

HELPFUL HERBARIUM: VOLUME 1

In the natural world, many of the adaptations of nature can also work to fit the ordinary, and extraordinary, needs of humanoids. Sometimes these plants are rare components required for life-saving medicine. Some are available to desperate adventurers in a pinch. Others bear magical properties, accessible to those smart enough to harness them.

THE SEED OF ADVENTURE

This supplement offers new options for Dungeon Masters to use when players are looking for natural solutions to problems. Each plant comes with a guide on how to forage for it, as well as details of its useful parts and what they can be used for.

TABLE OF CONTENTS

Plant	Page
False Fern	1
Wood Sorrel	1
Squidflower	1
Sparkling Jewelweed	1
Hiker's Contingency	2
Sovereign Gum	2
Cloud Moss	2
Chelydran Mint	2
Twisthook Tree	2
Achoroot	3

FALSE FERN

Unlike true ferns, which reproduce with spores, false fern bears small seeds that are naturally invisible. It grows in low-lying areas, preferring seasonally waterlogged soil, vernal pools, and freshwater shorelines.

Identification: False ferns resemble true ferns, with long, tapering leaves bearing fractal patterns. It can be distinguished from true ferns by feeling beneath the leaves. False fern leaves bear small, invisible seeds that can be felt, if examined in the right season. Each plant can bear up to 20 seeds at a time. The seeds mature on the plant in the middle of spring and fall by the beginning of summer. Thus, the window for harvesting the seeds is quite small.

Mechanics: A creature that suspects a plant to be false fern in the seed-bearing season can make a DC16 perception check to feel for the tiny invisible seeds on the undersides of the leaves. If successful, the creature can harvest 1d20 seeds from the plant. The seeds, when carried, make a creature invisible. If a creature makes an attack or casts a spell while invisible in this way, they become visible for one minute. Once removed from a plant, false fern seeds retain this characteristic for 1d10 hours, after which point they stop making creatures that carry them invisible. The seeds also become visible themselves after this time, revealing themselves to be small beige spheres.

WOOD SORREL

A welcome sight for weary adventurers, wood sorrel grows on slopes in woodlands and in the gravel along roadsides.

Identification: A small, low-lying herbaceous plant, wood sorrel is easily identified by its three-leaved structure and small yellow flowers that emerge in the early summer.

Mechanics: Though it bears no medicinal or magical benefits, the naturally sour taste of wood sorrel reminds many of the sweet candies they used to eat as children, and brings comfort to weary travellers. Any checks made to prepare meals that include wood sorrel are made with a +5 bonus.

SQUIDFLOWER

A small, ground-hugging herbaceous plant, squidflower grows primarily on open rock faces, where its shallow roots can dig into lichen or moss to anchor it. Squidflower is known to naturally occur in areas of high magic. The base of a wizard's tower, the site of a magical cataclysm, and the lairs of magical creatures all often support healthy squidflower populations.

Identification: Squidflower is a small herbaceous plant that bears three vine-like leaflets in a palmate orientation. In the spring, the flower pops up from the centre of these leaflets. The flower is a light salmon colour, and bears six long, dangling petals that resemble a squid, hence the flower's name.

Mechanics: The roots of a squidflower bear a natural magic-absorbing fluid that draws ambient magic from the ground and turns it into a source of energy for the flower. This magical fluid is also suitable as a natural alternative to the magical inks used to record spells. These roots are quite fragile and digging them up takes practice. A creature that digs up the roots with a successful DC13 Survival or Sleight of Hand check can harvest enough ink to record 1d4 levels worth of spells into a spellbook.

SPARKLING JEWELWEED

A member of the jewelweed family of plants, sparkling jewelweed can be found co-occurring with its cousins in low, wet areas of temperate forests.

Identification: Sparkling jewelweed is a shrub that typically reaches about four feet in height. It is much rarer than its cousins. Sparkling jewelweed can be distinguished from others of its family by its characteristic blue flowers. These flowers, which are complex and resemble small hanging hearts, are coated in a reflective cuticle that helps them be noticed by pollinators. This "sparkling" is what gives this species its name.

