

DOWNLOAD PDF GUIDE TO THE IDENTIFICATION OF NEW ZEALAND COMMON WEEDS IN COLOUR

Chapter 1 : Common Weeds of New Zealand: Introduced and Invasive Species

*A Guide to the Identification of New Zealand Common Weeds in Colour [E. A. Upritchard] on blog.quintoapp.com
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Many of them are actually highly-regarded, widely-used, and extremely-valuable medicinal herbs! What could be easier than growing an herbal medicine garden with no effort? Spring is an especially fertile time for harvesting your edible weeds – roots and all – and turning them into medicines. And at least a pint each of apple cider vinegar pasteurized, vodka proof is best, but 80 proof will do, and pure olive oil not extra virgin or good quality animal fat such as lanolin, lard, or belly fat from a lamb or kid. You will also want a knife, a cutting board, and some rags to mop up spills. In general, you will fill a jar of any size with coarsely-chopped fresh, but dry, plant material. Do not wash any part of the plant except roots, if you are using them, and be sure to dry those well with a towel before putting them in your jar. Then you will fill the jar with your menstruum, that is, the vinegar, the oil, or the alcohol. Label well and allow to stand at room temperature, out of the sunlight for at least six weeks before decanting and using. See *Healing Wise* for info on making preparations. A field guide is helpful for positively identifying your weeds. The one I like best is: *Box*, Palmerston North. This book even shows you how the edible weeds look when they are emerging. Midwives and women who bleed heavily during their period praise its prompt effectiveness. Gypsies claim it works on the stomach and lungs as well. A dose is 1 dropperful 1ml; which may be repeated up to four times a day. *Gallium Aparine* *Cleavers* *Gallium aparine* is a persistent, sticky plant which grows profusely in abandoned lots and the edges of cultivated land. The entire plant is used to strengthen lymphatic activity. I cut the top two-thirds of each plant while it is in flower or setting seeds and use alcohol to make a tincture which relieves tender, swollen breasts, PMS symptoms, and allergic reactions. A dose is drops. *Chickweed* *Chickweed* *Stellaria media* this edible weed has many uses, including delicious salad greens. I cut the entire top of the plant and eat it or use alcohol to make a tincture, which dissolves cysts, tonifies the thyroid, and aids in weight loss. A dose is a dropperful 1 ml, up to three times a day. *Daisy* *Daisy* *Bellis perennis* is a common perennial edible weed of lawns and open areas. Quite different from the native daisy *Lagenifera petiolata*, the little English daisy is related to feverfew and has similar abilities. I use the leaves and flowers to make a tincture with alcohol or a medicinal vinegar which relieves headaches, muscle pain, and allergy symptoms. A dose is a dropperful of the tincture 1 ml, up to twice a day; or a tablespoon of the vinegar in the morning. *Dandelion* *Dandelion* *Taraxacum officinalis* is a persistent perennial of lawns and gardens and one of the best known medicinal herbs and edible weeds in the world. The native dandelion of New Zealand – *Taraxacum magellanicum* – is medicinal too. Those who love a pure green lawn curse the sunny yellow flowers of common dandelion. But those who are willing to see beauty anywhere such as children and herbalists treasure this edible weed. You can use any part of the dandelion – the root, the leaves, the flowers, even the flower stalk – to make a tincture or medicinal vinegar which strengthens the liver. A dose of drops of the tincture. A tablespoon of the vinegar works well, too. More importantly, taken before meals, dandelion increases the production of hydrochloric acid in the stomach, thus increasing bio-availability of many nutrients, especially calcium. The fresh or cooked green leaves are loaded with carotenes, those anti-cancer, anti-heart disease helpers. And the oil of the flowers is an important massage balm for maintaining healthy breasts. It is another plant that disagrees with sheep, especially when the land is overgrazed. I dig the yellow roots of *Rumex crispus* or *R.* If the chopped roots are soaked in oil for six weeks, the resulting ointment is beneficial for keeping the breasts healthy. *Groundsel* *Groundsel* *Senecio vulgaris* and *Ragwort* *Senecio jacobea* are hardy perennials that have a reputation for poisoning livestock, like their cousin tansy. You can use the flowering tops and leaves with your alcohol to make a tincture which acts slowly to tonify the reproductive organs, ease PMS, and stop severe menstrual pain. A larger dose is used to speed up labor. *Mallows* *Mallows* *Malva neglecta*, *M.* The flowers, leaves, stalks, seeds, and roots are rich in sticky mucilage which is best extracted by soaking the fresh plant in

