

GOLDENROD CHEAT SHEET

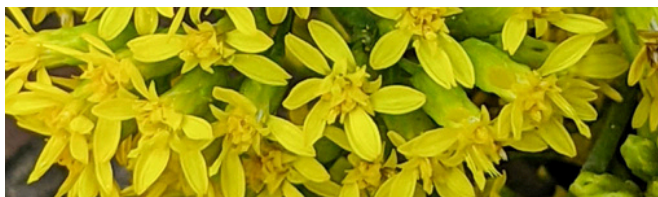
more ID info, lookalikes & photos: <https://UnrulyGardening.com/foraging-goldenrod/>
more recipes & remedy details: <https://TheNerdyFarmWife.com/foraging-using-goldenrod/>

FORAGING & HARVESTING:

- Goldenrod (*Solidago spp*) - there are over 100 goldenrod species
- herbaceous perennial
- blooms late summer to early fall
- grows around 2 to 5 feet tall
- look for it around field edges, meadows, disturbed areas
- likes dry, sunny areas



- leaves are lance shaped (long & narrow)
- leaves grow alternately from each other along the stem
- plumes of bright yellow flower clusters
- individual flowers are small & ragged



- to harvest, cut flowering tops, then air dry on screens or dishtowels
- once dried, store in brown lunch bags or jars away from sun & high heat.

REMEDIES & RECIPES:

- Goldenrod is warming, drying
- useful for allergies & sinus congestion
- a diuretic, used for urinary tract health & kidney stones
- can be infused in oil for pain relieving salves; try goldenrod as a sustainable stand-in for arnica.
- **Goldenrod Tea:** Cover 2 tablespoons of chopped fresh flowers with 6 to 8 oz simmering hot water, steep 15 to 20 min., strain, optionally sweeten with honey. Enjoy 1 to 3 cups per day, as needed.
- **Goldenrod Tincture:** Fill a jar at least halfway with chopped fresh goldenrod, cover with 100 proof vodka, cover, infuse 4 to 6 weeks, strain. Take a few drops or up to 2 droppers (ml), 2 to 4 times per day, depending on your size/metabolism.
- **Goldenrod Honey:** Use goldenrod that has been dried for 1 to 2 days to remove most of the moisture. Coarsely chop, then fill a jar about halfway. Pour honey into the jar, mixing well with a butter knife to remove air bubbles. Cap & infuse for 2 to 3 weeks. If needed, lightly warm to help with straining. Take by the spoonful for sore throat or allergies.

don't use if pregnant or on RX diuretics