

An Eco Project by Hagopian Arts in Association with Mural Arts Philadelphia

ECOMURAL 15:

Wild Medicine: *Mugwort, Mullein, and Mallow* Youth Coloring Pages & Forgaging Guide

Illustrations by Katie Lillard





The Eco Mural Project is a series of ecologically-themed public art pieces with two goals: to beautify blank walls and educate the public about environmental degradation. These pieces are meticulous in every aspect of their creation: they are diligently researched and exquisitely detailed, resulting in one-of-a-kind pieces that transport viewers into an otherwise inaccessible Environment. We are at a pivotal moment in human history: skyrocketing atmosphere temperatures will threaten human life within two decades. In order to protect future generations, we must simultaneously tackle the three prongs of our declining natural world: climate change, environmental degradation, and biodiversity loss. It is important to utilize all of the tools at our disposal, including international and individual direct action, comprehensive scientific education, and government intervention.

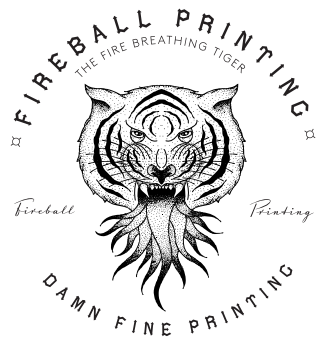
to have a great variety of edible and medicinal plants and fungi. In addition, our neighborhoods provide a landscape for foraging natural treasures like the many fruit trees, nuts and berries, and wild plants - many mistaken as “useless weeds”. In this Eco Mural, Hagopian Arts Lead Artist Kala Hagopian honors and re-imagines the Armenian knot pattern, a nod to her heritage, by combining local medicinal plants and sacred geometric patterns. The Armenian Knot is a symbol of interconnectedness that draws on the bond between our natural environment and the community. This ancient geometry has been adapted to embellish and strengthen everything from fishing nets to decorative rugs. The imagery in the Mugwort, Mullein, and Mallow mural reflects on the biodiversity and beauty of West Philadelphia, a richness that we see mirrored in the diversity of our community. The hope of the project is to reconnect local residents and passersby with local ecology and inspire the community to engage with local plant life in a new and beneficial way.

Wild Medicine: Community Awareness

At Hagopian Arts, we introduce ecological awareness into the everyday routine of citizens by giving metropolitan exposure to habitats in need of conservation. The murals encourage conversation and direct viewers to important resources and foundations that are fighting climate change, environmental degradation, and mass extinction. The Wild Medicine: Mugwort, Mullein, and Mallow Eco Mural is #15 of the eco mural series and centers on local flora that provides medicinal benefits and sustenance. We are fortunate enough in Philadelphia

Wild Medicine: Community Education

As with all Eco Mural Projects, Wild Medicine includes a QR code that provides instant access to background information on the featured flora and pollinators, and links to environmental activism



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and educational resources. Hagopian Arts extended its outreach for WildMedicine into local elementary schools and community-based organizations to introduce ecological awareness to youth ages 3-18 within traditional and nontraditional learning settings. Hagopian Arts provided community partners with 20 coloring illustrations that depict the local flora represented in the Wild Medicine mural. Community partners led students through a lesson plan and coloring activity to promote understanding of the basic characteristics of local flora, safe foraging practices, and the various medicinal benefits to support health and wellbeing. Hagopian Arts created a foraging guide for community members with a selection of coloring pages from our youth participants. The foraging guide was disseminated during the mural unveiling to support the residents' connection to wild plants within the ecosystem and empower safe consumption in their daily lifestyles.

Wild Medicine: Community Engagement

Hagopian Arts partnered with local Herbalists to host interactive workshops during the mural unveiling. The Herbalists engaged community members and expounded the content from the foraging guide to enhance understanding of the medicinal benefits of local flora. Herbalists introduced the traditional uses of plant material for herbal remedies, explained the medicinal benefits of local flora for illness prevention and immune enhancement, guided participants in hands-on medicine making or herbal preparations and connected community members with additional resources for continuous learning. Overall, the Herbalists provided a safe space for community dialogue and peer-to-peer learning. Local Herbalists Colette Condorcita and Melaney Gilchrist hosted interactive plant medicine workshops during the



mural unveiling. Condorcita presented on Passiflora incarnata, a local variety of Passionflower. Passionflower is widely considered to be one of the best plant allies to tackle depression, anxiety, drug addiction, and sleep disorders. During her workshop, she introduced the plant's medicinal uses and its cultural context, providing participants a connection to Passionflower through tea and tinctures. Gilchrist presented on Mentha piperita, a native variety of peppermint. Gilchrist demonstrated the plants' benefits to people both internally and externally through the use of a natural bug spray and herbal tea remedies.

The Wild Medicine: Mugwort, Mullein, and Mallow Eco Mural is a partnership with Mural Arts

Philadelphia and Spak Group with generous support from Arthur & KC Baldadian, and Jeanne & Donald Bedrosian. The wall for this mural is provided by Spak Group, the developer of the new mixed-use and "inclusionary housing" building at 5050 Baltimore Avenue. Through collaboration, Hagopian Arts led a multifaceted community outreach approach to connect residents across generations and within various settings to native plants, as well as promote every human's responsibility to establish a safe and healthy relationship with the environment. Hagopian Arts aims to use a community-based approach to increase awareness and education on individualism within an ecological system. Special thank you to our community partners and youth participants from John Heinz National Wildlife Refuge at Tinicum, the Schuylkill Center for Environmental Education, Wye River Upper School, Lansdowne Friends School, Bartram's Garden, Community Partnership School, Children's Community School, and Philly Free School.

