



IDENTIFY

- BRIGHT YELLOW FLOWER CLUSTER SPIKES
- HAIRY STEMS AND SLENDER LEAVES
- UP TO 6 FT TALL
- BLOOMS IN LATE SUMMER AND FALL
- WOODY STEMS, CAN BE REDDISH

HARVESTING

PARTS USED: LEAF, FLOWERS

- TAKE MEDIUM SIZE CLEAN LEAVES
- WASH AND RINSE LEAVES VERY WELL
- SUN DRY FOR LONG TERM STORAGE
- BEST TINCTURED AS A DRY FLOWER

50% ALCOHOL FOR TINCTURE

TRADITIONAL USES

- URINARY SUPPORT
- WOUND HEALING
- DIGESTIVE AID
- IMMUNE SUPPORT
- ANTIPARASITIC

CONSUME LEAF RAW OR COOKED AS A NUTRITIONAL GREEN

A VERY HISTORICALLY IMPORTANT PLANT TO KNOW!

WARNING

● SOME PEOPLE ARE SENSITIVE TO GOLDEN ROD IF THEY HAVE SEASONAL OR LATEX ALLERGIES

● GOLDEN ROD MAY INCREASE SODIUM AND WORSEN HYPERTENSION

● ALWAYS HARVEST AWAY FROM ROADS AND POLLUTION

CONFUSING PLANTS

RAGWEED:

- FLOWERS ARE GREENER
- LEAF EDGES ARE SERRATED
- OPPOSITE NOT ALTERNATE LEAVES IN YOUNG PLANT

Golden Rod

S. CANADENSIS



Old World Herbs

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OLD WORLD HERBS

WHO WE ARE: WE ARE A NON PROFIT THAT BELIEVES THE EDUCATION AND TRAINING OF EDIBLE AND MEDICINAL PLANTS IS HIGHLY VALUABLE INFORMATION AND NEEDS TO BE PRESERVED, ESPECIALLY IN LOW INCOME COMMUNITIES

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GOLDEN ROD JELLY

- 2 CUPS FRESH FLOWER - 1 PACKET PECTIN
- 1 CUP SUGAR - 1/4 CUP LEMON JUICE
- 4 CUPS WATER

1. STEEP 2 CUPS OF FRESH GOLDENROD FLOWERS IN 4 CUPS BOILING WATER FOR 24 HOURS, THEN STRAIN.
2. MIX 3 CUPS OF THE STRAINED GOLDENROD INFUSION, 1/4 CUP LEMON JUICE, AND 1 PACKAGE (1.75 OZ) OF PECTIN IN A POT.
3. BRING THE MIXTURE TO A ROLLING BOIL, THEN STIR IN 4 CUPS OF SUGAR UNTIL DISSOLVED.
4. BOIL HARD FOR 1-2 MINUTES, STIRRING CONSTANTLY, AND REMOVE FROM HEAT.
5. POUR INTO STERILIZED JARS, LEAVING 1/4-INCH HEADSPACE, AND SEAL.

CAN HELP WITH

- SEASONAL ALLERGIES
- NATURAL DETOXING
- DIGESTION
- SORE JOINTS & MUSCLES

FOLKLORE & HISTORY

SYMBOL OF GOOD FORTUNE AND TREASURE IN EUROPEAN FOLKLORE.

USED AS THE "LIBERTY TEA" POST-BOSTON TEA PARTY IN AMERICA.

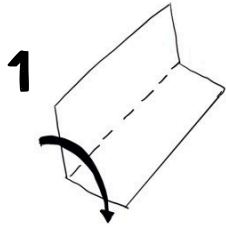
ANCIENT GERMANS CALLED IT "GOLDEN WOUNDWORT" FOR HEALING PROPERTIES.

KENTUCKY'S STATE FLOWER SINCE 1926, AFTER A SPIRITED DEBATE.

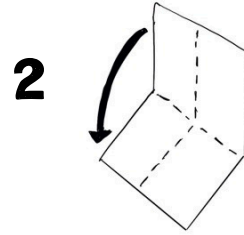
THOMAS EDISON EXPERIMENTED WITH GOLDENROD FOR NATURAL RUBBER PRODUCTION.

HOW TO ASSEMBLE THE ZINE

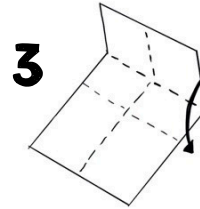
AFTER PRINTING YOUR one-page zine



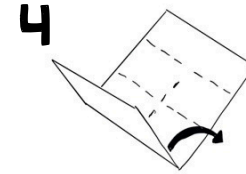
1 FOLD YOUR piece OF PAPER in HALF ON THE LONGER side.



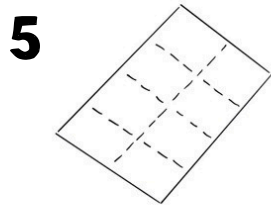
2 THEN FOLD THE piece OF PAPER ON THE SHORTER side.



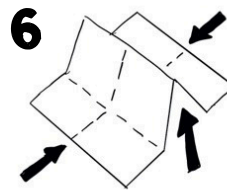
3 UNFOLD THE piece OF PAPER, THEN TAKE ONE OF THE SHORTER sides AND FOLD IT in TO meet THE middle crease.



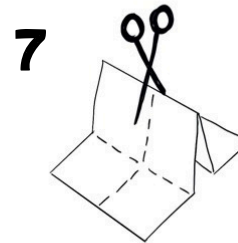
4 OPEN THE piece OF PAPER BACK OUT. REPEAT THE LAST FOLD again ON THE OTHER side.



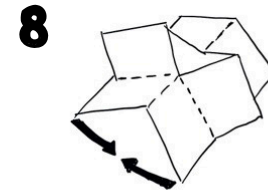
5 UNFOLD YOUR piece OF PAPER SO IT IS FLAT. YOU SHOULD BE ABLE TO see EIGHT BOXES. TURN THE PAPER OVER.



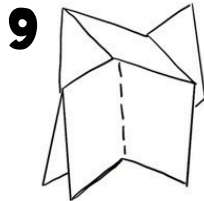
6 PUSH THE SHORTER ends OF THE piece PAPER TOWARDS each OTHER. THIS WILL LIFT THE central FOLD UPRIGHT.



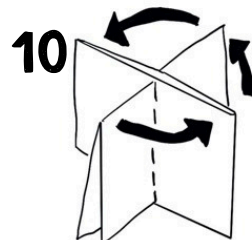
7 CUT ALONG THE side WHERE THE crease is. BE SURE TO ONLY CUT HALF WAY DOWN THE piece OF PAPER.



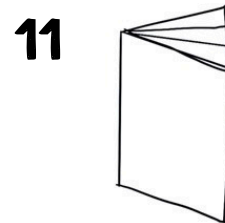
8 OPEN YOUR zine UP BY BRINGING THE CORNERS ON THE LONG sides TOGETHER.



9 THIS SHOULD create a BOOKLET SHAPE.



10 THEN FOLD each ONE OF THE PAGES DOWN TO create a FOLDED zine.



11 YOUR zine is assembled!

*Enjoy
your zine!*