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cold water overnight or longer or by making a medicinal vinegar. The starch is extraordinarily soothing internally easing sore throats, upset tummies, heart burn, irritable bowel, colic, constipation, and food poisoning and externally relieving bug bites, burns, sprains, and sore eyes. The leaves, flowers, and bark especially of the native Hoheria *Hoheria populnea* are used in exactly the same way by Maori herbalists. Identify it by the five parallel veins running the length of each leaf. You may find broad leaf plantain *Plantago major* with wide leaves, or narrow leaf plantain *Plantago lanceolata* with lance-thin leaves. Either can be used to make a healing poultice or a soothing oil widely regarded as one of the best wound healers around. Not only does plantain increase the speed of healing, it also relieves pain, stops bleeding, draws out foreign matter, stops itching, prevents and stops allergic reactions from bee stings, kills bacteria, and reduces swelling. To make a fresh plantain poultice: Pick a leaf, chew it well and put it on the boo-boo. Yes, you can dry plantain leaves and carry them in your first aid kit. Chew like you would fresh leaves. To make plantain ointment: Pick large fresh plantain leaves. Fill a clean, dry, glass jar with the chopped leaves. Pour pure olive oil into the leaves, poking about with a chopstick until the jar is completely full of oil and all air bubbles are released. Place jar in a small bowl to collect any overflow. Then strain oil out of the plant material, squeezing well. Heat it gently, adding one tablespoon of grated beeswax for every liquid ounce of oil. Pour into jars and allow to cool. The flowering tops are harvested after they begin to bloom traditionally on Solstice, June 21 and prepared with alcohol, and with oil, to make two of the most useful remedies in my first aid kit. The usual dose is 1 dropperful 1 ml as frequently as needed. In extreme pain from a muscle spasm in my thigh, I used a dropperful every twenty minutes for two hours, or until the pain totally subsided. I use it as a sunscreen. Contrary to popular belief, St. It even prevents burn from radiation therapy. Eases sore muscles, too. Self heal *Self Heal Prunella vulgaris* This scentless perennial mint is one of the great unsung healers of the world. The leaves and flowers contain more antioxidants " which prevent cancer and heart disease, among other healthy traits " than any other plant tested. And as part of the mint family, self heal is imbued with lots of minerals, especially calcium, making it an especially important ally for pregnant, nursing, menopausal, and post-menopausal women. I put self heal leaves in salads in the spring and fall, make a medicinal vinegar with the flowers during the summer, and cook the flowering tops fresh or dried in winter soups. If in doubt of your identification: Pull a strand gently apart with your hands, looking for a white fiber inside the fuzzy grey-green outer coat. To prepare usnea, harvest at any time of the year, being careful not to take too much. Put your harvest in a cooking pan and just cover it with cold water. Boil for about minutes, or until the water is orange and reduced by at least half. Pour usnea and water into a jar, filling it to the top with plant material. Water should be no more than half of the jar. Add the highest proof alcohol you can buy. After 6 weeks this tincture is ready to work for you as a superb antibacterial, countering infection anywhere in the body. A dose is a dropperful 1 ml as frequently as every two hours in acute situations Yarrow Yarrow *Achellia millefolium* This lovely perennial weed is grown in many herb gardens for it has a multitude of uses. Cut the flowering tops use only white-flowering yarrow and use your alcohol to make a strongly-scented tincture that you can take internally to prevent colds and the flu. A dose is drops, or up to 1 ml. You can also make a healing ointment with yarrow flower tops and your oil or fat. Yarrow oil is antibacterial, pain-relieving, and incredibly helpful in healing all types of wounds.

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Chapter 2 : Lawn Care Service to Treat & Control Lawn Weeds | Finelawn

Get this from a library! A guide to the identification of New Zealand common weeds in colour. [E A Upritchard; New Zealand Weed and Pest Control Society.]

