



NB CHG

*Gardening for Change*

Medicinal and Useful Plants  
Spring and early summer  
availability

*Fredericton, New Brunswick, Canada, 2023*

# Hayes Farm Spring Clean-up WorkExchange



**Saturday, April 29th**

**12 Noon-3pm**

577 Hillcrest Dr, Fredericton

**LEARN** how to prune edible perennials & help us with other manual clean-up tasks to prepare for this season's programming

**CONTRIBUTE** your hands-on time & effort - family-friendly, dress for the weather & the work!

**TAKE HOME** fresh greens & spring garlic

Rain Date will be posted on our Facebook page that morning

MORE INFO: [hayesteachingfarm@gmail.com](mailto:hayesteachingfarm@gmail.com) 506-260-7932



# SEED LIBRARY BIBLIOTHÈQUE DE SEMENCES

OPEN  
MARCH 15th

OUVERT LE  
15 MARS

For more information, visit / pour plus d'informations, visitez [www.nbchg.org](http://www.nbchg.org)



To grow food  
To grow minds  
To grow community



# Disclaimer

- This is a list of locally available useful plants, many of which are wild and available in early spring and onwards. It is not a complete list, just what I consider the most interesting or useful plants
- I am not a prescriber, use these plants at your own risk, do your own research, not all plants work for all people, have fun with making your own creams and remedies
- Text in blue is what I would use it for

# What diy products I make

- Elderberry tincture (alcohol)
- Elderberry syrup (non alcohol)
- Blackcurrant tincture (alcohol)
- Plantain Salve (simple cuts)
- Multipurpose Salve (calendula, St Johns wort, lavender, plantain in oil, then made into salve) for rashes/ painful injuries
- St Johns Wort Salve: pain
- St Johns Wort Tincture (alcohol) for anxiety/depression/ pain
- Feverfew tincture for fever (have never had to use)
- Various other flowers/ plants for teas: esp yarrow and goldenrod

# Responsible Harvesting

- Leave  $2/3$  of plant to regrow
- Avoid areas which can be polluted from industry or other means
- Avoid sides of roads which have high salt, fossil fuels and other possible toxins
- Avoid areas pesticides and herbicides are used also, recent heavy flooding with river contamination

# DIY Remedies

- Tea: A tea made from fresh herbs captures between 50 and 90 percent of the effective ingredients of the plant.
- Tools: non-aluminum pot ,a strainer(optional) and a tea cup
- Average Dose: The average dosage is usually 3 to 4 cups in a day
- Ratio: Two cups water to one ounce dried herb, (1 to 2 tablespoons), or 1 cupped handful of the fresh herb. Pour hot water over herb in a closed container and leave to steep:
- Brewing time: 10 to 20 minutes. Most herbal teas benefit from a longer steeping time, the better to extract the medicinal properties. You need not throw out the leftovers either, and may want to reuse them as a “starter” for another fresh batch..



# DIY Remedies

- **Infused Oils:** used alone, or can form the basis of salves and balms.
- The general principal is simple: Oil + heat + herbs = Herbal Oil
- Not an exact science, strength can vary, important to use a good quality oil, fully cover the plant material to prevent spoiling, sufficient time to allow medicinal quality in plant to infuse into oil.
- Many ways to infuse using heat (fastest) , the sun or just a dark cupboard (slowest)
- Once the herbs have been infused into the oil, strain the mixture, bring to room temperature.





# DIY Remedies



- **Tinctures:** properties extracted with alcohol, glycerin, or vinegar. (Menstruums)
- **Alcohol** (most common) can extract fats, resins, waxes, most alkaloids, and some of the volatile oils, as well as many other plant compounds. Water is also necessary to extract the water soluble plant chemicals.
- **80 to 100 proof alcohol** such as vodka, brandy and gin provides the alcohol-water ratio you need without having to add anything.
- **grain alcohol (190 proof)** water (distilled/spring) will have to be added, research amount.
- **Herbs:** Use of one pint of menstruum to two ounces of dried herbs or about two handfuls of fresh, completely cover the herbs, leaving a couple of extra inches of liquid about the herbs to allow for swelling as the herbs absorb the liquid.
- Warm vinegar first before pouring it over the herbs.

# Aloe Vera



- Powerful antioxidant
- Reduces oral plaque
- Prevents Wrinkles
- Relieves Sunburn
- **For years, people have used the secretions of this plant to treat burns, cuts or superficial infections.**
- It's great for digestion and bowels, in juice form (be careful, should purchase aloe juice)
- Aloe latex can lead to can lead to cramps, diarrhea, and other serious problems.

# Plants to Forage



# PINEAPPLE WEED

*wild chamomile*



*grow forage cook ferment*

## Wild Camomile

- Can be found everywhere, very short plant, works same way cultivated does.