Mechanics: The sap of sparkling jewelweed is incredibly versatile for medicinal purposes. The clear, watery sap inside the stem of the plant is a natural remedy for all naturally occurring poisons. A creature suffering from a poisoned condition or other naturally occurring poison effect can rub the sap on the affected area (if the condition is external) or drink the sap (if the condition is internal) and be instantly cured. Each sparkling jewelweed plant contains enough sap to treat one poison effect, and extracting the sap destroys the plant.

HIKER'S CONTINGENCY

Hiker's Contingency is a plant with magical origins. It was originally created and cultivated by an aging wizard with a love of hiking. Particular about his image, he didn't want any old walking stick to accompany him. Thus, he created the plant that would come to be known as Hiker's Contingency. Using a base of ironwood for stability, he succeeded in not only creating the perfect walking stick, but a battle-ready weapon that works in a pinch. Because of this, many towns and cities deliberately plant Hiker's Contingency on the roads outside their walls, in case a merchant or traveller gets attacked on their way there.

Identification: Hiker's Contingency is a short, lightweight tree that reaches no taller than 4 feet tall. Its thin, strong trunk is covered in flat, vertically oriented leaves that stick out as little as possible. Mature hiker's contingency develops a thick knot of woody material at its tip, analogous to the handle of a sword. Each plant is attached very loosely to its roots, which extend from a fine tip buried in the soil. When Hiker's Contingency is pulled with moderate force directly upwards, the roots break off, and the sharp point slides out easily.

Mechanics: A creature that grabs Hiker's Contingency can effortlessly pull it from the ground and wield it as a weapon. The tree uses the in-game stats of a rapier and is considered nonmagical. The weapon is strong, but not infallible. It can make five successful hits without breaking, but on each successful hit after that, roll a d20. On a roll of 9 or lower, the weapon breaks and is unusable. Additionally, a creature using Hiker's Contingency as a walking stick gains advantage on constitution checks made to travel long distances, or travel for long periods of time, provided they are on foot and have the stick in one hand at all times.

SOVEREIGN GUM

Sovereign Gum is a tree native to arid environments, growing well in full sun and sandy soil. Sovereign gum has developed multiple defenses against herbivory, including a bright reflective trunk to deter predators and incredibly sticky sap to keep bugs from burrowing into its bark. If prepared correctly, this sap can be used to create sovereign glue.

Identification: Sovereign gum is a tall, umbrella-shaped tree that bears small, dark green leaves. Its most defining feature is a bright reflective trunk that is a slight shade of pink. When this tree is in full sun, it can be difficult to look at, as the bright reflection hurts creatures' eyes.

Mechanics: The sap of a sovereign gum tree can be harvested with a successful DC 17 Survival check. If a creature succeeds on this check, they can gather enough sap to create 1d4 uses of sovereign glue, as described in the *Dungeon Master's Guide*. If you do not allow your players to create their own magic items, then the sap itself can be treated as 1d4 uses of sovereign glue or can be sold at 1/3 the price of a pot of sovereign glue.

CLOUD MOSS

Native to wet coniferous forests, cloud moss is a weary traveler's best friend. Often regarded as one of the softest natural materials on all the planes, cloud moss ensures a good night's rest, even in the worst conditions. Some nobles will even pay to have cloud moss transplanted into their bedrooms, so that they may sleep on it every night.

Identification: Growing only on large rocks and hard ground that is oriented horizontally, cloud moss is near indistinguishable from other mosses based on sight alone. However, one step onto this deep-green moss will betray its identity and justify its namesake. Incredibly soft, creatures find themselves sinking deep into its spongy body.

Mechanics: A creature that takes a short rest on a bed of cloud moss can double the number rolled on each of its hit dice and heal that amount instead. A creature that takes a long rest on a bed of cloud moss loses all points of exhaustion, regains all hit dice, and wakes up with 1d10 temporary hit points from their fantastic night's rest.

