultices)	
08	Blessed Thistle			M					Traditional herb for purifying the blood; once used by monks, Bitter tonic and digestive aid.	
09	Burnet Saxifrage	E	F	M					Edible roots and leaves; thought to aid digestion and quench thirst.	x
10	Camomile	E	F	M	A				Mildly sweet herb; famous for calming teas and gentle healing.	x
11	Centauray			M					Bitter herb used in tonics and stomach bitters	
12	Chervil	E	F	M					A mild anise-scented herb used in soups and as a spring tonic	
13	Chickweed	E		M					Common salad green; soothing poultice for skin irritation.	
14	Clover / Trefoil	E		M					Edible leaves and flowers; mild tonic.	x
15	Cowbane / Water Hemlock						P		No safe uses for humans due to its extreme toxicity	
16	Crabgrass	E							Seeds ground into meal or porridge in survival conditions.	
17	Dandelion	E		M					Roots and leaves used as tonic and diuretic.	
18	Elecampane			M	A				Tall herb; roots used for digestion and as a cough remedy. Aromatic root used for lung ailments.	
19	Fennel	E	F	M	A				Seeds and leaves used for flavor; boosts appetite and eyesight, all parts edible and aromatic	
20	Fleabane / Erigeron			M	A			O	Repels insects; used for respiratory tonics.	
21	Goosegrass / Cleavers			M				O	Sticky creeping weed; lymphatic cleanser; used in rustic bedding.	
22	Hemlock						P		Deadly poison; resembles harmless parsley; used in executions.	
23	Hops		F	M	A				Key ingredient in brewing; calming effects	
24	Johann's Wort (St. John's Wort)			M	A				Common yellow flower; used for melancholy and to ward off evil.	
25	Lamb's Quarter / White Goosefoot	E							Edible wild spinach; highly nutritious.	
26	Lovage	E	F	M	A				Strong celery-like herb; digestive aid and medieval tonic.	
27	Marigold (Calendula)	E	F	M	A				Edible petals; used for wounds, yellow dyes, and as "poor man's saffron."	x
28	Meadowsweet		F	M	A				Used for fever and pain relief; flavor mead and wine; amorative herb strewn on floors	
29	Muck Thistle			M					Bitter herb used as tonic for liver ailments; spiny, invasive	
30	Nut Sedge / Cyperus	E			A	D			Edible tubers (earth almonds); aromatic roots yield fragrant oil, used for dyeing and perfumes	
31	Pigweed / Amaranth	E							Nutritious edible greens and seeds; drought-tolerant survival food.	
32	Plantain (Broadleaf / Ribwort)			M				O	Used for wounds and insect bites; very common "weed" of paths and fields.	
33	Purslane / Little Hogweed	E		M					Crunchy, lemony edible and soothing herb.	
34	Quackgrass / Couch Grass			M					Roots used as mild diuretic and digestive aid.	
35	Quickweed / Gallant Soldier	E		M					Edible leaves; antiseptic and anti-inflammatory uses.	
36	Red Bergamot (Beebalm)	E	F	M	A				Red flower with citrus-mint aroma; used for teas and treating colds, edible leaves	x
37	Rocket / Arugula	E	F						Peppery leafy salad green, edible and useful for flavoring	
38	Shepherd's Purse	E		M					Edible leaves; stops bleeding; common near settlements.	
39	Sorrel (Field or Sheep)	E	F	M					Sour edible herb; cooling and high in vitamin C.	
40	Sweetgrass (Holy Grass)				A	D		O	Sacred, braided and burned for fragrance and ritual; mild vanilla scent, yields yellow dye	
41	Tansy			M			P		Used to drive out worms and preserve meat, toxic	
42	Thistle (generic)	E		M					Young stems edible when peeled; roots used in digestive tonics.	
43	Vetch / Wild Pea	E		M				O	Young shoots edible; nitrogen fixer; forage plant for livestock.	
44	White Clover	E	F	M				O	Edible blossoms and leaves used in teas for mild fevers; symbolic (luck, warding), bee forage	x
45	Yarrow / Melefour			M					Famous wound herb ("soldier's woundwort"); stops bleeding.	

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3d10	Mountain / Hill Plants	E	F	M	A	D	P	O	Notes
03	Angelica	E	F	M	A				All parts edible and aromatic. Used for candied stems and tonics.
04	Arnica			M			P		Yellow daisy-like flower; used externally for bruises and sprains. Poisonous if eaten
05	Bearberry			M					Diuretic and urinary antiseptic; grows in rocky soils.
06	Blazing Star (Gayfeather)			M					Primarily ornamental, root tonic and wildflower; used for colds.
07	Bogbean			M					Bitter herb used as a tonic and for fevers; grows in wet mountain bogs.
08	Burnet Saxifrage	E	F	M					Edible roots and leaves; thought to aid digestion and quench thirst.
09	Cardinal Flower / Great Lobelia			M			P		Native wildflowers used in traditional cough remedies. Toxic; medicinal in small doses;
10	Centauray			M					Bitter herb used in tonics and stomach bitters
11	Cowbane / Water Hemlock						P		no safe uses for humans due to its extreme toxicity
12	Cowslip	E		M	A	D			mild sedative and symbol of youth; flowers yield yellow dye
13	Creeping Charlie		F	M	A				poultices for inflammation; aromatic; flavored ale before hops: "alehoof"
14	Elecampane			M	A				Tall herb; roots used for digestion and as a cough remedy. Aromatic root used for lung ailments.
15	Foxglove			M			P	O	heart medicine (digitalis), deadly if misused; protective in folklore
16	Galium / Bedstraw		F	M	A	D		O	fragrant, cheese curdling and herbal wine, dye, bedstraw, treats wounds, edible shoots/leaves
17	Gentian			M					Bitter root for digestive tonics and liquors.
18	Great Mullein			M	A			O	Used for coughs and torch wicks. Leaves slightly aromatic, used in herbal smoking blends;
19	Heather		F	M	A	D		O	flavors heather ale, used in dyes, bedding, symbol of good fortune as folk charms, medicinal
20	Juniper	E	F	M	A			O	Berries edible, used for gin and digestive tonics. Leaves slightly aromatic.
21	Lady's Slipper			M				O	rare orchid used as a calming agent; ornamental and symbolic "elf shoes" in lore
22	Meadowsweet		F	M	A				Used for fever and pain relief; flavor mead and wine; amorative herb strewn on floors
23	Mountain Thyme		F	M	A				Hardy alpine form; symbol of courage; fragrant and medicinal.
24	Purple Loosestrife			M					Used as an astringent for diarrhea or wounds.
25	Rocket / Arugula	E	F						Peppery leafy salad green, edible and useful for flavoring
26	Rosemary	E	F	M					Stimulates memory and used for cooking meats.
27	Rowan	E						O	Berries for jams or fermented drinks; sacred in folklore, as it wards off evil spirits
28	Sheep Laurel						P		Pretty but toxic to livestock; known as "lambkill."
29	Thistle (generic)	E		M					Young stems edible when peeled; roots used in digestive tonics.
30	Thyme	E	F	M	A				Aromatic herb; antiseptic and culinary favorite.
31	Valerian			M	A			O	Sedative root, pungent scent, repels evil and attracts love; used for anxiety and sleep.
32	Wolfsbane / Aconite / Monkshood			M			P		analgesic, anti-inflammatory; extremely low margin of safety
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