

A FIELD GUIDE TO A FEW
COMMON AUCKLAND WEEDS
AND OTHER OVERLOOKED PLANTS

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AND OTHER OVERLOOKED PLANTS

BUTTERCUP

Ranunculus repens

Poultice of leaves can help with sores, muscle aches and rheumatic pains.

Leaves can be cooked and used as a pot-herb.

Root can be eaten as a 'famine food' in an emergency however must be dried and thoroughly cooked.

CAUTION: All parts of the plant are poisonous, however the toxins can be destroyed by drying or heat. The juice is strongly acrid and can blister the skin. Best avoided.



BLACK NIGHTSHADE

Solanum nigrum

Leaves, stems and roots can be used as a poultice in the treatment of cancerous sores, boils and wounds.

Extracts of the plant have analgesic, antispasmodic and anti-inflammatory properties.

Used as a sedative and as a treatment for burns.

Useful for toothache, earache, asthma and coughs.

CAUTION: The green unripe berries are highly poisonous and it is advised not to ingest them, however some sources say fully ripe fruits are fine to eat.

Toxicity can vary depending on where the plant is grown and cultivated, however as with all plants, caution is advised and if unsure, it is best avoided.



KENILWORTH IVY

Cymbalaria muralis

High in vitamin C.

Anti-scorbutic properties.

Poultice can be used on fresh wounds to stop bleeding.

Leaves and flowers can be eaten in salads, however the plant may be slightly toxic so caution is advised.



MARIGOLD

Tagetes erecta

Petals can be eaten in salads, for flavour and colour.

Yellow dye from flower can be used as a saffron substitute for flavour and food colouring.

Used for anemia, abdominal pain during menstruation, bone pain, indigestion, colic, coughs, dysentery.

Externally, can be used for boils, sores, ulcers, eczema and sore eyes.

Flower decoction can be used for colds, conjunctivitis, mumps and sore eyes. Also used as a blood purifier and an antioxidant.

Leaves can be used for wound healing.

Also used as a natural insect repellent.



QUEEN ANNE'S LACE

Daucus carota

Also known as 'wild carrot' as it belongs to the carrot family. Contains beta-carotene and other properties used to treat bladder and kidney problems.

The leaves can be mixed with honey and applied as a poultice to sores and ulcers to help with healing and killing of bacterial infections.

Historically, the seeds have been used as a form of contraception. They inhibit the production of progesterone which hinders fetal growth, making it an abortifacient - a natural form of the "morning after" contraceptive method. It is highly advised that pregnant women do NOT consume the plant in any way or form.

CAUTION: Queen Anne's Lace is very similar in appearance to the poisonous Hemlock which is deadly. The easiest way to tell the difference is the stems - Hemlock has a smooth stem, often with purple splotches whereas Queen Anne's Lace has a hairy stem. As always, if in doubt, do not attempt to harvest or ingest.



KAWAKAWA

Macropiper excelsum

Leaves can be chewed/made into an infusion to treat stomach illnesses, bladder problems and toothache.

Externally, leaves can be used to heal nettle stings, cuts, bruises, boils and rheumatism. The properties in them can help draw out infection.

Can be used in the treatment of skin problems such as eczema.

Reduces inflammation, irritation, cramping and digestive pain.

Anti-spasmodic and anti-microbial. Useful for treating coughs and colds.

