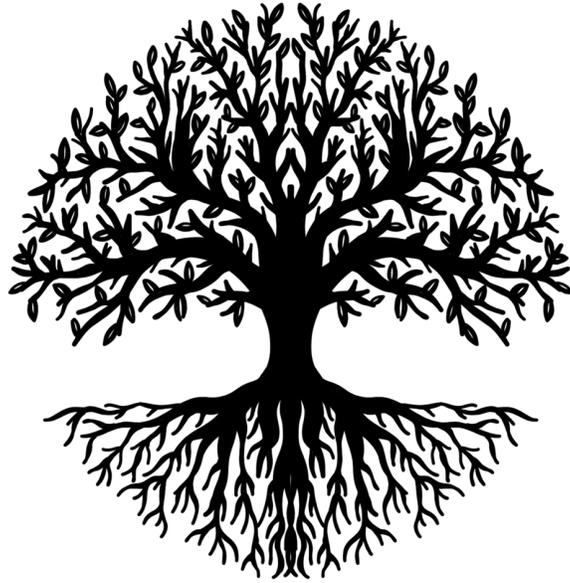


# Ascension



## Foraging

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*October 17th, 2024.*

*Conservation Trail,  
Middle Creek Wildlife Management Area,  
Stevens, PA*



# Staghorn Sumac

*Rhus typhina*



- Beautiful red fall coloration.
- Fuzzy stalk and branches, reminiscent of the velvety antlers of a stag.
- Makes summertime seed clusters called “bobs”.
- Sour and tasty, the bobs can be used to make “indian lemonade”, or the seeds dried and powdered as a spice.



# Goldenrod

*Solidago spp.*



- Makes beautiful fields of yellow flowers in the summer and early fall.
- Leaves and flowers can be made into tasty and medicinal tea.
- Flowers propagate wild yeast, and can easily be made into a fermented fizzy beverage.

# Wild Asparagus

*Asparagus officinalis*



- After doing some research, I have determined that this plant that we found is indeed wild asparagus!
- It is basically genetically identical to cultivated asparagus, but just happens to be wild or the “feral” version of it.

# Honeysuckles

*Lonicera* spp.



Japanese Honeysuckle (*Lonicera Japonica*)  
"Vine Version"  
Flowers (above), Vine w/ leaves (below)



Amur Honeysuckle (*Lonicera maackii*)  
"Bush Version"



- Very abundant and, in fact, invasive.
- The entire plant is mildly toxic, except for the flowers which can be dried and made into a medicinal tea that is both tasty and works as a mild pain reliever.
- Harvest flowers just before they open for the highest concentration of medicinal compounds.

# Wild Grape

*Vitis spp.*



- Vary a good deal in taste, from extremely sour to extremely sweet.
- Can be simply eaten raw, or made into a wild wine or vinegar.

# Virginia Pine

*Pinus Virginiana*



- After doing some research, I realized that all pine needles are edible! They can be eaten raw for a vitamin C boost, or made into a tea as well.
- All pine cones contain pine nuts, but the only ones considered edible in this area come from the cones of Red pine.
- Pine pollen, although somewhat difficult to harvest, is edible and highly nutritious.

# Cleavers

*Galium aparine*



- A common weed that is in the coffee family!
- The leaves do not contain caffeine, but can be made into a surprisingly well-flavored tea.
- The seeds do contain a small amount of caffeine, and can be roasted and ground to make a coffee substitute!

# Sassafras

*Sassafras albidum*



- A wonderful native tree whose roots are the origin of root beer!
- Roots can also be made into a delicious tea reminiscent of root beer.
- In spring and summer, the young tender leaves smell like fruit loops when torn and can be eaten as a trailside nibble.
- Can you spot its three different leaves? All are visible in this picture.

# Autumn Olive

*Elaeagnus umbellata*



- Technically invasive, but sequester nitrogen in the soil, giving environmentalists mixed feelings about this plant.
- Foragers enjoy them, however, for their small red/silver berries that pack a flavorful punch of sweet and sour.
- I have seen surprisingly few Autumn olive bushes producing fruit this year, for whatever reason.

# Tulip Poplar

*Liriodendron Tulipifera*



- A beautiful native tree, related closer to Magnolias than to Tulips.
- They produce copious amounts of sweet nectar, which in springtime can be sipped right out of their beautiful blooms (if you can get a hold of one).



# Bonus!

Some arthropod friends



Praying Mantis on  
Wild Asparagus

Woolly Caterpillar



# *Thank you for attending this class!*

I genuinely hope you learned a lot, and that it helped you deepen your appreciation for God's creation. What we saw only scratched the surface, as there is no end to the wonders that are in store for those to desire to learn more about the wonderful world that He has created.

If you wish to continue to learn about Foraging, the following are resources that will help you do so:

- Books
  - Anything by Samuel Thayer:  
<https://www.foragersharvest.com/>
    - The books of his which I have read, which are excellent and highly recommended are: The Forager's Harvest, Natures Garden, and Incredible Wild Edibles.
- Youtube (Surprisingly great for learning about foraging!)
  - Learn Your Land  
<https://www.youtube.com/@LearnYourLand>
  - Feral Foraging <https://www.youtube.com/@FeralForaging>
  - EatTheWeeds <https://www.youtube.com/@EatTheWeeds>
- Apps
  - Seek by iNaturalist  
[https://www.inaturalist.org/pages/seek\\_app](https://www.inaturalist.org/pages/seek_app)
    - Excellent for assisting in identification.
- My services!
  - I would love to meet up with you again! I offer many different class options, some of which include:
    - Foraging walks (Vary widely depending on location and time of year- there's always something new to learn!)
    - Acorn Processing workshops

- Wild Tea Walk: We will forage natural tea ingredients, filter our own water and make tea to sample out in the wild!
- Homestead Consultation: I come out to your property to help you identify the main edible and medicinal plants and fungi on your land.

Happy Foraging, and God Bless!

-Daniel P. Glick