# Red Clover

**Botanical name:** *Trifolium pratense*

**Family:** *Fabaceae* (Pea Family)

**Parts used:** Top flowering parts (leaves and flowers)

**Energetics:** cooling

**Taste:** sweet, salty

**Plant Properties:** alterative, antispasmodic, nutritive, lymphatic

**Plant Uses:** cancer, whooping cough, eczema, acne, infertility, estrogen receptor modulation, lymphatic congestion, post-menopausal support, cover crop

**Plant Preparations:** nourishing herbal infusion, tincture, food, vinegar

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Red Clover

- Makes a great tea, harvest young flowers and the leaves that are with them.
- Used for menopausal symptoms and womens issues

# Coltsfoot *Tussilago farfara*

- Coltsfoot is a perennial plant that looks similar to a dandelion when it blooms in spring. This wild edible plant is unusual in that the flowers bloom and die before the appearance of any leaves
- anti-inflammatory and antitussive (cough prevention and treatment)
- Coltsfoot flowers can be eaten. They can be tossed into salads to add a wonderful aromatic flavour
- flowers and honey to make a remedy to help calm a cough or to sweeten a bitter herbal tea.
- Dried flowers can be dried and chopped up so that they can be added to pancakes, fritters, etc. Young leaves can be added to soups or stews and small quantities of fresh young leaves can be used in salads. The leaves have a bitter taste unless they are washed after being boiled.
- An aromatic tea is made from the fresh or dried leaves/flowers.



# Oxeye Daisy

*Leucanthemum Vulgare*

young leaves can be eaten raw.

leaves have a strong taste.

spring shoots are edible raw.

roots are edible raw.

unopened flower buds can be used for flavouring.

grows in fields, pastured, disturbed areas and roadsides.





And..... Yes you can eat them

- Day lily flowers and roots
- Tulip bulbs
- Trumpet lily bulbs
- And the list goes on

**Botanical name:** *Taraxacum officinale*

**Family:** *Asteraceae*

**Parts Used:** root, leaves, flowers, sap, seeds

**Energetics:** cooling, drying

**Taste:**

*leaf:* bitter, salty

*root:* bitter, sweet

**Leaf Properties:** diuretic, alterative, nutritive, digestive stimulant

**Root Properties:** alterative, nutritive, cholaretic, cholagogue, mild laxative

**Used For:** poor digestion, water retention, skin eruptions, healthy liver function. Also used as a nourishing food.

**Plant Preparations:** decoction, tincture, food, vinegar, infused oil

# Dandelion

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Dandelion

- Parts Used: Leaves, Flower, Roots
- Medicinal Uses: All plant parts when taken internally can be a digestion ally, mild laxative, can support the body's ability to absorb nutrients, and provide liver support.
- Safety Issues: For some, dandelion can be a powerful diuretic when taken in high doses or too frequently. Avoid if you have a latex allergy.
- **Personally I use for dandelion tea/ coffee or nutrition, not medicinally.**
- **Spring: young leaves**

# Lamb's Quarter

Pigweed

*Chenopodium Album*

- plants can be eaten raw.
- flower clusters can be eaten raw.
- seeds are edible raw.
- seeds can be ground into a bitter black flour.
- seeds are best cooked before being ground.
- grows in disturbed/cultivated areas in plains, foothills and montane regions.
- **warning: seeds eaten in quantity may be toxic. Raw plants should be eaten moderation due to oxalates, which interferes with nutrient absorption.**



**Horsetail** has been used for centuries. Galen (Roman physician and philosopher approx. AD 129-199), used horsetail to aid arthritis, kidney and bladder problems as well as other ailments. This multi-purpose plant has numerous healing properties that include being an anti-hemorrhagic, antiseptic, antibiotic, an astringent, cardiac as well as a diuretic. Makes an excellent healing tea and cooked horsetail can be added to soups, stews or cooked in a stir-fry.

Distinguishing Features: In early spring it has a brown stem with spore-containing cones on the top. Once the cones have released their spores this weed gives way to a different appearance by turning green. Horsetails have jointed stems with a ring of long, slender, tube-like pointed leaves with branchlets at each joint.

Flowers: No flowers.

Height: 20 centimetres to 1 metre.

Habitat: Waste areas, open fields, ditches, roadsides, areas along railroads (including the gravel ballast), alluvial forests, marshes, thickets, tundra, degraded areas as well as higher quality areas where soil is sandy or gravelly. Prefers moist soil.

Edible parts: Aerial (cooked or dried).

