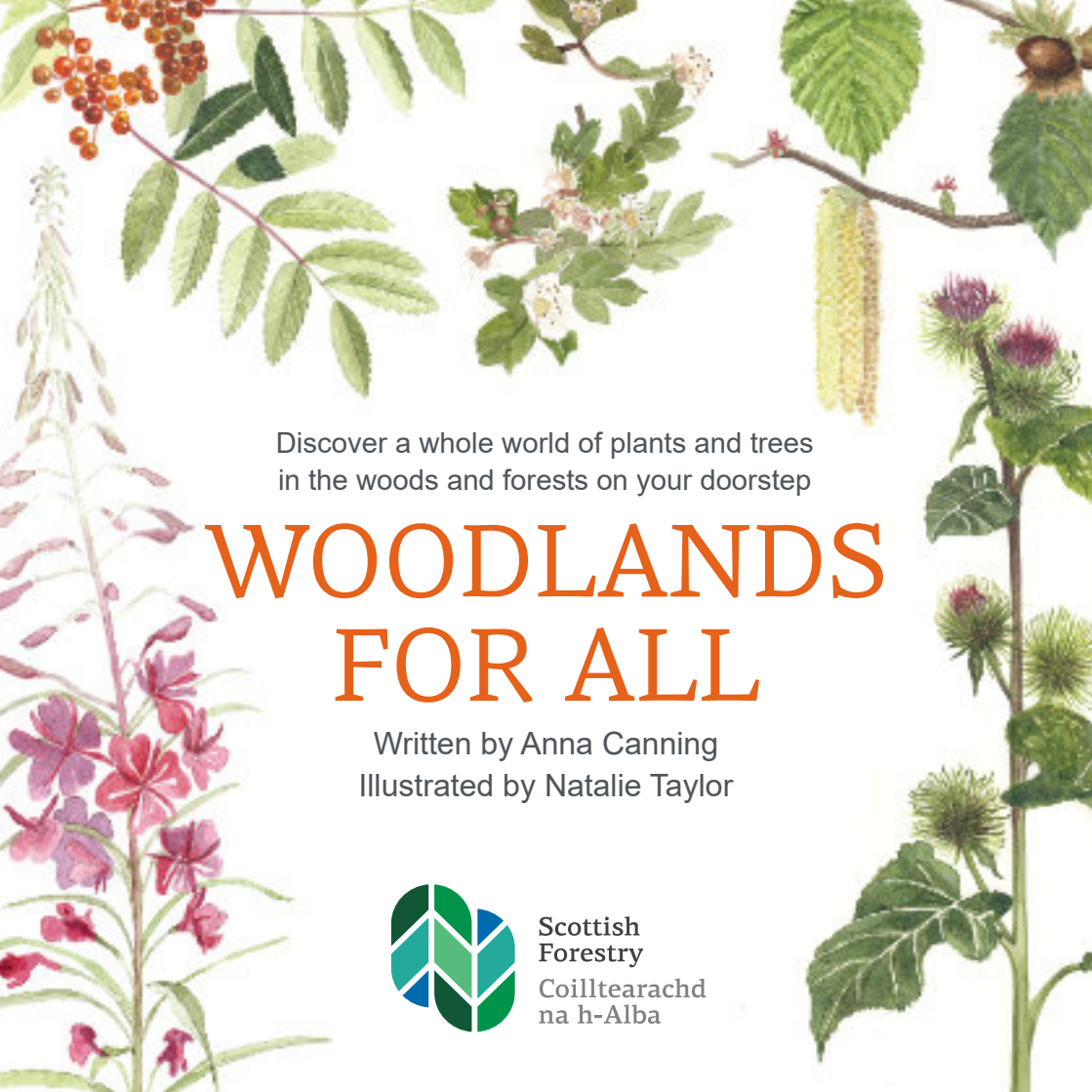




Discover a whole world of plants and trees
in the woods and forests on your doorstep

