Edible and Medicinal Plants with Spencer Bolejack

Pre test and Review

Directions: Take this test before watching the video and audio course. Find out what answers come quickly, which are a little slow or unsure, and which questions you do not know. Watch the slide show or listen and take detailed notes, including sketches if helpful. Do the test again after studying the course and correct mistakes until you achieve 100% accuracy. You may mail in a 100% accurate test to the school office for a knowledge certificate from LOTSWild; Land of the Sky Wilderness School. Details follow the test. Thank you and have fun learning!

This course in particular must be described as for academic learning regarding folklore and suggestion based on research. While some of the questions below may elicit an absolute answer, at no time is the author or LOTSWild claiming a certain outcome from any organism or biological material. Humans are each unique, and can be affected in different ways by chemical compounds. No claim is made regarding efficacy for healing or medicine at any time. Use common sense. Always refer to the most respected and educated people regarding health in your own circle and community before undertaking treatment of any kind. By studying this course you release all parties involved of any liability for any consequences related to stated or implied information regarding plants, trees, and mushrooms.

1. What legal considerations should we remember when gathering plants?
2. Why is awareness of reproductive cycles and sensitivity important for plant enthusiasts?
3. Interpret “Tree Hugging is Tactical”
4. What are the benefits of knowing latin names AND different common names for individual species? What is a hazard?
5. What does Genesis 1:29 describe?
6. What did Hypocrates mean with his famous quote about food and medicine, in your opinion?
7. How did the plants help people in the Cherokee story about medicine and disease?
8. What more comprehensive approach to healing is important to include along with plant knowledge and natural medicine?
9. Give a few reasons why locational permaculture in your yard or on your land are highly effective and economic uses of energy, in the cultivation and harvesting of favorite plant friends.
10. How is plant material or juice, sap, water – solar energy at a specific frequency of existence?
11. How do we overcome “the green wall”; the tendency to see nothing but green when looking at a large area of plants?
12. Name a few smart phone Apps that can help us study plants (may require personal research outside of video class).
13. Explain EROEI – that is, energy returned on energy invested – which is to say, investment versus return on gathering, harvesting, and eating/using plants. Why does this video focus on high EROEI species?
14. Who is Eustace Conway?
15. What might rastafari and bush people have to teach about plants? Read some history on Rasta, and how they needed to live in the “cockpit” country.
16. What sort of growth characteristics and practical knowledge do loggers have about trees?
17. What ‘radio station’ does Spencer praise for times when we depend on nature for survival?
18. Why should you close the mouth of a dead venomous snake even after eating it, especially for pranking purposes?
19. Many plants in Europe and America are the same or closely related. What’s one plant Spencer focused on while teaching in Europe? What unique ability does that plant have for outdoor skills?
20. Repurposing a chest freezer, refridgerator, can be helpful for home gardening how?
21. Can you eat Bamboo?
22. Blowgun darts are made from cane and Bamboo, what angle of cut produces a sharp and strong tip?
23. Name 3 more uses of Bamboo or river cane.
24. What’s one danger of heating cane if one is not careful?
25. How do you know a cane blowgun is the hot enough to bend and hold a straightened position?
26. Bee balm could affect body temperature in what way? Gargles have been used to treat what ailment?
27. Why might the Spanish have coined a phrase, “He has as many virtues as Betony!”
28. Betony, a nervine, is especially effective at addressing what area or system?
29. Why is knowledge of plant tendencies for micro-ecosystems, various environmental conditions, important for finding desired species?
30. What part of the birch tree has a highly flammable resin and is excellent for fire starting?
31. How could an acne treatment come from Birch?
32. Civil War soldiers benefited from Blackberry in what way?