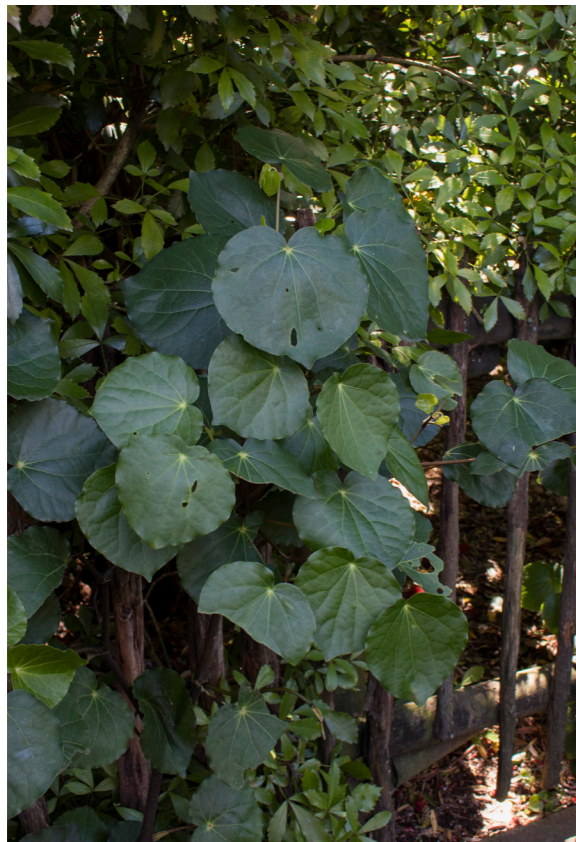
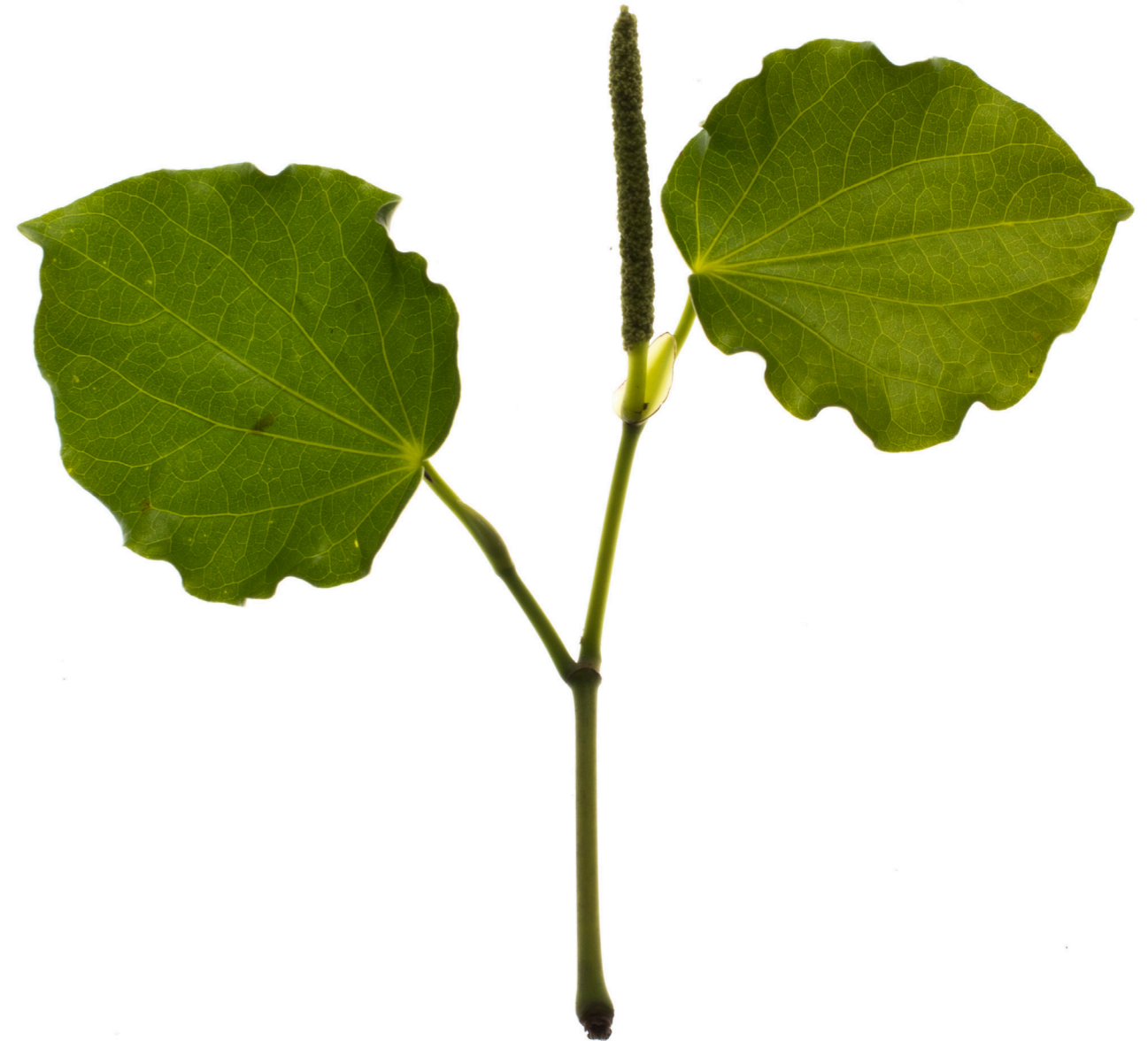
The dried and burnt leaves can be used as an insect repellent.

Mildly sedative if consumed in large quantities.

Has stimulating and rejuvenating properties to it.

Leaves can be eaten and used to flavour food. The orange fruits from the female trees are edible and sweet.

Leaves are most commonly brewed into tea.



RIBWORT (PLANTAIN)

Plantago lanceolata

Anti-inflammatory, anti-bacterial, anti-viral, diuretic, expectorant, soothing spasmolytic, styptic.

Contains a wide variety of phytochemicals which help control bacteria growth, keeps viruses at bay, soothes inflammation and supports the immune system.

Soothes coughs and inflammation from asthma.

Can be applied externally to wounds and grazes to assist with healing.



MANUKA

Leptospermum Scoparium

Anti-inflammatory.