WOODLANDS FOR ALL

Written by Anna Canning
Illustrated by Natalie Taylor



Scottish
Forestry
Coilltearachd
na h-Alba

Introduction

This little booklet came about due to the realisation that many of Scotland's woodland trees, shrubs and flowers have connections with other peoples and cultures around the world – through stories and folklore, or through the foods, remedies and other useful materials they provide. We decided to bring this knowledge together in a format that would enable families, community groups and individuals to explore these connections in a lively, fun way. As regards the cultures and languages included, we did not try to be exhaustive. Instead we focused on clear (and botanically verifiable) connections with particular plants expressed by members of Scotland's diverse cultural communities who helped us gather information for the project. If your culture or language has not been represented and you know of a strong connection to one of these plants – please tell us!

We hope that this booklet will encourage everyone to go and explore our wonderful woodlands. The beautiful illustrations will help you learn to recognise plants you find there. We hope that you will be filled with

wonder at the myriad uses of these plants and their rich heritage across diverse cultures. And above all, we hope that you will feel connected – with Scotland's woodlands and with each other.

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Silver birch

Betula pendula

Native to temperate zones worldwide. First tree to re-emerge in Britain after the last Ice Age, this pioneer can be invasive. It symbolises growth, renewal and Spring in Celtic and Germanic cultures, and in E Europe and Russia.

Global connections

In Sanskrit *bhurja* meant both birch tree and a written document. *Betula utilis* is common in India, Pakistan and Himalayan regions: *bhojpatra* भोजपत्र in Hindi and Nepali, and in Urdu *bhujpettar* بهوج پتر. Arabic gives us *Betula* and modern Spanish *abedul*; silver birch is الفضية *albtula alfediya*. In Chinese too it is familiar as 垂枝桦 *chuizhi hua* or its close cousin 白桦 *bai hua* (*B. platyphylla*). In Czech and Ukrainian it gives its name to the month of March (*březen*, *березень*) and in Gaelic (*beithe*) to the letter B.

Uses

Birch leaf or twig tea is diuretic; it is also used to treat headaches, eczema and skin allergies. Birch sap is a traditional spring tonic in Europe. Sámi people used powdered inner bark as digestive medicine and in bread; the outer bark was soaked to form casts for fractures. Widely used for writing, the papery outer bark layer is also useful for fire-lighting. Birch twigs make good brooms. In N America and India, the oily bark of local species was used for roofing and boat-building. Birch wood is prized for its light colour and fine grain, useful for tool handles and spoon carving. Artists and poets everywhere have been inspired by the graceful birch!



Common plantain

Plantago major

Native to all temperate Eurasia, N and S Africa and the Arabian peninsula; naturalised in N and S America. Common, or great, plantain and its cousins (*P. lanceolata* (ribwort), *P. asiatica*, *P. indica*) crop up in traditional use all over the world as food, animal feed and medicine.

Global connections

‘Plantain’ comes from *planta* = sole of foot, because it withstands trampling. It represents resilience and survival in many cultures. In N America it arrived and spread with European settlers, becoming known as White Man’s Foot. In Gaelic it is *cuach-Phàdraig*, ‘St Patrick’s cup’, while in Polish it’s called *babka* (granny). For Russians it’s a cure-all – Подорожник *podorozhnik* – and the name of the St Petersburg travel card! It’s called لسان الحمل الكبير *lesan alhamal alkabeer* or أذان الجدي *adhaan aljadiy* in Arabic, while in Persian and Urdu it’s بارهنگ or بار تنگ *barhang/bartang*. In Turkish it’s büyük sinir otu. Many names for *Plantago* in S Asia refer to *isphagula* (*P. ovata*),

e.g. Nepali and Hindi: इसबगोल *isabgol*. Its Chinese name 大車前草 *dacheqian cao* means ‘herb in front of a cart’.