Many of them are actually highly-regarded, widely-used, and extremely-valuable medicinal herbs! What could be easier than growing an herb garden with no effort? Spring is an especially fertile time for harvesting your edible weedsâ€™ roots and allâ€™ and turning them into medicines. And at least a pint each of apple cider vinegar pasteurized, vodka proof is best, but 80 proof will do, and pure olive oil not extra virgin or good quality animal fat such as lanolin, lard, or belly fat from a lamb or kid. You will also want a knife, a cutting board, and some rags to mop up spills. In general, you will fill a jar of any size with coarsely-chopped fresh, but dry, plant material. Do not wash any part of the plant except roots, if you are using them, and be sure to dry those well with a towel before putting them in your jar. Then you will fill the jar with your menstruum, that is, the vinegar, the oil, or the alcohol. Label well and allow to stand at room temperature, out of the sunlight for at least six weeks before decanting and using. See *Healing Wise* for info on making preparations. A field guide is helpful for positively identifying your weeds. The one I like best is: *Box*, Palmerston North. This book even shows you how the edible weeds look when they are emerging. Cut the top half of the plant when it has formed its little heart-shaped "purses" seed pods and make a tincture with alcohol, which you can use to stop bleeding. Midwives and women who bleed heavily during their period praise its prompt effectiveness. Gypsies claim it works on the stomach and lungs as well. A dose is 1 dropperful 1ml; which may be repeated up to four times a day. Cleavers *Gallium aparine* is a persistent, sticky plant which grows profusely in abandoned lots and the edges of cultivated land. The entire plant is used to strengthen lymphatic activity. I cut the top two-thirds of each plant while it is in flower or setting seeds and use alcohol to make a tincture which relieves tender, swollen breasts, PMS symptoms, and allergic reactions. A dose is drops. Chickweed *Stellaria media* this edible weed has many uses, including delicious salad greens. I cut the entire top of the plant and eat it or use alcohol to make a tincture, which dissolves cysts, tonifies the thyroid, and aids in weight loss. A dose is a dropperful 1 ml, up to three times a day. Daisy *Bellis perennis* is a common perennial edible weed of lawns and open areas. Quite different from the native daisy *Lagenifera petiolata*, the little English daisy is related to feverfew and has similar abilities. I use the leaves and flowers to make a tincture with alcohol or a medicinal vinegar which relieves headaches, muscle pain, and allergy symptoms. A dose is a dropperful of the tincture 1 ml, up to twice a day; or a tablespoon of the vinegar in the morning. Dandelion *Taraxacum officinalis* is a persistent perennial of lawns and gardens and one of the best known medicinal herbs and edible weeds in the world. The native dandelion of New Zealandâ€™ *Taraxacum magellanicum*â€™ is medicinal too. Those who love a pure green lawn curse the sunny yellow flowers of common dandelion. But those who are willing to see beauty anywhere such as children and herbalists treasure this edible weed. You can use any part of the dandelionâ€™ the root, the leaves, the flowers, even the flower stalkâ€™ to make a tincture or medicinal vinegar which strengthens the liver. A dose of drops of the tincture. A tablespoon of the vinegar works well, too. More importantly, taken before meals, dandelion increases the production of hydrochloric acid in the stomach, thus increasing bio-availability of many nutrients, especially calcium. The fresh or cooked green leaves are loaded with carotenes, those anti-cancer, anti-heart disease helpers. And the oil of the flowers is an important massage balm for maintaining healthy breasts. It is another plant that disagrees with sheep, especially when the land is overgrazed. I dig the yellow roots of *Rumex crispus* or R. If the chopped roots are soaked in oil for six weeks, the resulting ointment is beneficial for keeping the breasts healthy. Groundsel *Senecio vulgaris* and Ragwort *Senecio jacobea* are hardy perennials that have a reputation for poisoning livestock, like their cousin tansy. You can use the flowering tops and leaves with your alcohol to make a tincture which acts slowly to tonify the reproductive organs, ease PMS, and stop severe menstrual pain. A larger dose is used to speed up labor. Mallows *Malva neglecta*, M. The

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Chapter 3 : Edible Weeds: Herbal Medicine Chest in Your Backyard - The Prepper Journal

By New Zealand Weed and Pest Control Society (now NZPPS) A Guide to the Identification of New Zealand Common Weeds in Colour is a field guide for people concerned with weeds and their control, from the home gardener through to the professional scientist.