Wild Medicine: Mugwort, Mullein, and Mallow Eco Mural is Dedicated to the memory and legacy of Flossie Reddick, a grassroots community organizer who cared deeply for the community & children of West Philadelphia.

Foraging Safety

Foraging is an amazing way to connect with your environment and bring plant medicine and local ingredients into your daily routine. There are some best practices to follow before venturing into the park, woods, or your neighborhood. These are a few tips to keep you safe on your wild foraging adventure!

Don't take more than you need:

In order for other animals and foragers to enjoy these gems of nature, only take what you need and will use. Most of the time, edible plants and wild mushrooms have a short shelf life and only demand small quantities to be effective- so if you don't plan on cooking with them immediately or preserving them, it's best practice to leave most of what you find behind.

Don't harvest in areas you think may be contaminated:

Especially if you live in a city, toxic areas can be abundant and are best to avoid. Toxic areas include anywhere that might have been sprayed with pesticides, near or around dog parks, or along busy roadways. These areas can make edible plants no longer edible.

Don't forage plants that appear unhealthy:

Plants that don't look like their normal, healthy selves are not safe to eat. This will depend from plant to plant, so always be familiar with a plant's healthy appearance and discuss with your foraging mentor or a trusted online platform before foraging.

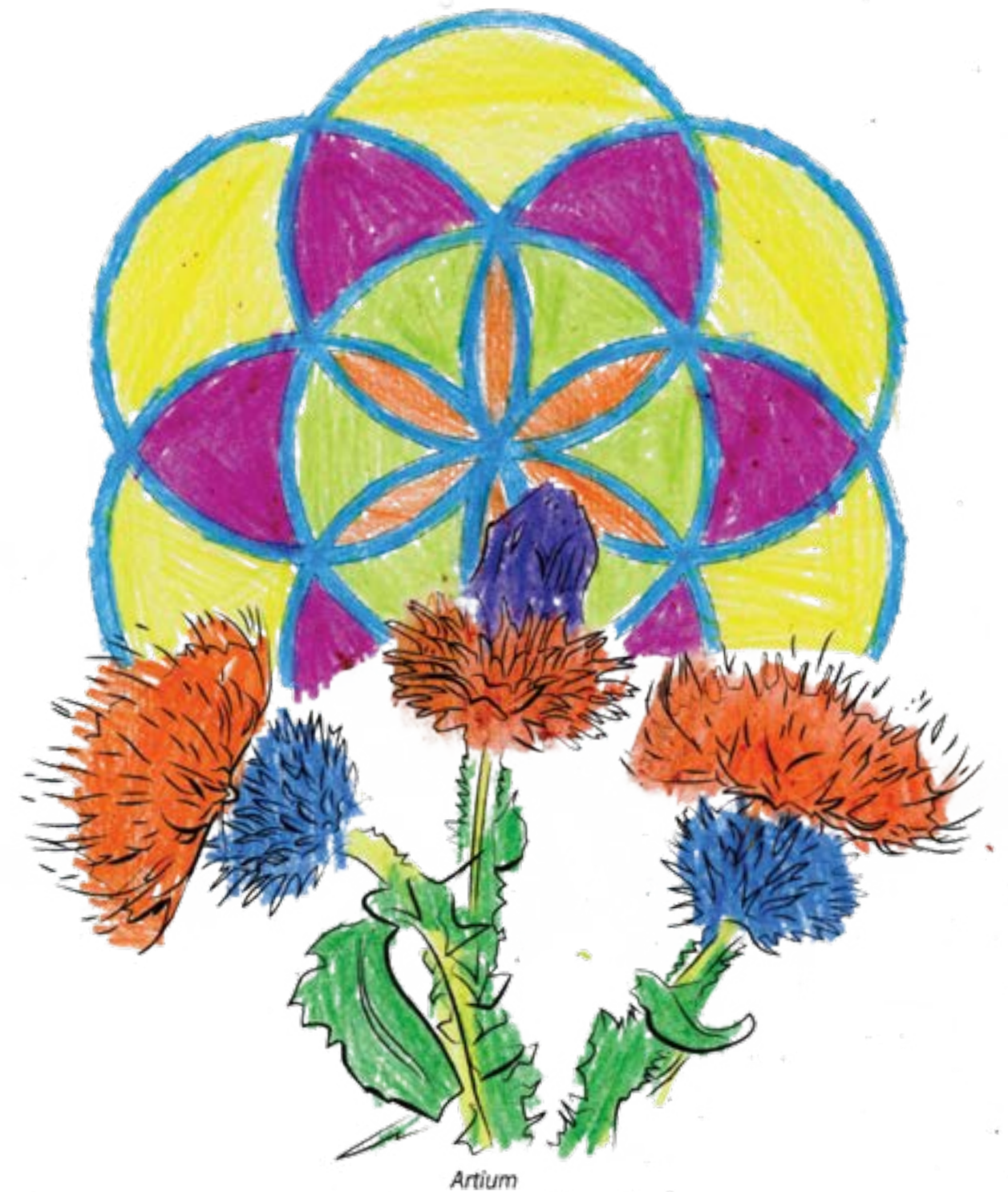
Foraging is a community activity:

Foraging is an activity that is best and safest when done in groups. Whether it's a tour group, with a mentor or a friend, be sure to grab your foraging buddy before venturing into the wild. Two sets of eyes are always better than one and can help to ensure that you are safely foraging. One of the best ways to work in a kitchen is in a team, and the same can be said for foraging!