Uses

Leaf bruised or chewed, placed directly on minor burns, acne, insect bites, stings, cuts and grazes; to draw out pus, soothe allergic reactions. Shakespeare’s Romeo tells his friend ‘plantain leaf is excellent’ for his grazed shin. Leaf and seeds are eaten for digestive complaints, especially constipation, and are nutritious wayside foods. Soothing teas, gargles and cough syrups can be made from the leaves. Great for biodiversity too!



Bramble, Blackberry

Rubus fruticosus

The scrambling bramble vine gives delicious dark fruits in autumn. All parts of the plant are useful, and it is found in woodlands and hedgerows all over Europe, N Africa and the Middle East, Transcaucasia, and northern Pakistan.

Global connections

The vast *Rubus* family worldwide includes many bramble cousins; common names may refer to several species interchangeably. In Spanish it is *zarzamora* and in Romanian *mur*. Its Arabic names include العليق الشجيري *alaliiq alshujyary* or توت العليق *toot alaliiq*. Common in the Middle East is 'holy bramble' *R. creticus*: العليق المقدس *alaliiq almuqadas*, believed to be the Biblical 'burning bush'. In Chinese it's 黑莓 *hei mei*. Russian is ежевика *yezhevika* and Polish *jeżyna*. Bramble may be the 'vine' (*muin* – letter M) of the Gaelic alphabet, although the modern name is *dris*.

Uses

A nutritious wild food traditionally made into jams, wines, sauces and condiments, brambles are also cultivated and studied as a 'functional', or medicinal, food. Brambles' intense pigment is used as food colouring and for dyeing. The vines make strong twine, while the leaves provide traditional wound treatments, teas for diarrhoea or gargles for inflamed throats and gums. In 2018 an Irish schoolboy won an international science prize for identifying new antibiotic compounds in bramble plants. Folk wisdom cautioned against picking brambles after Michaelmas (formerly 11th Oct), because the devil would have spat on them (i.e. they'd be past their best). In Gaelic you can be 'as cross as a bramble' (*cho crosta ris an dris*)!



Nettle

Urtica dioica

A true global citizen, nettle is common in woodland fringes and shady places wherever humans and their animals have settled. Rarer in the southern hemisphere.

Global connections

‘Nettle’ comes from ancient Indo-European *ned*, meaning knot or twist, referring to the use of nettle and related Asian species *Boehmeria nivea* (ramie) and *Girardinia diversifolia* (अल्लो *allo*) for making fibres and twine. Names for nettle include *ortiga* (Spanish), Крапива *krapiva* (Russian), *pokrzywa* (Polish), τσουκνίδα *tsuknida* (Greek), *gezik* (Kurdish), *ısrigan* (Turkish), القراص *alqurras* (Arabic), and *bichhoo booti* (‘scorpion herb’) in Urdu بچھو بوٹی and Hindi बचिछू बूटी. It is *sisnu* ससिनु in Nepali and گزنه *gazaneh* in Persian. The many Chinese *Urtica* species are 蕁麻 *qian ma* and Japanese nettle is イラクサ *earek-sa*.

Uses

Nettle is a multi-purpose wonder – used for twine, fabric, paper, dye, plant food, rennet substitute, as well as food and medicine. Young nettle tops are picked (with gloves!) before flowering and eaten in soups, stews, curries, pancakes and pesto. Rich in vitamins A, C and calcium, iron and potassium, nettle leaf lowers blood glucose and is anti-allergenic: nettle tea helps combat hayfever, soothes itchy inflamed skin, and is a tonifying hair rinse. The protein-rich seeds were formerly used in Europe as winter chicken feed. Ancient Romans (and modern Russians and Finns) beat aching, arthritic joints with stinging nettles to relieve pain and inflammation (it works!). Root extracts help treat prostate enlargement. Nettles symbolise strength gained through adversity, and feature in many folk tales in Native American and European traditions.



