

Spring Flowers in Missouri

Join me while I search for wild herbs and flowers on our land last week.

From time to time, my wife Bethany makes tinctures from wild herbs and flowers. Tinctures are made by extracting the medicinal properties from the plant material (leaves, flowers and/or roots) by immersing them in grain alcohol for several weeks in a cool, dark place.

A tea and a tincture are similar. For a tea, the medicinal properties are extracted by pouring boiling water over the plant material. But you have to drink a whole cup of tea, whereas the tincture you take by the dropper (30 drops). The amount of alcohol in a dropper full of the tincture is equivalent to eating a banana, so tinctures are safe for children and pregnant women to use. If a child is ill and you cannot get them to drink a cup full of tea, a tincture is a great and safe alternative. Just add a dropper full of the tincture to a bottle, sipper cup or directly into their mouth. Some are not very tasty, so dilution in their drinking fluids may be best.

I was searching for plantain, red clover, elderberry and yarrow. I found excellent specimens of each, but I was distracted by millions of wild flowers (among other things) I found along the way, so I got my camera...









A rose by any other name would smell as sweet.

Wild Elderberry, Sambucas canadensis



The berries from this shrub are used to make jelly, pie, medicine and wine. The entire plant has been used for thousands of years to treat many different ailments. Rich in bioflavonoids, the plant also has antibacterial, anti-cancer, anti-inflammatory and anti-oxidant properties.



Day Lily Hermerocallis fulva

Each flower is open for ONE day, then shrivels and dies, from whence comes its name. There are many buds on each stem.





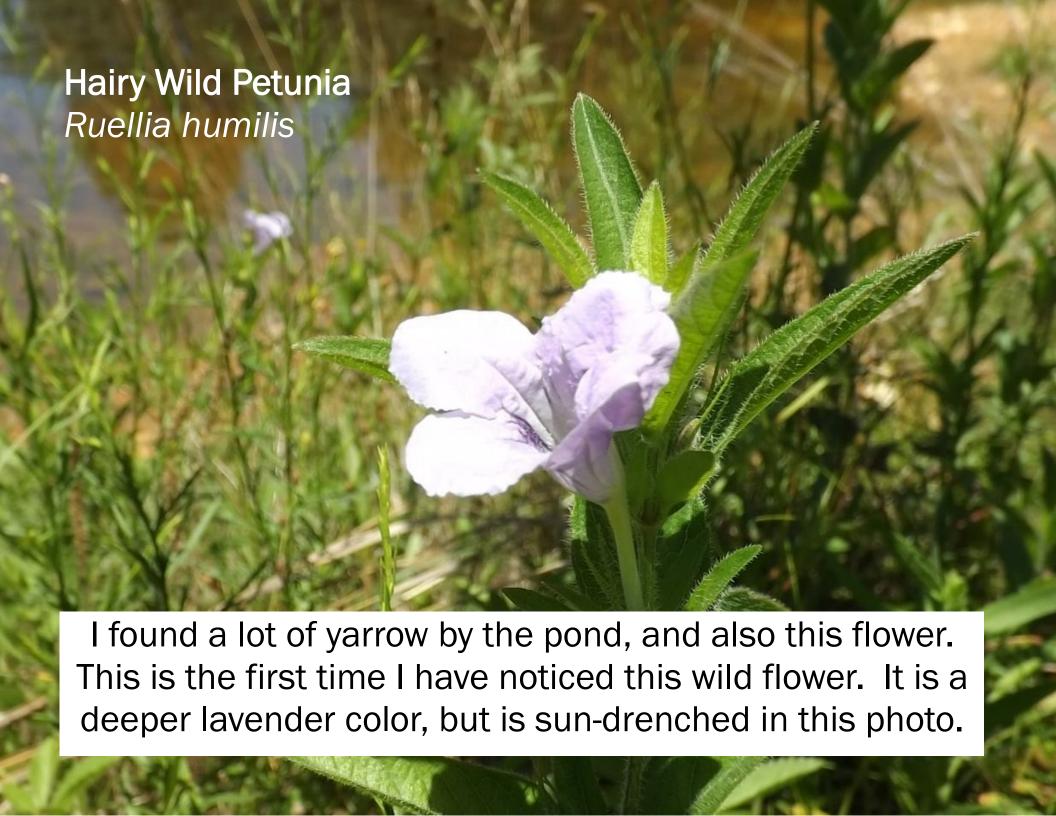




On the previous page was raspberry leafs, this is not.