Err on the side of caution:

Consult with an expert or trusted online platform before you eat anything to be sure you are accurately identifying the plant you've harvested. Always consume small quantities first to ensure that you are not allergic to anything. When ingredients are found in the wild, you never know what you could be allergic to or what happened to the plant before you found it.





Burdock

Identifying markers: Leaves are large triangular and dark green; Flower heads are purple; Stems range from green to reddish-purple

Medicinal benefits/use: Burdock is full of antioxidants and helps regulate blood sugar. It also helps with coughs and colds, and acts as an anti-inflammatory to relieve aches and pains.



Name Mikaela

Age 6



Chickweed

Identifying markers: Leaves are broadly egg-shaped, pointed and mostly hairless; Leaves arranged opposite to each other along the stem; Flowers with five deeply notched, white petals.

Medicinal benefits/use: Chickweed plants are full of vitamin C, D, and B complex. It also contains iron, calcium, magnesium, potassium, zinc, and other minerals.

Name Elizabeth

Age 51x6



Identifying markers: Simple, alternate leaves without teeth or lobes; Bell- shaped, yellow or blue flowers with five petals that form distinctive curled clusters.

Medicinal benefits/use: Comfrey supports joint inflammation and contains an active ingredient that allows rapid pain relief. For your safety, limit consumption of this to small amounts.

Name Elijah Dosh

Age 10



Identifying markers: Leaves are jagged with deep lobes; Flowers are disk shaped, feathery, and bright golden yellow; Stems are naked and hollow with a milky sap

Medicinal benefits/use: Dandelions are full of potent antioxidants, may reduce inflammation, and can act as a natural diuretic and a mild laxative. Its potassium salts prevent potassium depletion.

Name KEERAGH

Age 5



Echinacea purpurea

Echinacea

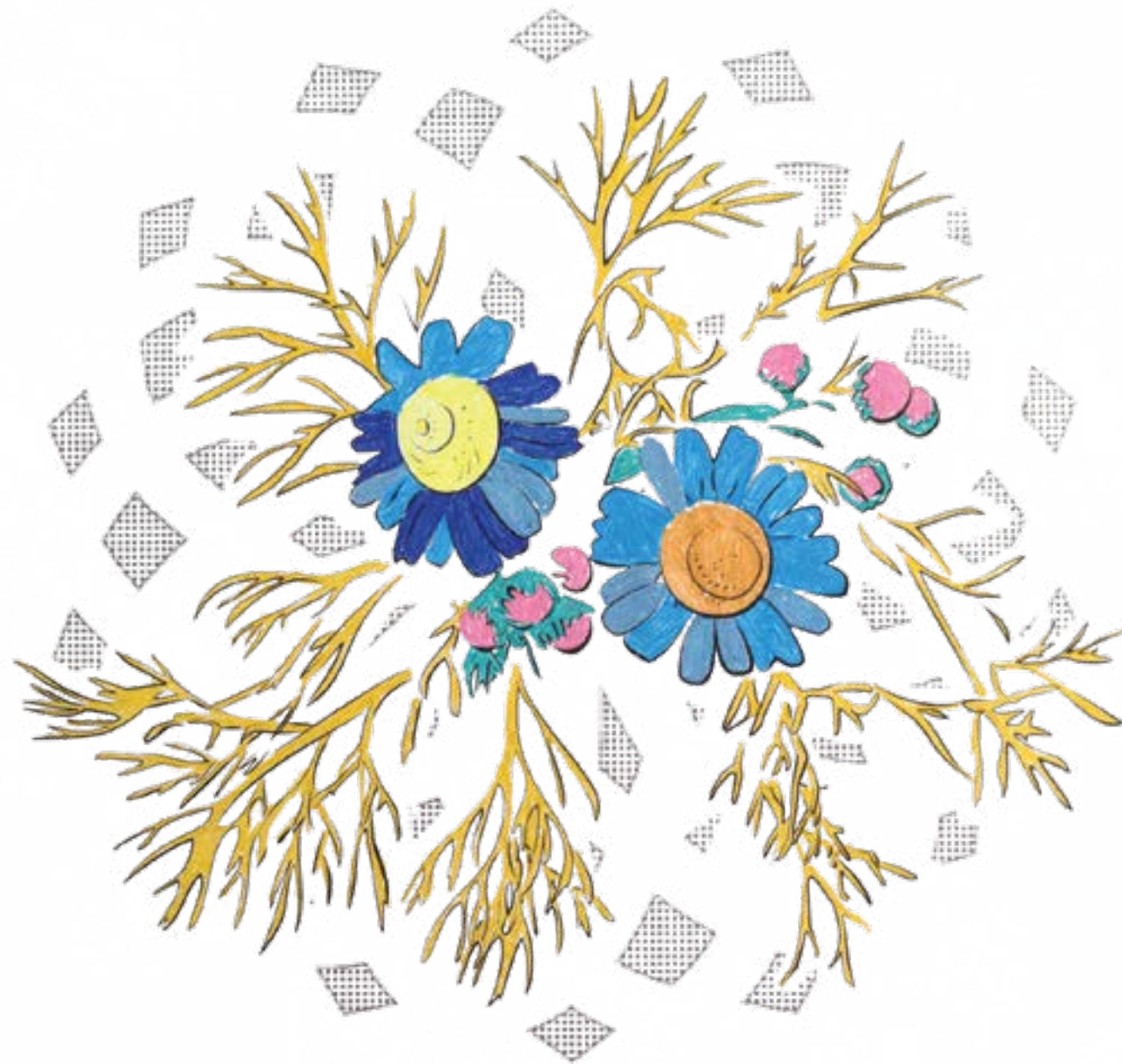
Identifying markers: Drooping, petal-like pinkish-purple flowers; an orange-brown central cone; leaves broadly narrow into an oval shape that tapers to a point at each end

