



## FOREST PLANTS WILD HARVESTING LEARNING IN EUROPE (PLANT WILD)

### *Sambucus nigra* L. WH TRAINING

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Why there is a need for sustainable wild harvesting training?



1



[Harvesting of the Berry of \*Sambucus nigra\* L. in Dalvares, Portugal](#)

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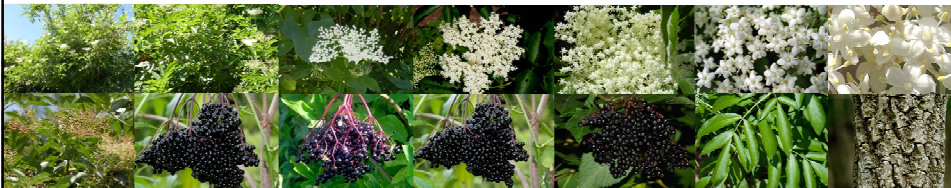
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## *Sambucus nigra* L. WH TRAINING

### General purpose

To provide trainees - collectors and buyers- with knowledge and practical skills, so they are able to perform a sustainable wild harvesting.



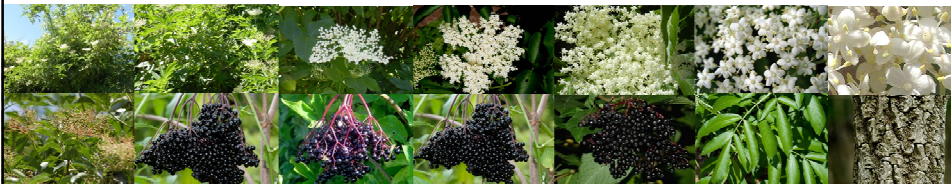
## *Sambucus nigra* L. WH TRAINING

### Specifics objectives

To give information about the biology and taxonomy of the target species, as well as information about collection practices and their sustainability and also quality requirements;

To provide trainees with guidelines how to handle plant materials, during and after collection;

To provide trainees with practical sessions and skills for sustainable wild plants collection.



## Subjects or contents

- The importance of the species in Portugal - wild versus cultivated.
- Description of main biological, morphological and ecological characteristics.
- Describe collection practices and methodologies for sustainable wild harvesting for the target species:
  - Correctly identify the target species;
  - Identify the maximum allowed collection limits (quantities, frequency, periods):
    - ✓ Identify the minimum biological age / size class, allowed for the collection of the species and collection site;
    - ✓ Identify the time of year to carry out the harvest for each plant part.
- Try to implement responsible business practices;
- Ensure benefits for collectors and their communities;
- Promote compliance with laws, regulations and agreements, if they exist.



## Economic and Social importance in Portugal



### Economic importance

#### Production and use estimation

Collected part    Flowers  
                          Fruits  
                          sometimes Bark and Leafs

