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Hello and welcome to the Whole Green Heart community...where we inspire you to embrace healthy living to enhance your life.

I’m Michelle Summer Fike, and I’m so excited to share this valuable resource with you. I’ve lived with herbs for over 20 years. *Intimately. Carefully. Lovingly.*

I’ve grown, harvested, wildcrafted and tried (in food or medicine) literally hundreds of herbs throughout my lifetime and years in the herbal industry. Weeds, native wild plants, garden ornamentals, and exotic cultivated herbs - they all have much to contribute to our well-being, wholeness and natural health, and they are some of my dearest friends.

Within this resource, I’ve included some photographs and identification tips to help you familiarize yourself with some common wild medicinal plants that are abundant throughout many ecosystems in North America and around the world. Enjoy!

Bright Green Blessings!

Michelle xo
THE 1990’s – STARTING A HERB BUSINESS

Michelle in Lytton, BC in 1992 where she first discovered the world of herbs and wild plants

Michelle's early days at the Annapolis Royal Farmers' Market, 1996
Yarrow (Achillea millefolium)

Self-Heal (Prunella vulgaris) grows commonly in many lawns and grasses

Cleavers (Galium aparine) is the small plant in my hand

Plantain (Plantago major)
MEDICINAL PLANTS

Plantain (Plantago lancolata)

You can see a small filament extending beyond the end of the stem where I’ve picked this plantain leaf.

First-year canes of wild Raspberry (Rubus idaeus) showing the front and back of the leaf.

First-year canes of wild Blackberry (Rubus fruticosus) showing the front and back of the leaf.
I'm holding a raspberry leaf on the left and my daughter is holding a blackberry leaf on the right.

Coltsfoot (Tussilago farfara) flowers appear in spring before the leaves.

Coltsfoot (Tussilago farfara) leaves are large, heart-shaped and downy on both sides.

Lungwort (Pulmonaria officinalis)
MEDICINAL PLANTS

Wild Lettuce (Lactuca virosa)

Making infusions!

Lavender (Lavandula angustifolia)

This Hawthorn (Crataegus) tree was a sign from Spirit that this was going to be my new home!
RESOURCES & LINKS

Mountain Rose Herbs

This is the best place to get your bulk herbs. They also sell other quality, organic botanical products. I’ve personally bought my bulk herbs from them over the years. (Click the image above and you’ll be taken to their website).

Richters Herbs

If you would like to grow your own herbs or make your own herbal products, you can find the supplies at Richters Herbs. They supply plants, seeds, dried herbs & extracts. I’ve personally sourced many rare and unusual herb seeds from them over the years. (Click the image on the left and you’ll be taken to their website).

Salve-Making

Want to learn how to make your own fantastic, healing, nourishing herbal skin salve? Click here to download an article I wrote on the art of making a Super Salve!

United Plant Savers

The mission of United Plant Savers is protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come. Click here to learn how you can contribute to this movement.
MEET MICHELLE

Michelle Summer Fike was the founding owner for 20 years of Pumpkin Moon Farm, one of Nova Scotia’s most successful herbal products companies, producing farm-based herbal preparations, hosting interns and workshops, speaking at events, writing for magazines, and sharing her love of herbs, native plants, wildcrafting, and organic gardening around the province and country.

Michelle now runs Whole Green Heart, a company that inspires healthy, herbal living through training, programs, and retreats. She is a sought-after workshop presenter and motivational speaker, a leader in the Canadian herbal community, former president of Seeds of Diversity Canada, and a champion of the herbal arts for over two decades.

Michelle teaches workplace education business programs and is a certified life coach. She holds a Master’s Degree in Environmental Studies from Toronto’s York University and lives on eight acres of forest and wild meadow with her dogs and two adopted children in rural Nova Scotia.