33. How could Blackberry be used to treat inflamed gums and sore throat?
34. What food is considered by many to be a superfood; dense with antioxidants and protective of DNA?
35. Urinary Tract infection tend to affect what population first in a primitive or ‘natural’ environment?
36. Burdock has many uses, name 2.
37. The entourage affect refers to what when using isolates or whole plant medicines?
38. Describe the difference between hemp and cannabis sativa or indica?
39. Give at least five utility uses and five medicinal uses for cannabis.
40. How many chemicals in cannabis work in a beneficial way on the human system?
41. What’s the difference in CBD and THC? Cannabis directly affects what major system of the body (starts with the letter E)?
42. What is a bronchodilator? Our class covers at least two. Can you name them both?
43. Why don’t we delve into Cattail detail in this class, and at the same time Spencer recommends personal research if it’s in your area?
44. Why is Chicken of the Woods called by that name?
45. What are a few other plants that grow near Cohosh?
46. How can differentiate between Blue and Black Cohosh?
47. For what reasons are the Cohosh plants known as ‘women’s medicine’ plants?
48. Give an example of how the mind and belief affects changes and healing in the physical body.
49. Name one deadly, toxic mushroom.
50. What’s another common name for False Solomon’s Seal – and how do we know it’s not Great Solomon’s Seal?
51. Give a few uses for each. Which one is considered a smokeable or burnable sedative?
52. Using the concept of Conscious Language, how can we upgrade the phrase “Fight disease” into a more transformative thought/word/feeling? Do the same thing for “Cure Hysteria”.
53. Does Ghost Pipe fungus have any medicinal benefits?
54. Is Ginseng edible in addition to being medicinal, or is it a focus purposed plant?
55. Name three critical aspects of an ecosystem necessary to host Ginseng.
56. Adaptogens do what?
57. Aphrodisiac plants benefit what aspect of life?
58. Do plants communicate to one another through the environment around them? Can you give any examples or describe one method of how they do so?
59. Why is “Leaves of Three Let it be” a poor saying regarding plants and caution or usefulness?
60. What’s a plant species that grows alongside Ginseng even concealing it, and which looks similar in size and shape and leaf pattern?
61. How did the Chinese associate root shapes and sizes with particular body parts?
62. The doctrine of signatures is a non-scientific and unproven theory about plant uses, yet it persists in various schools of herbalism. What is the core principle of DoS? Why does Spencer allow room for entertaining some aspects of DoS in his personal study for fun?
63. Wild grapes provide food, cooking utensils, traps, boats, and clean water in a dry forest. Describe how to produce one of those from this plant.
64. What are some severe hazards of grapevines to be aware of?
65. Can you chew and absorb nutrition from common grasses?
66. What part of the Greenbriar plant is tasty and tender throughout the Summer?
67. How can you prepare an anti-itch rub from Greenbriar and other tannic-acid rich materials?
68. Detail some difference with names between soft woods and hard woods.
69. Why is making charcoal advantageous in an off grid or primitive community?
70. Name two species whose charcoal powder is used in the manufacture of black powder.
71. How did native tribes make numerous straight arrows from a single Sourwood sapling?
72. Prunella has a round, or a square stem. Which is it – and what family of plants does that suggest relation to?
73. Hypotensive refers to what body function?
74. A vermifuge deals with what possible ailment?
75. Heal-all is beneficial in what way for tooth and oral care?
76. Name a few clinically verified effects of Prunella Vulgaris for the benefit of humans and animals.
77. Is Hemlock tree poisonous?
78. Why are many Hemlock trees dying throughout the southern Appalachian mountains?
79. Hemlock PLANT resembles what edible, common plant found in fields and open areas?
80. What are some distinguishing features between the deadly poisonous water hemlock and wild carrot?
81. How can hickory increase the preservation of food, the taste of food, or even GET more food?
82. What part of the abundant and tasty Indian Cucumber is edible? How should it be processed?
83. What feature among mushrooms is peculiar to Ink Caps?
84. This water loving plant is helpful in treating or preventing poison ivy and often grows nearby – what is it?