Rowan, Mountain ash

Sorbus aucuparia

Native to Scotland and temperate regions in Europe and Asia. Rowan's scientific name, from Latin *avis capere* (to catch a bird), and German *Vogelbeerbaum* (bird-berry tree) hark back to the use of rowan berries to trap birds.

Global connections

In English and Scandinavian languages the name relates to the colour red. Norse creation myths tell how woman was created from a rowan, and man from an ash tree. In Russian it's called Рябина *ryabina* and in Polish *jarzębina*. Rowan (*Sorbus*) species proliferate across N and E Asia (visit your local Botanical Gardens to see some!). The Chinese term for the rowan family, 花楸 *huaqiu* means 'flower ball'. Arabic شجرة الغبيراء *shajarat alghubaira*, and Urdu پہاڑی درخت کا پھل *pahari darakht ka phal*.

Uses

Celtic traditions consider rowan (*luis*, *caorann*) a magical tree: sometimes called 'witchbane', it was bad luck to cut one down. Rowans were planted in front of homes, their wood used as protection in door lintels or as splinters sewn into clothing. In Poland beautiful necklaces are made from the berries as a charm against evil. Formerly prized for bow-making, rowan wood is used for veneers, turnery, walking sticks and flutes. Important for migrating birds in winter, the berries are vitamin and pectin-rich, a useful addition to jams and jellies. Raw rowan berries are irritant to the gut, but the sweet astringent cooked jelly can ease diarrhoea – and tastes great with game meats. Young leaves taste a bit like almond marzipan.



Stickywilly, Cleavers, Goosegrass

Galium aparine

A straggly weed, widespread in damp shady woods and fields throughout Europe, N America and parts of the Middle East and S and E Asia, stickywilly is loved by children and loathed by farmers.

Global connections

In Europe stickywilly is traditional poultry-feed and a popular children's plaything due to its ability to stick to clothing: in Italian it is called *attaccaveste*, and in Polish it is *przytulia czepna*. In China 原拉拉藤 *yuan lala teng* is eaten as a vegetable. In Turkey it's 'yoghurt herb' *yoğurt otu* or 'shepherd's sieve' *çoban süzgeci*, while in Arabic it is البلسكاء اللزيقة *albilskaa* or البلسكاء اللزيقة *albilskaa alluzyq*. In Hindi it's called कुरी *kuri*, and in Nepali कांगरे झार *kangre jhar*.

Uses

From Ireland to Nepal, stickywilly is known as a soothing tea that gently aids digestion and is helpful after illness. The tea or fresh juice can also be used as a compress to soothe itchy skin and cuts. Try adding nutritious young stickywilly to a smoothie with your favourite fruits or vegetables. The hooked hairs that aid seed dispersal by sticking to animal fur helped inspire Velcro invention. The name *Galium*, from Greek *gala* (milk), refers to the use of stickywilly for curdling and straining milk for cheese-making. A coffee substitute can be made from the roasted seed, and dried bundles of stickywilly are useful for fire-lighting. Above all, it gives children hours of fun playing 'tig' and making crowns, nests or pet bedding!



Dog rose, Wild rose

Rosa canina

This scrambling symbol of summer grows all over Europe, N Africa and the Middle East. Look out for its pale pink flowers in June, and smooth oval fruit turning rich red in late autumn. Also common in Scotland are the striking crimson blooms and large fruits of *Rosa rugosa*. Although beautifully scented and useful, it is illegal to plant or spread *R. rugosa* in wild places.

Global connections

Many wild rose species grow in India, China and S America. They are called *jungali gulab* جنگلی گلاب in Urdu and Punjabi, and in Nepali likewise जंगली गुलाब. In Turkey and Bulgaria wild rose is *kuşburnu* or обикновена шипка *obiknovena shipka* respectively – although wild species are not used for their famous Rose oil (otto) production. In Polish, dog rose is *dzika róża*, in Persian it is *nastaran* نسترن, in Arabic نسرین *nisreen* (also a woman's name), in Kurdish *şîlan* and in Chinese it is 犬蔷薇 *quan qiangwei*.

