

# Devil's Club

*Oplopanax horridum*

## Description

Devil's club is a common shrub. The stems of this shrub are upright and can reach heights exceeding 19 feet. The leaves are maple leaf shaped and can grow up to 14-inches across.

## Habitat and Range

Devil's club forms dense thickets in moist woods and can be found from southcentral Alaska to the extreme southwest Yukon and down the west coast to California.

## Harvest Calendar:

Early spring shoots are only edible for the first few days after their appearance but you can harvest the roots. Potency of the roots is stronger before the berries turn red.

## Food Use:

Harvest devil's club when the spiny stalk first sprouts green growth. The leaf spine, though visible, are soft and pliable at this stage; once they stiffen, the shoots should not be consumed. These leaf clusters may be nibbled on, or add them to omelets, casseroles, and soups.

*Caution: Chronic ingestion of devil's club infusion may cause too much weight gain and may lower your blood pressure. Devil's club is not to be used during pregnancy or by those confirmed with heart disease.*

## Resources:

Discovering Wild Plants by Janice Schofield @1999

SCF Health Education

*Benteh Nuutah*

Valley Native Primary Care Center  
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## Tonic Tea:

- » 1/2 cup devil's club root, shredded
- » 1 cup dandelion root and young leaves, chopped
- » 1 cup nettles
- » 3 tablespoons poplar buds
- » 1/4 cup willow leaves
- » 1 cup spruce tips

### Directions:

Blend dried herbs. Store in a dark place in an airtight container. Steep 1 teaspoon herb per cup water for 5 to 10 minutes. Strain and serve.

## Devil's Club Salve:

- » 1/2 cup devil's club, dried and minced
- » 1 cup extra virgin olive oil
- » 2 tablespoons beeswax
- » 1/2 teaspoon vitamin E
- » 20 drops lavender essential oil
- » 20 drops peppermint essential oil

### Supplies:

Slow cooker, double boiler, metal spoon, salve containers, labels.

### Directions:

**Infused oil directions:** Place olive oil and devil's club in slow cooker and turn on lowest setting. Heat for 4 to 24 hours. Stir occasionally; do not allow oil to boil.

**Salve directions:** Place water in bottom of double boiler. Add beeswax to top boiler. Heat to medium temperature. Once beeswax is melted, slowly add infused oil and whisk until combined. Remove from heat; remove top boiler and wipe bottom dry. Place top boiler on hot pad. Add essential oils and vitamin E oil; stir gently to blend. Check the salve's firmness by placing a few drops on metal spoon and cooling in fridge. Salve should demonstrate setting. Place mixture into salve containers. Clean outside of jars before labeling.