

Black Walnut

Juglans nigra

Black walnuts are harvested by hand from wild trees for their prized nutmeats. Oil is pressed from the seeds and the nutmeats are used for cooking. The hard black walnut shell is used commercially in abrasive cleaning, cosmetics and more. About 65% of the annual harvest of Black Walnut nutmeats comes from the state of Missouri.

Walnut trees secrete a substance called juglone into the soil from their roots, leaves and hulls which can poison many plants. If you ever look at the ground around a Walnut tree, you'll notice a ring in which few plants will actually grow.

Black Walnut facts:

- Member of the hickory family, Juglandaceae
- Large, deciduous tree growing to a height of 130'
- Prefers sunlight and typically found growing at the edge of the woods, in fence lines, hedgerows and at the edges of fields
- Native to North America
- Has high quality wood used for furniture making, flooring and rifle stocks

Black Walnut description:

- Leaves are alternate, odd-pinnate with 15-23 leaflets, the largest leaflets are located in the center
- Male flowers are drooping catkins, female flowers are terminal, in clusters of 2-5 which ripen in autumn
- Bark is grey-black and deeply grooved

Black Walnut nutritional information:

- High in iodine, iron, potassium, selenium
- Contains average amounts of aluminum, chromium, cobalt, silica, tin
- Low in calcium, copper, magnesium, manganese, niacin, phosphorus, protein, riboflavin, sodium, sulfur, thiamine, vitamins A and C, zinc

Black Walnut constituents:

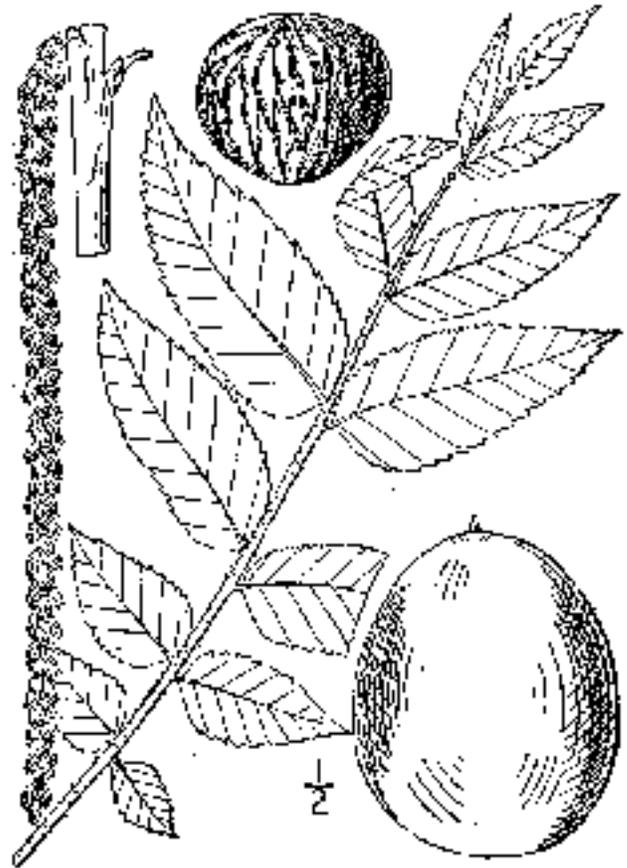
- phytotoxic allelochemical: juglone
- tannins

Black Walnut actions:

- Antifungal
- Anti-parasitic
- Antiseptic
- Antiviral
- Astringent
- Vermifuge

Black Walnut Medicinal Indications:

- Intestinal tonic; treats inflammatory conditions of the bowels, including hemorrhoids; soothes bowels and destroys pathogens
- Thyroid enhancer, specific for hypothyroidism and goiters (rotten black walnut hulls)



- Effective in treating various parasites such as Giardia and other parasites which can be found in the bowels
- Useful for treating ringworm, candida and other 'fungi'; apply externally and take internally
- Apply topically for treating shingles and chicken pox

Goldenrod Applications:

- Tea of leaves and/or twigs – Useful for treating parasites and other intestinal/bowel issues. Steep for up to 20 minutes, strain then drink hot
- Tincture – used internally for bowel inflammation, parasites; for treating hypothyroid or goiter use rotten black walnut hull tincture take 30 drops up to 3 times a day
- Oil – useful for treating shingles and chicken pox; making in to salve for use

Preserving Walnut:

- Drying
- Freezing (green hulls for later use)

Getting to Know Black Walnut:

Experiment 1 – know what it looks like

Study a live plant or pictures if the live version is not available. Notice how it grows out of the ground. Is it bushy? Does it sprawl? Where are the leaves located? What do the flowers look like? Sketch the plant on the last page of this handout.

Experiment 2 – taste the herb

Try it both fresh and dried. What does it taste like in both instances?

Fresh blossom:

Dried blossom:

Experiment 3 – making an infusion

4 tablespoons raw herb (leaves and stems, chopped) = 1 tablespoon dried.

Infusions: use 1/2 oz dried herb per cup of water. Boil water and remove from flame. Add herb and steep for 6-8 hours.

Tisanes: Use 1 tbsp dried herb per cup of water. Boil water and remove from flame. Add herb and steep 10-20 minutes.

- Compare the difference between fresh and dried infusions and tisanes
- Compare the difference between infusions and tisanes

	Fresh aerial parts	Dried aerial parts
hot		
cold		

Experiment 4 – making a medicinal remedy

Black Walnut Tincture

Everclear

Green Black Walnut hulls

Roughly chop up hulls, removing from around the nutshell. Fill a jar 1/2 full then cover with Everclear to fill the jar. Let steep for 3 weeks. Hulls may be left in tincture or strained out.

Experiment 5– cooking with Black Walnut

Walnuts are often used in cooking. They are a great addition to salads, desserts, ice cream and more.

Black Walnut Sauce Cake

Sauce:

2 cups raw sugar
2 tablespoons butter
1/2 teaspoon sea salt
1/2 teaspoon molasses
1/4 cup Black Walnut meats
2 cups boiling water

Preheat oven to 350F.

Mash up the Black walnut meats for the sauce with a mortar and pestle. Place the sauce ingredients in a sauce pan, mix well and boil on high heat for 5 minutes. Turn off the burner and set aside.

Cake:

1 cup raw sugar
2 tablespoons butter
2 cups unbleached flour
1 teaspoon cream of tartar
1/2 teaspoon baking soda
1 cup milk
2/3 cup Black Walnut meats
1/4 teaspoon sea salt

Mix all the ingredients for the cake together in a mixing bowl.

Pour the sauce into the baking dish then pour the cake on top of the sauce.

Bake in the oven for 30 minutes until the cake is done. A toothpick inserted into the center should come out clean.

Experiment 6 – Further study/references

The following are some internet sites that have great information on Black Walnut:

<http://www.cauldronsandcrockpots.com/2011/09/wild-things-black-walnut/>

http://www.herballegacy.com/Berry_Medicinal.html

http://www.livestrong.com/article/264319-medicinal-uses-of-black-walnut/?utm_source=popslideshow&utm_medium=a1

<http://www.youtube.com/watch?v=glttJICtkd0>

- On your own, read at least three separate sources of information regarding Black Walnut. The following are some books that have information but do not limit your search to my selections.

Nature's Garden: A Guide to Identifying, Harvesting and Preparing Edible Wild Plants by Samuel Thayer
Indian Herbalogy of North America by Alma R. Hutchens pgs. 52 - 54

- See if you can locate Black Walnut growing nearby your home. Gather some hulls for medicine making. You can harvest some twigs for tea making.