Uses

Symbolising romance and familiar world-wide for their uplifting aroma and colour, rose flowers, essences and hydrosols are widely used in both sweet and savoury foods, and to make gentle antiseptic skin cleansers. The seed oil is a soothing skincare ingredient. The fruits – ‘rosehips’ – are rich in vitamin C: in Britain during wartime a syrup made from rosehips gathered by schoolchildren substituted for unavailable citrus fruits. Both the flowers and ripe fruits (with seeds removed!) make delicious teas, cordials, jams, desserts and sauces – and Swedish *nyponsoppa*.



Elder

Sambucus nigra

This small tree is native to Europe, the Mediterranean basin and central and E Asia, where the closely related dwarf elder *S. ebulus* shares many traditional uses.

Global connections

In German *Holunder*, Russian Бузина *buzina*, Bulgarian Бъз *byz*, Romanian *boz* and *bez czarny* in Polish. In China, *Sambucus* species include *jiegu mu* 接骨木 and *xugu cao* 續骨草 or 'bone-joining herb'. Middle Eastern names are many, including الخَمَان *alkhaman* and البيلسان *albilasan*. In Turkish it is *mürver* or sometimes *hekim ana*, 'master physician', echoing references to elder as 'nature's medicine chest' in other languages.

Uses

In Polish, Celtic and Nordic cultures elder is a magical tree, with many superstitions linked to the risk of annoying the tree spirit, or Elder Mother. Think of the Harry Potter stories and the powerful elder wand!

Folklore warns against sleeping under elder in case you glimpse the faery folk. Perhaps this relates to the toxic fumes emitted by elder wood when burned. Its easily hollowed wood was useful, however, for making musical instruments and necklaces. Elder flowers make refreshing tea, relieving blocked sinuses and catarrh. Elderflower cordial is great with ice cream or pancakes! Research has revealed elderberries' antiviral properties, supporting traditional use of elderberry drinks as a winter tonic against colds and flu. Bake elderberries into cakes and muffins, or make jams or vinegar. Whether using flowers or berries, remove all green parts – these are toxic! Elder leaves rubbed on skin are an effective midge and fly repellent.



Hawthorn, May tree

Crataegus monogyna

A traditional hedging plant in Europe, *Crataegus* is harvested wild or cultivated for food and medicine throughout the northern hemisphere.

Global connections

In Urdu, hawthorn is کٹیلی جھاڑی *katili jhari*; in Persian it is *zalzalek* زالزالک.

It is *ahç* in Turkish and in Polish *głóg*.

In Hungarian *galagonya* is also the title of a famous poem. Its Russian name боярышник *boyarishnik* comes with many romantic stories but probably alludes to the expensive red colour worn by rich landowners (boyars). *Crataegus* species, notably Middle Eastern hawthorn *C. azarolus* (azarole) are called زعرور *za'arur* in Arabic, ozrar in Hebrew, and *guhîj* in Kurdish. In Chinese, *C. monogyna* is called 单子山楂 *danzi shan zha*. In the Gaelic tree alphabet hawthorn (*uath*), now called *sgìtheach*, represents H.

Uses

In Scotland *C. monogyna* (one-seed hawthorn) is commonest. Old agricultural wisdom advised 'ne'er cast a clout till May is oot'. It meant don't put your winter clothes away (or plant your crops) until the May tree is in flower, a sign that winter frosts are over. Associated with Beltane/ Spring, fertility, and magic throughout Europe, hawthorn wood is the best choice if ever you need to tackle a vampire! Tea or tincture made from the flowers and leaves or berries is a relaxing cardiac tonic, helping to balance blood pressure and steady heart rhythm. Use the fruit in hedgerow jams, jellies, sauces or vinegars. Chinese shops sell delicious hawthorn sweets ('haw flakes') made from the closely related species *C. pinnatifida*.