Medicinal benefits/use: Echinacea root has immune boosting power. The flowers, leaves, and stems can be used for their anti-inflammatory and pain relieving properties. This plant can be used as a mild laxative to reduce bloating and improve skin collagen.



Name Naadir

Age 17



Matricaria chamomilla

German Chamomile

Identifying markers: Leaves are very thin and feathery, and each leaf divides again into smaller leaf sections; Stems are somewhat hairy; Flowers have white petals circling a cone-shaped yellow center

Medicinal benefits/use: German Chamomile can be used as a sedative. It can also treat spasms, has antiviral properties, and may relieve itching and inflammation when used topically.

Name Olivia

Age 6



Crataegus

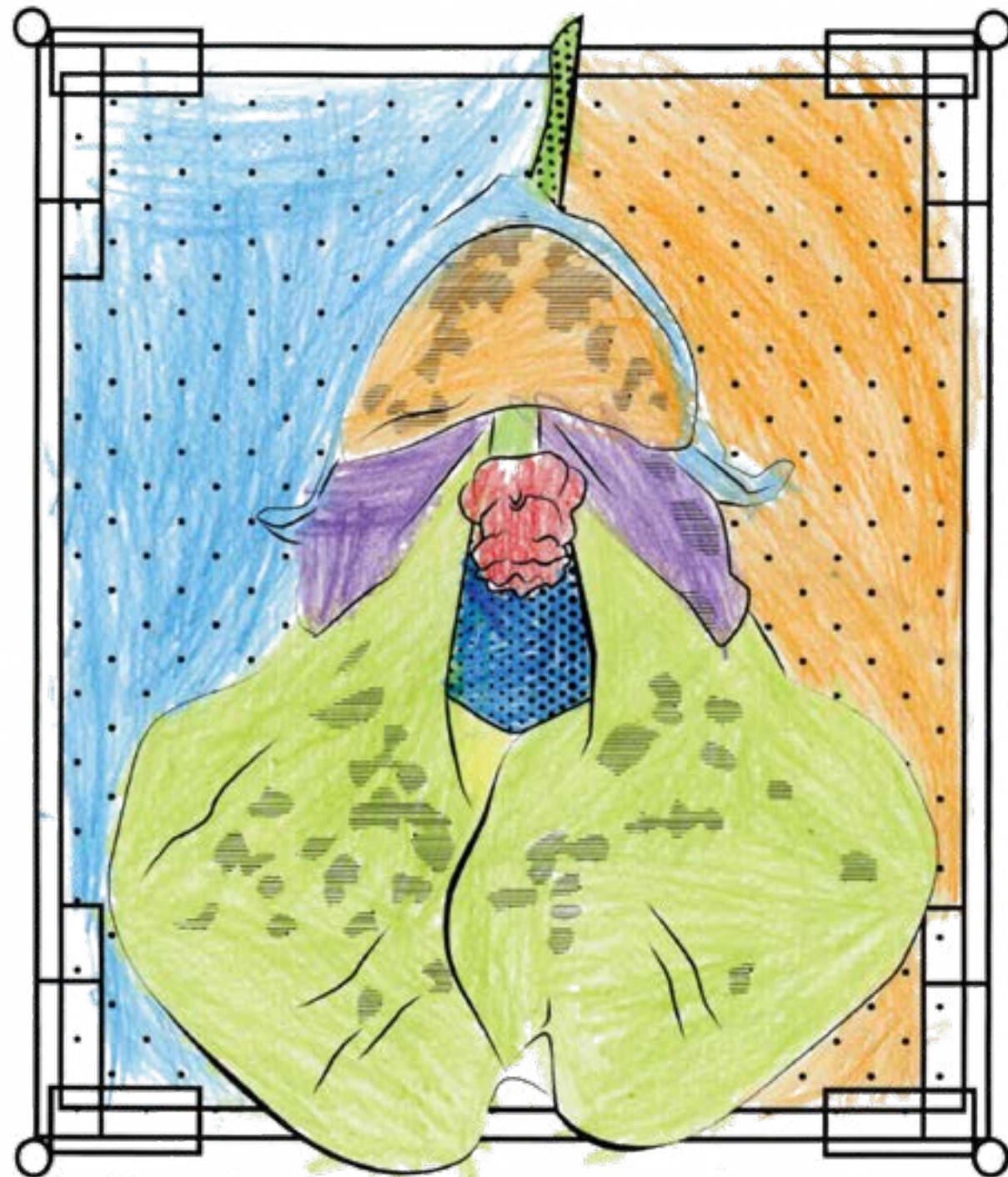
Hawthorn

Identifying markers: Gray or reddish-brown bark; simple leaves that are usually toothed or lobed; clusters white or pink flowers and small apple-like pomes (fruit) that ranges from red to orange to blue or black

Medicinal benefits/use: Hawthorn contains vitamins B and C. It can be used to aid blood circulation and lower blood pressure.

Name Derrick

Age 10



Impatiens capensis

Jewelweed

Identifying markers: Leaves are coarsely toothed, oval-shaped, and bluish green in color with whitened underside; Distinctive yellow-orange flowers and a large, pouch-like structure with a long spur; Contains a long pod (stores most of the seeds)

Medicinal benefits/use: Jewelweed can be crushed and used fresh as a poultice to apply to skin rashes and allergic reactions.

Name Cire Smith

Age 9



Tilia

Linden

Identifying markers: Heart-shaped, coarsely toothed leaves that are lopsided at the base; clusters of yellowish flowers that hang down on a long stalk attached to a leaf-like wing; Leaf color shifts from light green to glossy dark green to yellow

Medicinal benefits/use: Linden leaves and flowers are used to nourish and support the central nervous system.