The leafs are pinnate, having 3 leafs per stem, same as the flowering branchlets on the raspberry. Regrettably, the wild raspberry grows together with poison ivy in many places, so care must be taken. Poison ivy does has one redeeming quality though; it looks beautiful in the autumn (seen at right).







Tall, up to 7 feet (about 3.2 meters), this member of the agave family can only be fertilized by ONE insect, the Pronuba moth. A fact which totally destroys the theory of evolution. This inter-relationship was discovered by Missouri entomologist, Charles V. Riley.



Deptford Pink, Dianthus armeria



Trumpet Creeper, Campsis radicans









In the mint family. Clearly it has been used medicinally.

Queen Anne's Lace, Daucus Carota





Red Clover tea is used to treat estrogen imbalances and eases menstruation among many other uses. You can learn more at this

link: https://www.organicfacts.net/health-benefits/herbs-and-spices/red-clover.html



Black Raspberries ripen in late spring, Blackberries not till summer.





Mmmmm. Dewberries!





Hey, you're not a flower! Do not be fooled by the size of the photo. This little fellow is only about 7 -8 INCHES long. See inset photo at bottom left next to the four-wheeler key.







An interesting story about plantain. My wife thought she had food poisoning, was miserable for 2 days with all manner of illness. She also had a red, sore spot on her hip, but could not equate this to her symptoms. I told her that she had been bitten by something.

Two nights later, something was crawling on my foot in bed. I shined a light and found a big Brown Recluse spider, very poisonous, very dangerous. I caught it to later show my wife, but at 1:30 a.m., I was outside with a flashlight gathering plantain for my wife. I put it in the blender and made a poultice, which we applied to her bite (along with honey and goldenseal). The brown recluse bite causes the flesh to rot in an ever increasing area around the bite. Not my wife. The red dot turned dark, got about an inch in diameter, but never opened into a wound with any rotting flesh, and quickly she recovered.

If she had gone to the doctor, they would have kept her for a week or two, given her IV anti-biotics and STILL would have had to debride the rotting flesh wound. Amazing what a little knowledge of herbs can do for you. Of course, less than 200 years ago, someone with this knowledge would have been burned at the stake. So, there's that. LOL





I tried to get this tall blue wild flower in focus, but I like this photo better. The juxtaposition of the blue in foreground in front of a sea of the white Fleabane and yellow Black-eyed Susan is pretty cool.

Mystery Flowers

I looked in all my wild flower books as well as on-line and cannot identify either of these tiny Missouri wild flowers. I doubt I have discovered them, but I am going to have fun naming them...



Yellow Math Symbols

Additionalia multiplicatus









And the cover flower model is the...

Ox-eye daisy
Leucanthemum vulgare



The End

I hope you enjoyed traveling with me by foot and four-wheeler to visit our yard, and the fields, pond, ditches and pastures on our property. Looking for wild flowers and herbs turned out to be more enjoyable and educational than I thought.

Many of these wildflowers are less than an inch in diameter, making them hard to spot and even more difficult to capture on camera, especially if the wind was blowing. But because I was going to areas not greatly traveled looking for specific herbs and flowers, I stumbled upon a treasure trove of colors and textures that the Creator put here for our viewing (and smelling or tasting) pleasure along with a few critters out doing what critters do on the Sabbath.

I had over a 150 Lunar Sabbath e-mail to answer, but found spending some of my Sabbath hours in nature to be a refreshing alternative (at your expense). Sorry about that. Sincerely, Troy Miller