



Quick Guide - How to find and use USNEA LICHEN (*Usnea strigosa* & others)



Sustainability tip: Only harvest usnea from fallen trees and branches, not living trees. Only harvest what you need.



Geographic Range

All usnea species can be used interchangeably and grow almost exclusively on trees in forests around the world with **good air quality**.



Season

Grows in all seasons.



Key Features

1. Mostly grows on trees; attaches to tree at central holdfast point.
2. Hairy, shrub-like growth form (fruticose).
3. White-green to grey-green color.
4. Branches are round not flat.
5. **Key: White central fungal cord inside branches (see photo 3).**



Warnings

Cook or ferment before use. High doses and/or long duration use of usnic acid (alcohol soluble acid in algal symbiont) may cause liver damage. Safe and medicinal in small quantities.



Tasty tips

Flavor: Usnea tea has a delightful grassy and floral flavor profile. Truly unique.

usnea nerd out:



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Foraging wild foods involves risk. This information is for educational purposes only—always confirm identification and safety before consuming any wild plant or fungi.

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