Name Niles

Age 8



Malva

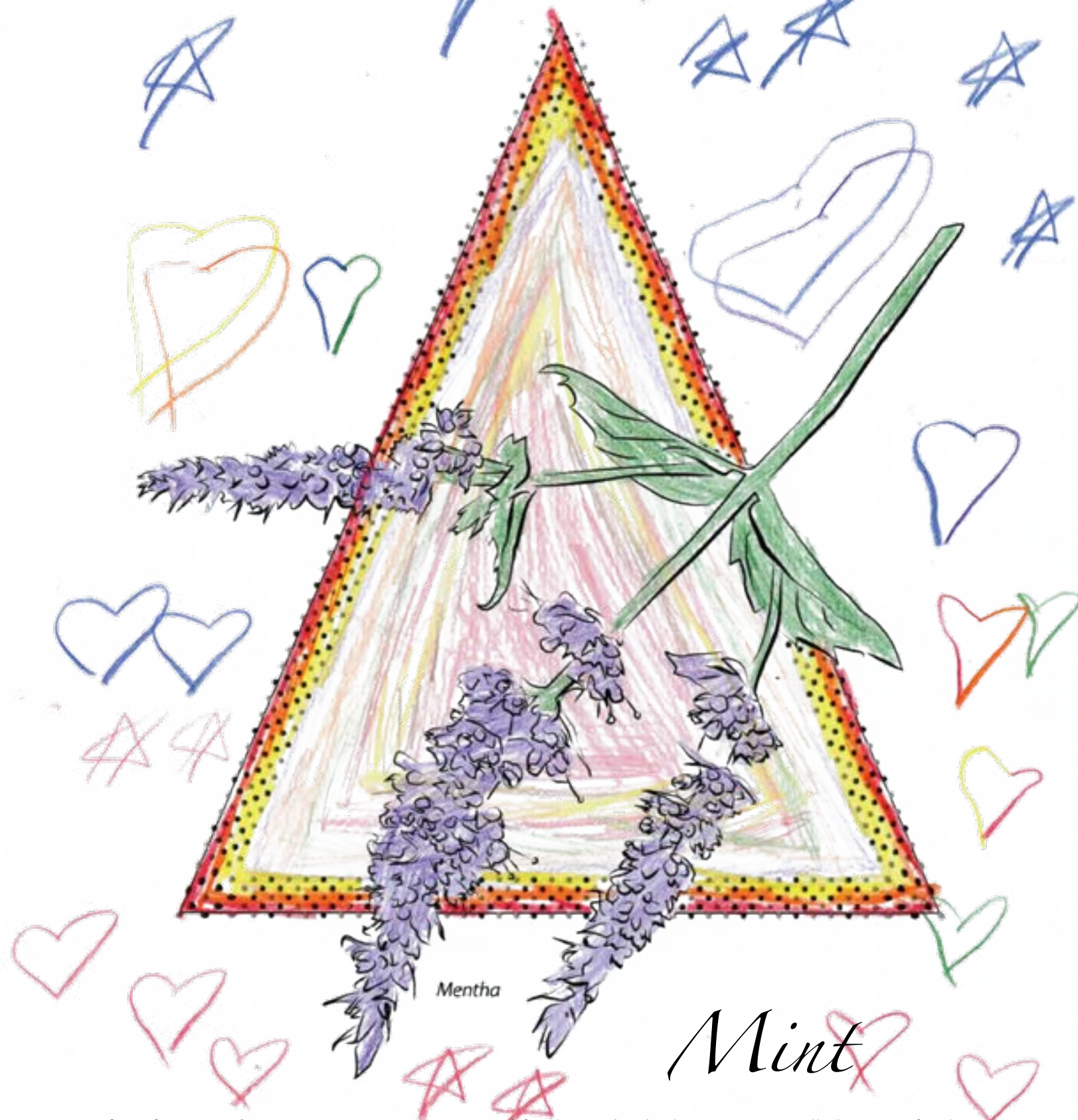
Mallow

Identifying markers: Leaves are circular to kidney-shaped, toothed and shallow; Short hairs present on upper and lower leaf surface; five-petaled white flowers, with either pink or purple petal veins

Medicinal benefits/use: Mallow has a lot of vitamin C and E, and can be used to soothe inflammation of the stomach, respiratory system or urinary tract. This plant is also helpful in treating acne and skin irritations/diseases like eczema and psoriasis

Name Jenell werts

Age 10



Mentha

Mint

identifying markers: Leaves are opposite and finely toothed; Flowers are small clusters of pale purple, pink, or white with four petals in terminal spikes; Stems are erect and branching

Medicinal benefits/use: Mint has antibacterial and pain-relieving properties. It can also relieve headaches, sinus congestion, and help with digestion.

Name GABRIEL

Age 15



Mugwort

Identifying markers: Leaves are arranged alternately along the stem and shallowly lobed closer to the ground; leaves contain a silvery fuzz of tiny, densely-packed, woolly hairs on its underside; Flowers are clustered, yellow or reddish-brown, but lack petals

Medicinal benefits/use: Mugwort is rich in vitamin C and unsaturated fatty acids. This plant also has hemostatic properties to support heavy, painful menstrual periods for women.

Name clover

Age 8



Mullein

Identifying markers: Long leaves that flow into the stem; small, yellow flowers with five petals in a long, spike-like cluster

Medicinal benefits/use: Mullein is a natural antibacterial that can soothe and relax the muscles in the respiratory system. When infused in oil Mullein can be used for ear infections to kill bacteria that causes Staph and E. coli. The soft leaves can be used as a poultice on the skin.

Name Naomi

Age 8



Passiflora

Passionflower

Identifying markers: Three-lobed, deciduous leaves are dark-green above and whitish below. The fruit is a large, orange-yellow berry with edible pulp.

Medicinal benefits/use: Passionflower can reduce anxiety, enhance mood, relieve pain, and promote better sleep.

Name Yunapria

Age 10



Plantago major

Broadleaf Plantain

Identifying markers: Leaves are green, oval to egg-shaped leaves that are hairless, grow in a rosette, and contain stems with five to seven prominent string-like veins; Flower heads are leafless, slender spikes of flowers clustered densely.

Medicinal benefits/use: Broadleaf plantain are high in calcium and vitamins A, C, and K. It is known for its anti-inflammatory and anti-tumor properties, and to boost the immune system.