Total production (t)    0,20

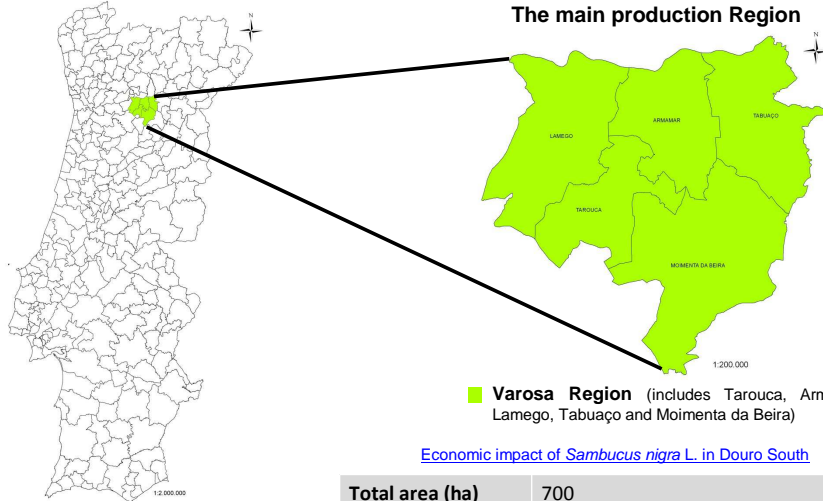
### Social importance

- Folklore
- Food
- Industry
- Traditional Medicine



*Sambucus nigra* L. WH TRAINING

Economic and Social importance in Portugal



<b>Total area (ha)</b>	700
<b>Total farmers</b>	850
<b>Total production (t)</b>	500 (dry berry ) or 3500 (fresh berry)

*Sambucus nigra* L. WH TRAINING

It is present in the composition of several products in the world





To provide trainees with the knowledge for the correct identification of the plant species

**Scientific name:** *Sambucus nigra* L.

**Family:** Adoxaceae

**Common name in English :** elderberry, common elderberry, elder

**Common name in Portuguese:** Sabugueiro preto, Sabugueiro negro, Flor do Sabugueiro, Galacrista, Rosa do bem-fazer, Sabugo, Sabugueiro, Canineiro e Caneleiro.

**Known hazards:** The flowers and fruits contain a mildly poisonous alkaloid that is destroyed by cooking. The leaves are also poisonous. The flowers and fruits occasionally cause allergic reactions.



**Geography & Distribution:** is widespread in Europe and western Asia, and also occurs in North Africa. Elder is commonly found in woodlands and hedgerows. In Portugal occurs in nearly the whole country.

**Habitat and Ecology:** common in riparian corridors and hedgerows damp and gloomy, yet is able to tolerate dry soils and also thrives in hot and bright. The flowers are attractive to insects and berries for the birds.

**Sambucus nigra L. WH TRAINING**

**Plant parts used:** Flowers, fruits, sometimes bark and leaves

**Main uses:** Traditional Medicine, Folklore, Handicraft, Food and Industries



**Traditional medicine**  
Diaphoretic, diuretic, expectorant and anti-inflammatory

**Food Industry**



**Traditional medicine**  
Diaphoretic, diuretic, laxative and purgative human and animal use

**Food Industry** (mainly for dyeing)



**Traditional medicine**  
Purgative, astringent, haemostatic and cicatrizing.

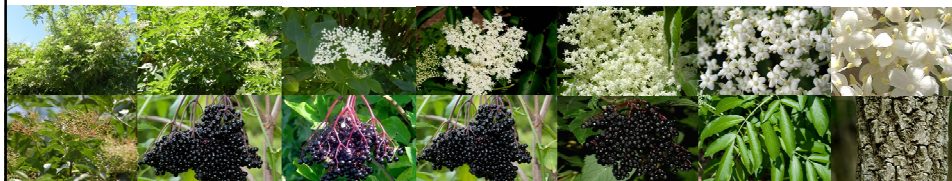
**Handicraft**



**Traditional medicine**  
Internally: Diuretic, purgative, expectorant  
Externally: washing inflamed eyes and abscesses

**Sambucus nigra L. WH TRAINING**

**Important tools to use in WH Training**



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To provide trainees the knowledge applicable to sustainable collecting practices and methodologies

To provide trainees the knowledge to correctly handling plant material during collecting and transportation



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Which plant parts, how much and when to collect

Plant parts collected	Maximum percentage that may be collected	Harvesting Periods
Flowers	70% of the flowers of each plant and additionally 80% of the whole population	March - August
Fruits	70 – 80% of the seeds/fruit	August - October
Leaves	30% of the leaves	June - July
Barks		Autumn





*Sambucus nigra* L. WH TRAINING

To provide trainees with guidelines for handling plant material after harvesting

Guidelines for Drying the different plant parts



Foto Joaquim Morgado



Guidelines on packaging and storage



Foto Joaquim Morgado



Foto Joaquim Morgado



Foto Joaquim Morgado



Thank You

Foto Ana Carvalho