

Blackberry **f**

The root is a strong astringent and helps with diarrhea and bleeding issues (which should be checked out by a doctor). The leaves are milder and can be used for leaky gut syndrome.

Dye colors: Fawn, grey, yellow-green from the fall leaves. Shades of lilac to gray from berries. All parts of plant can be used. Dye baths from fresh plants give brighter shades.



Iris **m**

Commonly called Blue Flag or Sweet Flag. The rhizomes and roots have been used for skin disorders such as psoriasis, itchy eczema, fungal infections, vitiligo (lack of pigment), age spots and oily acne. Also for headaches from indigestion and liver issues.

Dye colors: Greys and blacks from roots.

Horsetail **w**

Traditionally used for urinary tract and kidney issues. Contains silica and boron that are good for the nails, hair, skin and bones. Can be used to remyelinate nerves in Lyme Disease.

Dye colors: range of yellows



Milkweed **r**

The sole food source for monarch butterfly larvae. Also food or nectar for other butterflies, moths and hummingbirds. All parts can be eaten midsummer if boiled in multiple changes of water. Milkweed seed meal is a pesticide against nematodes and armyworms. Seed floss is waterproof so it floats, and in WWII was made into life jackets. It also absorbs oil and is used to clean up oil spills. **Dye colors:** bright yellow



Heritage Winooski Mill Museum

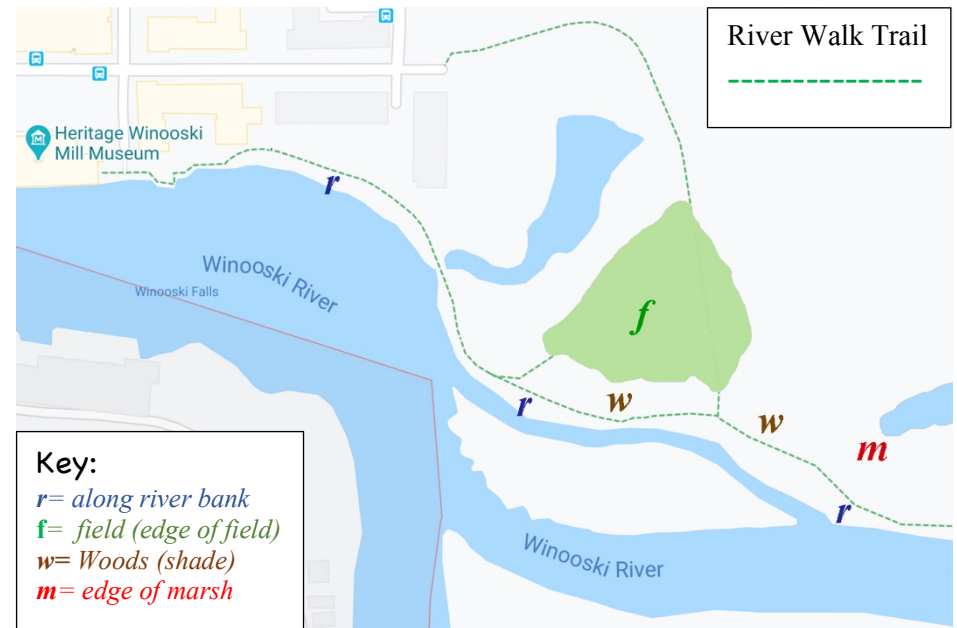
Herbal Plant Guide

This guide lists 12 herbal plants you can find growing along the **Winooski River Walk**. The map below shows the general areas where you can locate each plant. Descriptions share information on how each plant can be used for medicinal purposes and the colors that they will produce when used for dyeing fibers.

Medicinal herbal information provided by Margi Gregory, Spring Mountain Herbs of Vermont. www.springmountainherbs.com

Dyeing resources: Dean, Jenny. *Wild Color*. Octopus publishing group. 2010.
Duerr, Sasha. *The Handbook of Natural Plant Dyes*. Timber Press. 2010.

Please Note: This booklet is for educational purposes only. Do not self-medicate. Consult with an herbalist before using herbs medicinally.



Staghorn Sumac **r f w**

Infused in cold water, the bright red berries make a delicious, lemony ice tea full of Vitamin C. Native Americans used the berries to treat colds, fever and scurvy, mixed them with clay to make a poultice for wounds, and smoked dried berries with tobacco in ceremonial pipes.

Dye colors: Rust and orange from the bark. Tan from leaves. Sumac is especially good for dyeing vegetable fibers and is a valuable source of tannin, which is good for fastness.



Barberry **r**

The deep yellow bark of the roots and stems contain berberine, which stimulates digestion and can be used topically for infections such as staph, strep, and conjunctivitis and for eczema of the hands.

Dye colors: Yellow from bark. When dyed with indigo, makes turquoise.



Japanese Knotweed **r**

A highly invasive plant. It is immune enhancing, antibacterial and anti-inflammatory and is used along with other strong herbs and antibiotics in combatting Lyme Disease. Its antiviral properties make it useful as part of a formula targeting West Nile Virus, encephalitis, SARS, hepatitis, HIV and perhaps Covid-19.

Dye colors: brown from leaves



Goldenrod **f**

The most medicinal species is *Solidago canadensis*, which has smooth leaves with three parallel veins and flowers often in the shape of a Christmas tree. Used for bladder and urinary tract infections and upper respiratory congestion from colds or allergies.

Dye colors: A range of bright yellows to green-yellows



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Dandelion **f**

Roots are used for most liver and gall bladder issues, for constipation and incomplete digestion of fats. Leaves can be used as a diuretic to reduce high blood pressure IF the cause is fluid imbalance. They also help with edema, when the ankles or hands are swollen.

Dye colors: Bright yellow. Works best on animal fibers.



Mullein **f**

The leaves made into a tea are an excellent respiratory remedy, improving the tissues of the lungs, strengthening the immune system, and getting rid of mucus. Used for sinus congestion and coughs combined with other expectorant herbs. The flowers made into an oil are used for ear infections, bruises and sprains. A tincture of the root is for spinal pain.

Dye colors: greyed yellow to yellow-green



Queen Anne's Lace **f**

Also called wild carrot. Has finely divided leaves, distinguishing it from look-alike toxic plants such as poison parsnip and water hemlock. It improves the tissues of the endometrium and has been used both to enhance fertility and for contraception.

Dye colors: Yellow from plant tops. Best results when used fresh and with animal fibers.



Jewel Weed **f**

Also called Spotted Touch-me-not. A compound called lawsone in the leaves is an anti-histamine and anti-inflammatory. For poison ivy, apply a poultice of crushed leaves or juice from the stem before flowering. Drinking tea made from the leaves before walking in the vicinity of poison ivy is a folk remedy that may help avoid getting a severe rash.

Dye colors: Orange

