

The Medicinal Plants of Kanawha State Forest with Dr. Rebecca Linger

Saturday, October 21, 2023

9:00 am – 10:30 am

Fee: \$ 20 (use the conference registration link for payment)

Join Dr. Rebecca Linger on a medicinal plants walk through Kanawha State Forest, one of the most biodiverse forests in West Virginia. She will describe the traditional uses of the plants in the Forest and offer hints on how to identify the plants. The forest is rich with black cohosh, sassafras, bloodroot, witch hazel, trillium, and spicebush, to name just a few. The walk will start at Johnson Hollow (coordinates: 38.242° N, -81.654° W), four miles into the Forest. To get there by street address, use 7500 Kanawha State Forest Drive, to get you to the forest offices, then continue to drive on Kanawha State Forest Drive for an additional two miles. Johnson Hollow will be on your left.

Bio: Dr. Rebecca Linger holds a Ph.D. in Medicinal Chemistry from Purdue University. A local expert on the medicinal plants of Appalachia, she has given talks on the traditional uses and scientific evidence of bioactive plants and guided tours in a variety of natural locations in West Virginia pointing out the plants in those areas that have been used as medicine. She is currently a Professor of Medicinal Chemistry at the University of Charleston School of Pharmacy and has written the book, "A Guide to the Toxicology of Select Medicinal Plants and Herbs of Easter North America" available on Amazon.

Check this link for additional details:

https://wvstateparks.com/park/kanawha-state-forest/?gad=1&gclid=Cj0KCQjw1_SkBhDwARIsANbGpFtL4Ei8Co5Xyxk96ThEewTBuwwlpmhEvUeghQLFvzIbSUaZ83wKA3IaAsSqEALw_wcB