Name Dania Aguilar

Age 10



Rubus idaeus

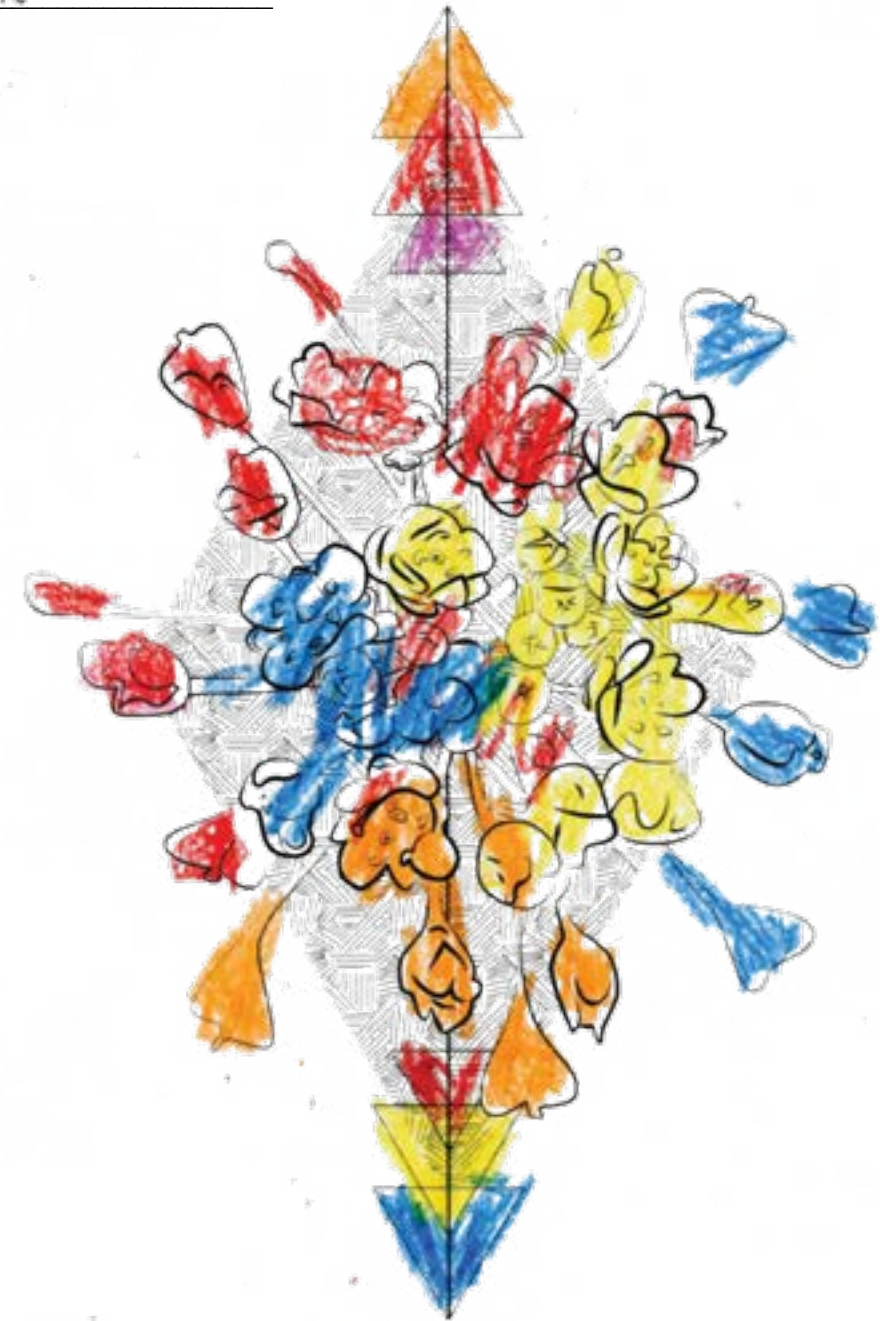
Raspberry Leaves

Identifying markers: Leaves contain oval leaflets with serrated margins and light gray, hairy undersides; Stems are arching, prickle-covered; Flowers are white or greenish white and appear individually or in small clusters

Medicinal benefits/use: Raspberry leaves are full of Vitamin B and C, potassium, magnesium zinc, phosphorus and iron. These leaves have great antioxidant properties and are good for diarrhea and excessive menstrual flow.

Name Alex

Age 9



Capsella bursa-pastoris

Shepherd's Purse

Identifying markers: Leaves extend beyond the stem and vary from smooth or hairy and toothed or lobed; Triangular or heart-shaped seedpods.

Medicinal benefits/use: Shepherd's purse can soothe diarrhea and lower high blood pressure. This plant can also be used for its anti-inflammatory properties and coagulant benefits.



Name _____

Age _____



Stinging Nettle

Identifying markers: Oval, toothed leaves; Visible hairs along its stem; Drooping, catkin flowers

Medicinal benefits/use: Stinging Nettle may reduce inflammation, lower blood sugar, relieve allergy, and serve as a natural diuretic. Stinging Nettle has the ability to flush toxins out of the body so that it can help clear skin and eliminate urinary tract infections.

Name Ross

Age 17



Wild Violet

Identifying markers: Leaves are heart shaped, serrated (toothed) leaves without hair that wraps around the stem; Flowers are drooping in shape with five dark-purple petals

Medicinal benefits/use: Tea from wild violet can soothe cold and flu symptoms, and help with a sore throat and bronchial conditions

Name Geneya

4/28/22

Age 17



Achillea millefolium

Yarrow