Scots pine

Pinus sylvestris; Pine *Pinus* species

Alongside juniper and yew, Scots pine is one of only three native British conifers. It has dark green needles in 5cm pairs, hanging woody cones and russet bark. Often found in clusters, a remnant of ancient forest, it is home to pine martens and red squirrels.

Global connections

Scots (or forest) pine is *sosna leśna* in Poland, *Сосна лесная* *sosna lesnaia* in Russian. In Italy and Spain *pino* covers many species, as does Czech *borovice*, Arabic صنوبر *snouwber*, Urdu چیڑ and Hindi चीड़ *cheed*, Nepali सल्लो *sallo*, Bengali পাইন-গাছ *pine-gach*, Telugu పైన్ *pine*, Turkish *çam*, Japanese マツ *matsu*, and Chinese 松 *song* (*P. sylvestris* is 歐洲赤松 *ouzhou chisong*).

Uses

Since prehistoric times people have found many uses for pines: water-resistant timber, materials for fuel, medicines, food, and more! Sami people traditionally ground

the inner bark to make flour. Some species (*P. pinea*, *P. koraiensis*, *P. sibirica*) yield delicious pine-nuts. Fresh pine needles taken as tea, cordial or vinegar contain vitamins C and A and provide an energising antioxidant and anticatarrhal tonic (NB caution in pregnancy). Bathing in pine-needle infusion eases aches and pains. Pine sap made ancient glues and waterproofing materials – and modern disinfectants and perfumes. The resin that protects the tree from pathogens provided an ancient wound treatment. It is also used for fire-making, in varnishes, as ‘rosin’ for violin bows, and as powder to enhance gymnasts’ grip. Fossilised resin from ancient pines is prized as precious amber.



Rosebay willowherb, Fireweed

Epilobium angustifolium

This vivid survivalist from cold northern regions now colonises most of the world, thriving in disturbed ground, especially after fires.

Global connections

Known in China as 柳蘭 *liulan*, and in Arabic-speaking countries as الأوراق سفية ضيقة *sanfiat diqat alawraq*. Russians call rosebay кипрея *kipreya*, but know it much better as Иван-чай *Ivan chai* tea, while Polish people call it *wierzbówka koprzyca*, or 'Russian tea'. In Turkey too it is a popular herbal brew, called *yaki otu*. In its northern home countries, rosebay has a dozen or more names – often very evocative: in Estonia *põdrakanep* means 'elk hemp'; in Sami language *gieganjiuolla* means 'cuckoo's arrow' and Icelandic *sigurskúfur* means 'victory tassel'.

Uses

The iconic magenta rosebay flower is the emblem of Canada's Yukon. Native American, Sami and Siberian folk medicine uses infusions of 'fireweed' leaves and flowers to treat wounds and diarrhoea, soothe sore throats and mouth ulcers, soften skin and relieve bladder inflammations. Fermented rosebay leaf tea has shown promise as an anti-inflammatory for prostate complaints. Fresh rosebay leaves are exceptionally high in vitamin C: use young leaves and flowers in salads, pesto, curries or fritters. Eat the young shoots steamed, blanched or sautéed with butter. The starchy rhizome was used for thickening soups. Superb for pollinators – and yielding delicious honey – rosebay blooms from the bottom up: Alaskan indigenous wisdom states that when the topmost buds flower, winter is only six weeks away. Collect the fluffy dry seed-heads for lighting your campfire.



Willow

Salix species (*S. alba*, *S. caprea*, *S. x fragilis*, *S. viminalis*)

Sometimes called 'phoenix tree' because it regenerates easily even when cut down, willow symbolises renewal and endurance – often through grief. Found worldwide in damp places, often close to water.