85. What’s one method to positively ID this plant, underwater?
86. Lady Slipper’s are known to be “nature’s \_\_\_\_\_\_\_\_\_\_\_” – stimulant, or tranquilizer? Which one?
87. What common yard plant is often overlooked but makes a great substitute for Arugula or Spinach? What time in its life cycle is it most delectable?
88. Wood Sorrel tastes like what?
89. Almost every part of a Black Locust is poisonous – what part is tasty and nutritious?
90. Mint family plants are helpful for digestive issues. What’s a simple preparation method?
91. Mullein doesn’t just make great toilet paper, hand drill fire starter, and ear drops – smoking it has what effect on the lungs and body?
92. Why is identifying young mushrooms hazardous?
93. Ancient Romans used mustard in wine but how can we make mustard from the wild plant today?
94. How could you use Stinging Nettle as a security system in the woods?
95. Is Stinging Nettle nutritious? How can it be prepared and consumed?
96. Styptic plants help stop bleeding. What are two powerful Styptics mentioned in this course?
97. What’s one of the best medium-quick ways to get plant medicine into the body?
98. What are some ways to make acorn’s edible? What particular type of Oak is the most palatable?
99. Explain a few forager uses for found or repurposed items such as a sock or plastic bottles?
100. What’s the difference in a radial split and a diameter or half mass split when working with wood?
101. Walnuts are not only edible but can be used in what utility fashions?
102. Harvest Persimmon anytime once they fall off, but only eat them when they look \_\_\_\_\_\_\_\_\_\_\_\_\_ ?
103. Pines are a ubiquitous and underrated resource in any forest, how so?
104. Puffball is an edible what?
105. Reishi mushroom has been revered for as long as 5,000 years in the medical history of what culture?
106. Give a list of ailments that Reishi has been used to treat in the past.
107. In the Appalachians Reishi grows on what tree most often?
108. A tree that has ‘red blueberries’ and looks similar to a Cherry tree, might be what edible fruit?
109. Dit da jow salves have been used to help heal body parts injured by martial arts impact and conditioning. What plant has an edible root (when boiled at length) and hides deep blue seeds under the leaves which are good in a Jow ointment?
110. Sumac is high in vitamin C and makes a wonderful drink that tastes like what?
111. Name four tree species that can be tapped for nutritious sap water – bear in mind there are easily a dozen in most areas.
112. How can trash or plastic bottles found around create a sustainable system of purified nutritious water without any running water source?
113. Sycamore and what other plant combine to create an ideal fire by friction combo?
114. What effective, indigenous, small game weapon can be created with help from Milk Thistle?
115. Trillium, Beth Root, or Wake Robin, was known as what by native Americans in our area?
116. Can you name at least 2 birthing aids that prompt labor?
117. Poplar is useful for many projects, can you name three?
118. Are there any poisonous shelf fungi that could be confused with Turkey Tail?
119. What two organisms work together in symbiosis to form a Lichen?
120. Yarrow, the Latin name A. Millefolium , refers to what Legendary warrior from our ancient past?
121. How can an insect repellent be made and applied using Yellow Root?
122. Yellow Root prefers to grow right alongside what terrain feature?
123. How is Yucca like white people?
124. Name five quality cordage fiber plants; name one that’s strong enough to make a fishing line or suture or bow string, and name one that is more suited to necklaces and breakable cords.
125. Seed freezing: yes or no and why or why not?
126. Seed kits serve what purpose?
127. What type of glass is most beneficial? Also research Miron glass outside of this course.
128. Who owns the Global Positioning Satellite System?
129. What’s the difference in an infusion and a tea?
130. Infusions are made with water or food grade oils – what is created by adding beeswax into herb infused oils?
131. Tougher plant materials such as dried berries, bark or hard roots are well treated by making what type of delivery system?
132. Tinctures are great for longer term storage, low dose consistent administration, and are most often made by putting the herbs into what liquid?

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10 Murphy Blvd

Canton NC 28716

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