CHELYDRAN MINT

Magical in nature, chelydran mint only grows in incredibly specific scenarios. A seed from a watermint plant that falls directly onto the back of a snapping turtle will attach itself to the turtle's shell and germinate as a chelydran mint. When the turtle goes into hibernation, the mint will establish a magical connection to the turtle. Once the turtle wakes up and digs itself out from hibernation, the layer of mud that remains on its back will serve as the substrate for the chelydran mint, and the plant will bloom. From there, a mutualistic relationship forms between the turtle and the plant. The plant absorbs the turtle's resilient life force, allowing it to remain growing on the creature's back until the turtle dies. The turtle, in exchange, is given nutrients from the plant's photosynthetic material, meaning it can go for a long time without food if it is scarce. Close examination will reveal that the plant's roots grow through the turtle's shell and magically bind to its spine. Killing either organism will surely kill its counterpart.

Identification: Many turtles may emerge from hibernation with small plants on their back, but one emerging with a chelydran mint will be unmistakable. The plant bears a thick square-shaped stem with many complex, fractal-patterned leaves. The flower, which blooms the second it hits the spring sun, is a single five-petalled structure that is vibrant orange.

Mechanics: A creature that removes the chelydran mint from the turtle's back can eat the flower to gain resistance to all damage for one minute, as the residual turtle life-force is absorbed into them. The flower will wilt 24 hours after being removed from the turtle, and will be useless after that point. This time can be extended by using the *gentle repose*. The flower cannot be removed without killing the turtle in the process. Alternatively, if a Turtle wishes, they can undergo a ritual to fuse themselves with a chelydran mint. The ritual entails catching the seed of a watermint on their shell at the end of the growing season, then bathing in mud for three months straight. During this time, the plant will germinate and set root in the Turtle's spine, though the process is completely painless. A Turtle that successfully undergoes this ritual will have their armour class reduced permanently by 1, though they will have no need for food, so long as they are in direct sunlight, or have been exposed to at least 1 hour of direct sunlight in the past 24 hours.

TWISTHOOK TREE

Twisthook is a tree with a heavily twisting and knotted grain. Because of this, it is incredibly frustrating to work with, but when properly finished, twisthook furniture is incredibly beautiful and thus valuable.

Identification:

A member of the maple family, twisthook grows in low, wet areas, especially on the banks of rivers and wetlands. It has the classic structure of a maple but appears far more gnarled. Often this appearance leads some to think a twisthook tree is sick or dying even when it is perfectly healthy. Care must be taken when harvesting twisthook, as it grows in very similar areas to axeman's bane, another maple species with a grain so complex that it drives those who witness it to madness.

Mechanics: A creature that is proficient with woodworker's tools can make a check to create furniture out of twisthook wood. This check should be of a high DC, because of the difficulty in working with a variable grain structure. Furniture or other wooden goods made from twisthook wood are worth ten times their regular value.

ANCHORROOT

Anchorroot is a seemingly simple herbaceous plant. Looks can be deceiving, however, because anchorroot is incredibly magical in nature. One of a few known species to grow between planes, anchorroot sets its roots in both the Material and Ethereal planes. Talented apothecaries can use these roots to create various tonics that allow the drinker to interact with the Ethereal plane.

Identification: On the Material plane, anchorroot bears three whorled leaves and a single red flower on a stalk that protrudes from between them. When viewed in the Ethereal plane, anchorroot appears as three whorled red flowers with a single leaf on a stalk protruding from between them.

Mechanics: To use anchorroot as a crafting component, it must be carefully pulled from the Ethereal plane. A successful DC17 Nature, Survival, or Arcana check will allow a creature to pull it from both planes at once. As the roots come from the dirt, the body of the plant from the Ethereal plane will mirror the body from the Material plane. From there, anchorroot can be used as a component to craft the following tonics.

- Far Traveller's Tonic: the drinker of this tonic can cast *blink* at will for 1 hour.
- Far Seer's Tonic: the drinker can see into the Ethereal plane for 8 hours.
- Far Warrior's Tonic: the drinker becomes resistant to piercing, bludgeoning, and slashing damage from nonmagical attacks for 10 minutes.

The specifics of crafting each tonic, including price, DC, and other components required are at the discretion of the Dungeon Master.