Identifying markers: Leaves are lanceolate (narrow oval shape tapering to a point at each end) and finely cut with fine white hairs and alternative leaf arrangements; Flowers are small, white flat-topped clusters

Medicinal benefits/use: Yarrow can be used fresh, dried, or powdered as a styptic to stop a wound from bleeding

Our Project Partners

The Spak Group is a Philadelphia-based Equitable Real Estate Development company that vertically integrates ownership, development, construction, and management to provide high-quality residences, amazing commercial spaces, and outstanding customer service along with dynamic community engagement. From providing affordable housing with its Inclusionary Housing Concepts to funding / supporting public art, Spak Group remains dedicated to being equitably driven and community-focused. Our commitment to the Philly Art scene can be seen by Spak Group’s financial support and dedication to the Mural Arts Program and Philly Mural Artists across the city.

Mural Arts Philadelphia is the nation’s largest public art program, dedicated to the belief that art ignites change. For over 35 years, Mural Arts has united artists and communities through a collaborative process rooted in the traditions of mural-making, to create art that transforms public spaces and individual lives. Mural Arts engages communities in 50-100 public art projects each year, and maintains its growing collection through a restoration initiative. Their core program areas—Art Education, Environmental Justice, Porch Light, and Restorative Justice—yield unique, project-based learning opportunities for thousands of youth and adults. Each year, 15,000 residents and visitors tour Mural Arts’ outdoor art gallery, which has become part of the city’s civic landscape and a source of pride and inspiration, earning Philadelphia international recognition as the “Mural Capital of the World.”