Many of them are actually highly-regarded, widely-used, and extremely-valuable medicinal herbs! What could be easier than growing an herb garden with no effort? Spring is an especially fertile time for harvesting your weeds - roots and all - and turning them into medicines. And at least a pint each of apple cider vinegar pasteurized, vodka proof is best, but 80 proof will do, and pure olive oil not extra virgin or good quality animal fat such as lanolin, lard, or belly fat from a lamb or kid. You will also want a knife, a cutting board, and some rags to mop up spills. In general, you will fill a jar of any size with coarsely-chopped fresh, but dry, plant material. Do not wash any part of the plant except roots, if you are using them, and be sure to dry those well with a towel before putting them in your jar. Then you will fill the jar with your menstruum, that is, the vinegar, the oil, or the alcohol. Label well and allow to stand at room temperature, out of the sunlight for at least six weeks before decanting and using. See *Healing Wise* for info on making preparations. A field guide is helpful for positively identifying your weeds. The one I like best is: *Box*, Palmerston North This book even shows you how the weeds look when they are emerging. Cut the top half of the plant when it has formed its little heart-shaped "purses" seed pods and make a tincture with alcohol, which you can use to stop bleeding. Midwives and women who bleed heavily during their period praise its prompt effectiveness. Gypsies claim it works on the stomach and lungs as well. A dose is 1 dropperful 1ml; which may be repeated up to four times a day. Cleavers *Gallium aparine* is a persistent, sticky plant which grows profusely in abandoned lots and the edges of cultivated land. The entire plant is used to strengthen lymphatic activity. I cut the top two-thirds of each plant while it is in flower or setting seeds and use alcohol to make a tincture which relieves tender, swollen breasts, PMS symptoms, and allergic reactions. A dose is drops. Chickweed *Stellaria media* has many uses, including delicious salad greens. I cut the entire top of the plant and eat it or use alcohol to make a tincture, which dissolves cysts, tonifies the thyroid, and aids in weight loss. A dose is a dropperful 1 ml, up to three times a day. Daisy *Bellis perennis* is a common perennial weed of lawns and open areas. Quite different from the native daisy *Lagenifera petiolata*, the little English daisy is related to feverfew and has similar abilities. I use the leaves and flowers to make a tincture with alcohol or a medicinal vinegar which relieves headaches, muscle pain, and allergy symptoms. A dose is a dropperful of the tincture 1 ml, up to twice a day; or a tablespoon of the vinegar in the morning. Dandelion *Taraxacum officinalis* is a persistent perennial of lawns and gardens and one of the best known medicinal herbs in the world. The native dandelion of New Zealand - *Taraxacum magellanicum* - is medicinal too. Those who love a pure green lawn curse the sunny yellow flowers of common dandelion. But those who are willing to see beauty anywhere such as children and herbalists treasure this weed. You can use any part of the dandelion - the root, the leaves, the flowers, even the flower stalk - to make a tincture or medicinal vinegar which strengthens the liver. A dose of drops of the tincture. A tablespoon of the vinegar works well, too. More importantly, taken before meals, dandelion increases the production of hydrochloric acid in the stomach, thus increasing bio-availability of many nutrients, especially calcium. The fresh or cooked green leaves are loaded with carotenes, those anti-cancer, anti-heart disease helpers. And the oil of the flowers is an important massage balm for maintaining healthy breasts. It is another plant that disagrees with sheep, especially when the land is overgrazed. I dig the yellow roots of *Rumex crispus* or R. If the chopped roots are soaked in oil for six weeks, the resulting ointment is beneficial for keeping the breasts healthy. Groundsel *Senecio vulgaris* and Ragwort *Senecio jacobea* are hardy perennials that have a reputation for poisoning livestock, like their cousin tansy. You can use the flowering tops and leaves with your alcohol to make a tincture which acts slowly to tonify the reproductive organs, ease PMS, and stop severe menstrual pain. A larger dose is used to speed up labor. Mallows *Malva neglecta*, M.

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Chapter 4 : Guide to the Identification of NZ Common Weeds in Colour

A Guide To The Identification of New Zealand Common Weeds - In Colour UPRITCHARD, E.A. (compiled) Published by NZ Weed and Pest Control Society ().

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Chapter 5 : RNZIH - Horticulture Pages - Weeds - Some Useful Books

A Guide to the Identification of New Zealand COMMON WEEDS in Colour compiled by E.A. Upritchard for the New Zealand Weed and Pest Control Society (Inc), Common Weeds of New Zealand, An Illustrated Guide, Third Edition.

Chapter 6 : Herbal Medicine Chest IN YOUR BACK YARD by Susun Weed - Weed Wanderings Herbal eZ

A handy, full-colour identification booklet to the common weeds of New Zealand. First produced by the New Zealand Weed and Pest Control Society (now NZPPS), this booklet has been reprinted five times since

Chapter 7 : Weed List & Weedbusters

A handy, full- colour identification booklet to the common weeds of New Zealand. First produced by the New Zealand Weed and Pest Control Society (now NZPPS), this booklet has been reprinted five times since

Chapter 8 : Edible Weeds: Herbal Medicine Chest in Your Back Yard | Wilderness Awareness School

*Scroll down the page to see some of the introduced weeds that are common around New Zealand. Any of these plants, and most of the weeds in New Zealand, are easy to identify with my book *Botany in a Day: The Patterns Method of Plant Identification*.*

Chapter 9 : Resources - Julia's Edible Weeds

A guide to the identification of New Zealand common weeds in colour. New Zealand Weed and Pest Control Society (Inc.), Hastings, New Zealand, pp. Webb, Sykes and Garnock-Jones.