



# 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**.



## 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).**



## Season

Grows in all seasons.



## 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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