Melaney Gilchrist is an Herbalist, professional hair stylist, instructor, and make-up artist. Gilchrist is the proprietor of the popular De’Ja’Vu Salon & Day Spa in Philadelphia, PA, and KnowThySelf100%Naturals, a full garden and herbal apothecary developing Natural Hair and Skincare products. Her wellness and sacred healing courses take a holistic approach, recognizing that overall well-being and beauty are one and the same and can heal all aspects of ourselves. Gilchrist’s holistic approach draws on her experience with anatomy & physiology, biology, chemistry, botany, sacred rituals, astrology, nutrition phytotherapy, pharmacology, naturopathy, medicine making, homeopathy, aromatherapy, Ayurveda, traditional Chinese medicine, African Dawa, Aboriginal medicine, women’s health, men’s health, and midwifery.

Colette Condorcita is a Philly native, entrepreneur, shamanic coach and regenerative designer. She teaches, designs spaces and guides others in the study of nature and consciousness. Colette has been working and apprenticing with traditional curanderos in Latin America for over a decade and is the founder of Decriminalize Nature Philadelphia (DNP), the Philly chapter of a national movement working to decriminalize entheogenic plants and fungi in the city. She is a long time herbalist and the founder of the Passionflower House that is a community oriented apartment building and garden that cultivates food and herbal medicine, including Passionflower Incarnata (Passionflower) that is a anti-anxiety, nerve tonic and sleep aid, and leads workshops on sharing the herbal tool with the community.

Bartram’s Garden aims to create equitable relationships among people and nature through immersive, community-driven experiences that activate the Bartram legacy, Garden, and House, on land and on the Schuylkill River, in Southwest Philadelphia.

The Schuylkill Center for Environmental Education inspires meaningful connections between people and nature. The Schuylkill Center uses our forests and fields as a living laboratory to foster appreciation, deepen understanding, and encourage stewardship of the environment. As a leader in the next generation of environmental education, the Schuylkill Center will create a world where all people play, learn, and grow with nature as part of their everyday lives.

John Heinz National Wildlife Refuge at Tinicum was established for the purposes of preserving, restoring, and developing the natural area known as Tinicum Marsh. In addition, the refuge was established to provide environmental education and an opportunity to study nature. Today, the refuge leads by example in providing environmental education and recreational programming in Philadelphia and Delaware Counties.

Wye River Upper School is on a mission to change the lives of high school students who think and learn outside the box. Wye River Upper School is a college-preparatory high school that offers a high quality education to students that face learning challenges including dyslexia, ADHD, and more. A majority of families have come to Wye River Upper School feeling frustrated and discouraged, because in previous school settings their loved one struggled or fell through the cracks.

Lansdowne Friends School provides models and opportunities for children to develop academically, socially, and spiritually. Lansdowne Friends provides opportunities for self-directed learning and for the application of that learning. Lansdowne Friends teaches life skills needed to preserve good health, to serve the community, and to settle differences peacefully. Lansdowne Friends School challenges and supports children in their growth as creative and capable human beings. Children and teachers work in developmentally appropriate formal and informal learning settings. Together they strengthen and refine problem-solving, decision making, and academic skills. Lansdowne Friends builds on the natural curiosity our children have for their immediate surroundings and supports the exploration of their ever-unfolding world.

Community Partnership School is an independently operating PAIS accredited school that provides a well-rounded, affordable education while fostering a supportive network among students, school, family, and community. This partnership prepares our graduates to flourish in some of the highest performing middle schools and high schools in the region – academically, socially, and emotionally. Community Partnership School was founded in 2006 through a philosophical partnership between Germantown Academy and Project H.O.M.E. to attend to the educational needs of children from an underserved North Central Philadelphia neighborhood characterized by high rates of poverty and low rates of graduation.

Children’s Community School creates collaborative community of young children, families, and educators that honors and empowers children to be active agents in their learning and lives. CCS is committed to building community among staff members, involving staff deeply in the life of the school, providing ongoing professional development and opportunities for growth, and affirming and enhancing their quality of life in and outside CCS. By supporting staff in these ways, CCS enables them to be the best caregivers possible for children and families. CCS’s ability to function and implement their mission also depends on their relationships with a wide variety of non-staff professionals (substitute teachers, service providers for children with special needs, cleaning staff, handy-workers, etc.), and CCS works to ensure that their core values are reflected in our interactions with them.

The Philly Free School provides students with the space to explore the world and themselves at their own pace, while experiencing community through participating in a self-governing direct democracy.

Plant Identification



Burdock
(*Artium*)



German Chamomile
(*Matricaria chamomilla*)



Chickweed
(*Stellaria media*)



Comfrey
(*Symphytum*)



Dandelion
(*Taraxacum*)



Echinacea
(*Echinacea purpurea*)



Hawthorn
(*Crataegus*)



Jewelweed
(*Impatiens capensis*)



Linden
(*Tilia*)



Mallow
(*Malva*)



Mint
(*Mentha*)



Mugwort
(*Artemisia vulgaris*)



Mullein
(*Verbascum*)



Passionflower
(*Passiflora*)



Broadleaf Plantain
(*Plantago major*)



Raspberry Leaves
(*Rubus idaeus*)



Shepherd's Purse
(*Capsella bursa-pastoris*)



Stinging Nettle
(*Urtica dioica*)



Wild Violet
(*Viola sororia*)



Yarrow
(*Achillea millefolium*)





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