Global connections

The Indian 'cricket bat' willow *Salix tetrasperma* grows all over S Asia: In Hindi it is called बेद लैला *bed-laila*, in Nepali बैस *bains*, and Telugu: కొండగన్నేరు *konda ganneru*. In Urdu and Persian, willow is بيد مجنون *beed-majnoon*. Middle Eastern willows are الصفصاف *alsafsaaf* in Arabic and ערבה *aravah* in Hebrew. In Judaism and Buddhism willow has spiritual significance. Similarly, *wierzba* in Poland plays a part in Easter rites and spring folklore. In Chinese, willows are 柳樹 *liu shu*, while in Gaelic it gives letter S (*suil/seileach*), and Scots 'sallow'.

Uses

An ancient remedy known to the Assyrians and Egyptians, willow is anti-rheumatic and antiseptic, reducing temperature, pain and inflammation. It contains salicin – and led to the development of aspirin. For headaches and colds, willow leaf or catkin tea can help – or use this brew in your bath to relieve aches and pains. Avoid willow preparations if you're allergic to aspirin! Like *neem* and *miswak*, willow was traditionally used for oral health: chew on a willow twig till frayed and use as a natural antiseptic toothbrush. Versatile willow is ideal for making 'living' garden seating and fences, as well as for basketry, wreaths, furniture and even eco-coffins. And it inspires poetry, music, art – and children's games – everywhere!



Hazel

Corylus avellana

Spreading widely after the last Ice Age, hazel is at home in most temperate zones. Named for Avella in Italy, it is *coll* or *caltainn* in Gaelic, giving the letter C – and a possible link to the Roman name ‘*Caledonii*’ for Scotland’s ancient people.

Global connections

Today hazelnuts (cobnuts, filberts) come mainly from Turkey. Called *adi findik* in Turkish, hazel species thrive across the Balkans, central Asia and northern India. Named درخت فندق *darakht fandug* in Persian, فندق *bundug* in Arabic, and in northern India *thangi*, *urni* or *bhotiya badam*. In China several species are known collectively as 榛樹 *zhenshu*; European hazel is 歐榛 *ou zhen*. Hazel is *leszczyna* in Polish, *леска leska* in Bulgarian, *noisetier* in France, *nocciolo* in Italian – and a girl’s name in English!

Uses

Hazels fed our Neolithic ancestors and still provide nutritious foods, oil – and sweet treats. Hazelnut ‘milk’ was fed to build up children and aid recuperation from illness. An old Scottish belief held that a child born in autumn fed hazel milk would have the gift of prophecy. Hazel is naturally multi-stemmed, ideal for coppicing – a tradition currently being revived – and a sustainable source of materials for green woodworking, fences and charcoal. Within woodland, a hazel shrub layer supports conservation and biodiversity, especially attracting moths and butterflies. Wild hazel has sadly declined due to grey squirrels. Hazel rods were used for water ‘dowsing’ – still practised in the UK as recently as 2017 despite being scientifically disproven.



Burdock

Arctium minus, *Arctium lappa*

This prickle-less biennial thistle grows across Europe and temperate regions of Central, S and E Asia. Naturalised in N and S America.

Global connections

Known in Japan as *gobō* ごぼう, in Korea as *u-eong* 우엉, and in China as 牛蒡 *niu bang*, burdock is also familiar as खुरया *kurya* in Nepal and as the Ayurvedic medicine जंगली कुंठ *jangli kunth*. In Pakistan it is sold as medicinal root زرد مینا *zard meena*. In Arabic burdock is قرطب أكبر *qurtoub akbar* (*A. lappa*) or الاقرطيون الصغير *alarkatyoun alsagheer* (*A. minus*), in Russian лопух *lopukh* or репейник *repenyik*, *lopian* in Polish, and *bardana* in Spanish and Italian. Thought to ward off the evil eye, *dulavrat*, or *pitrik*, is a popular kilim rug motif in Turkey.