Internally, helps with kidney and urinary problems, fevers, diarrhoea, digestive problems, colic, worms, blood purifier, sinus problems, bronchitis, asthma, chest congestion and haemorrhoids.

Tree produces nectar that bees turn into honey which has curative and healing properties to it. Helps boost the immune system and clear infection.

Helps soothe mild sunburn, oily skin and pimples, fungal infections, nail bed infections, skin irritation, itching scalp and dandruff, foot and body odour, cuts and scratches, insect bites and stings, athlete's foot and aching muscles and joints.

Leaves can be boiled and the vapour inhaled for head colds.

Inner bark of tree has calming and sedative qualities to it when brewed into tea.

Leaves can be brewed into tea and can be also used to make beer.



DANDELION

Taraxacum officinale

Rich in Vitamins A, B, C, D, and minerals potassium, iron, zinc, calcium, copper, sodium, cobalt, tin, nickel.

Root helps cleanse the liver and the leaves the kidneys.

Can help clear up skin blemishes and relieve sore eyes.

Milky latex in stem can be used to treat warts.

All parts of the plant are edible.

Flowers can be brewed into tea and wine.

Leaves can be eaten as is in salads etc. or used as medicine.



CHICKWEED

Stellaria media

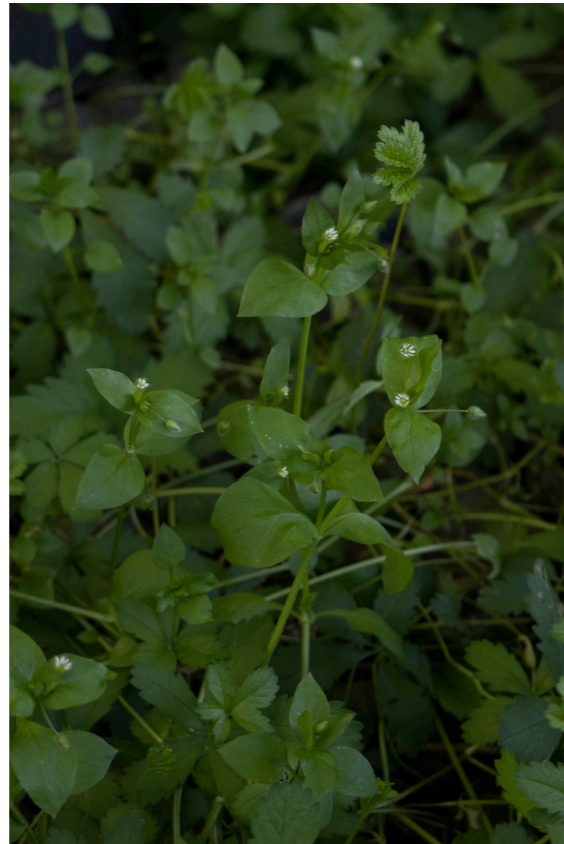
Soothes the digestive tract.

Used externally as a poultice, salve or oil for skin problems such as itches, wounds, ulcers, pimples, boils and abscesses.

Poultice or an eyewash can also be used to treat conjunctivitis.

Hot baths or soaks with chickweed help with arthritis, stiff neck, rheumatism, sore backs and itching.

Young shoots are edible and can also be used as salad greens.



RED CLOVER

Trifolium pratense

Flowers are primarily used.

Rich in Vitamins A, B complex, and (when fresh) P. High in minerals, magnesium, calcium, copper, tin, iron, cobalt, nickel, sodium.

Skin healing agent, expectorant, mild anti-inflammatory, mild sedative, balances metabolism and is a blood cleanser.

Helps with skin conditions such as eczema, psoriasis etc.

Assists with improving metabolic functions and soothing coughs, bronchitis and whooping cough.

Freshly crushed flowers can be used for stings and insect bites.

Can be used as a treatment for cancer, especially breast, ovarian and lymphatic, however due to its oestrogenic activity, is advised that women with oestrogen dominant cancers avoid it.

Helps soothe nerves and provide calm sleep.

Can be brewed into tea, made into cough syrup, tinctures, compress etc. Sprouted seeds can be served as a salad vegetable.



PUHA

Sonchus oleraceus

Digestive tonic and blood purifier.

Used to treat hemorrhages and constipation.

Sap is used to help erode corns and warts.

Traditionally used to treat stomach ailments; to help with the removal of placenta during childbirth; for those with infected wounds; detox for spider bites.

Can be eaten as is, brewed into tea, made into tinctures etc.



SPEEDWELL

Veronica persica

Blood purifier.

Removes excess mucus, treats coughs, asthma, soothes internal tissues.

Tea used to treat sinus congestion and ease sore eyes. Also helps with easing muscle tension.

Treats skin rashes and inflammation.

Can be eaten in salads, smoothies, pesto etc. and brewed into tea.



Please exercise caution while foraging.
As with all plants, be certain that you have
correctly identified them before ingesting.

If in doubt, do without.