Uses

All parts are edible. Rich in essential minerals, burdock is cultivated as a vegetable in East Asia, where the root is eaten fresh, braised or pickled, or dried as tea, and the seed is used as medicine. The fresh young leaf is high in Vitamin C: use in salads, soups and teas – and as a soothing wound treatment. Research evidence supports traditional western and Ayurvedic uses of burdock root as an antidiabetic digestive tonic and anti-inflammatory for skin and joint conditions. It is an essential ingredient in old-fashioned ‘dandelion & burdock’ tonic drinks. Burdock’s clingy seed-heads, or ‘beggar’s buttons’, inspired Velcro invention and provide the ‘Burry Man’ costume in South Queensferry’s quirky annual festival.



Wild garlic, Ramsons

Allium ursinum

The scent of wild garlic in spring is unmistakable in mature deciduous woodland throughout Europe, but also in N Africa, the Caucasus and C and S Asia.

Global connections

'Wild garlic' outside Europe may refer to several species: जंगली लहसुन *jangli lahasoon* in Hindi, বুনো রসুন *boono rawshn* in Bengali, and لهسن جنگلی *jingli lahsun* in Urdu, although recipes may call for *hara lahsun*, 'garlic chives'. In Arabic, ramsons is *thawm aldob* ثوم الدوب or ثوم كرات الدوب *korath aldob* while wild garlic generally is *thawm Barry* ثوم بري. In Persian cuisine wild garlic includes موسیر *mooseer* (*A. stipitatum*) and ramsons والک *valak*. Many wild *Alliums* flourish in China too: ramsons may be 熊葱 *xiong cong* or 林地蒜 *lindi suan* ('forest land garlic'). In Polish it is *czosnek niedźwiedzi*, in Russian Черемша *cheremsha*, in Romanian *leurda* and in Kurdish it is *lûş*.

Uses

All parts are edible, including the pretty white florets making up the flower head. Its garlicky scent is important for correct identification. Like all garlic and onion species, eating wild garlic has documented health benefits, notably balancing blood pressure and cholesterol, promoting 'friendly' gut bacteria, boosting the immune system and treating coughs and colds. Versatile wild garlic is delicious in salads, sauces and dips – or added to soups and omelettes, infused in oil or vinegar, mixed with butter or soft cheese as a spread, fermented like sauerkraut, baked into bread, or made into a medicinal syrup with sugar and rum. An all-round wonder!



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www.forestry.gov.scot/forests-people/engagement-programme

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Useful links

Scottish Forestry www.forestry.gov.scot

Woodland Trust www.woodlandtrust.org.uk

Trees for Life www.treesforlife.org.uk

Scottish Natural Heritage www.nature.scot

Scottish Outdoor Access Code www.outdooraccess-scotland.scot

Forestry and Land Scotland forestryandland.gov.scot/learn/trees/tree-resources

Tree Resources

Other ways to connect with woodlands in Scotland:

Outdoor & Woodland Learning www.owlscotland.org

Woodlands For All Group www.facebook.com/groups/woodlandsforall

Woodland Wheels Cycles www.facebook.com/WoodlandWheel

Using this booklet

Be responsible

When out and about, always follow the principles of the Scottish Outdoor Access Code (SOAC). Scotland has fantastic access rights, but you must:

- Take responsibility for your own actions and safety.
- Respect the interests of other people (including landowners).
- Care for the environment (e.g. never uproot plants without permission, keep your dog under control, take your litter home, leave gates the way you find them).

www.outdooraccess-scotland.scot

(information available in several languages)



Be safe

- Some plants are deadly, so do not eat anything unless you are completely sure of identification. If in doubt, leave well alone.
- Always wash your hands after handling plants, and be alert to allergic reactions.
- Call **101** to report a crime, or **999** for help in an emergency.



Scottish
Forestry
Coilltearachd
na h-Alba



Scottish Government
Riaghaltas na h-Alba
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Scottish Forestry is the Scottish Government agency responsible for forestry policy, support and regulation.
Is e Coilltearachd na h-Alba a' bhuidheann-glèidhne aig Riaghaltas na h-Alba a tha an urra ri pòlitisichean, taic agus riaghaltas do choilltearachd.

www.forestry.gov.scot/engagement