Horsetail



# Mullein

Properties: \*Antiinflammatory \*Antibacterial  
\*AntiViral \* Astringent \* Demulcent \* Expectorant

- Parts Used: Leaves, flowers, roots
- mild sedative/narcotic properties.
- The leaves are used in treating and dry coughs, excellent expectorant.
- Mullein tea is a traditional treatment for respiratory problems, such as chest colds, bronchitis and asthma.
- A fresh poultice of the mashed leaves make an excellent antimicrobial, astringent first aid remedy for minor burns and insect bites.
- Mullein flowers infused in olive oil are also used to ease the pain of swollen rheumatic joints..



# Mullein

- “Candlewick plant” refers to the old practice of using the dried down of mullein leaves and stems to make lamp wicks. Some say mullein stems once were dipped in tallow to make torches either used by witches or used to repel them, hence the name “hag taper.” The custom of using mullein for torches dates back at least to Roman times.
- Mullein leaf tea is slightly bitter; a tea of the flowers is sweeter. Both the leaves and flowers contain mucilage, which is soothing to irritated membranes, and saponins, which make coughs more productive. the herb has strong anti-inflammatory activity, and lab studies suggest that mullein flower infusions have antiviral properties, as well.
- **CAUTIONS:** Do not eat mullein seeds, as they are toxic. The tiny hairs on mullein leaf can also be irritating, so be sure to strain mullein leaf tea before drinking. Talk with your doctor if you are pregnant or breast-feeding.



# Plantain



- High in vitamin c, a, k,
- seeds can be eaten like rice chia, young leaves cooked or fresh
- Medicinal Uses: Externally, crushed leaves can treat many bug bites, bee stings, and even nettle rashes by reducing inflammation and pain.
- Can be used internally, as a tea, for inflammation due to excessive coughing.
- **I use as a healing salve made from oil.**

**Scientific name:** *Prunella vulgaris*

**Family:** Mint Family (Lamiaceae)

**Taste:** bitter, slightly pungent

**Energetics:** cold, dispersive

**Parts used:** aerial parts

**Plant Properties:** hemostatic, astringent, demulcent, vulnerary, hypotensive, inflammatory modulator, immunomodulator, antiviral, diuretic

**Plant Uses:** wounds, ulcers, sore throat, hemorrhoids, high blood pressure, burns, insect bites, herpes, cancer, allergies

# Self-Heal

Learn more at [www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



# Self-Heal or All Heal

- Parts Used: Flowers, Leaves
- Medicinal Uses: Externally, it aids in the healing of cuts, sores and any open wounds. It also has anti-inflammatory properties.
- Makes a nice tea along with clover and other flowers

# Spruce Tips



- Spruce trees, like pine and fir, bear cones and have needles, rather than leaves. All varieties of spruce are edible.
- The young tips of the spruce are new shoots of needles that are quite tender, unlike mature needles. They have a delicate, lemony flavor with a woody after taste.
- Spruce tips are high in vitamin C and make a great tea for warding off colds.
- Harvest spruce tips in the spring when they first emerge from their papery covering and are still light green and tender. Simply pinch the new growth off the end of the branch, and remove any of the covering

# Other evergreens to eat

- Both the spruce and the fir have needles which attach to the branch singly. Pine, on the other hand, is always attached in groups of 2 – 5 needles.
- The spruce needle is sharper than the fir, and is easy to roll between your fingers. The fir has a flat needle which won't roll.
- Pines and firs are also edible and can be quite tasty as well.

The strawberry spinach plant grows in the wild across North America. Strawberry spinach is a hardy annual that will survive light frosts. It is more heat tolerant than real spinach. The leaves are used like spinach, either raw or cooked, the fruit is nothing like strawberries except that they are red. The fruit is juicy and a nice addition to salads. It self seeds and will start growing early in the spring along with other wild spring edibles. The seeds are very tiny; start early indoors if you wish to make sure you know where they are planted, otherwise you can plant them outside, several inches apart in full sun and water regularly.



# Wood Sorrel

## Wild Edibles-The Delicious, Lemony, Medicinal

Wood sorrels are my favorite wild edible. They're from the oxalis (ox-AL-iss, meaning "sour") family, and there are sorrels found at every location on the rotation except at the north and south poles. The best part? They're VERY hard to mis-identify, especially when you take into account their VERY distinctive taste.

Another thing I love about the wood sorrel is the fact that it's useful for edible *and* medicinal purposes. I'll explain that later. **MAKE SURE YOU READ ABOUT THE WARNINGS BEFORE YOU EAT TOO MUCH!**

## Identification

The plant, which is widely considered to be the plant that St. Patrick used to demonstrate the Trinity to the ancient Irish, is distinguished by its clover-like leaves, arranged alternately along the stem, divided into 3 heart-shaped leaflets.

Yellow wood sorrels and creeping red wood sorrels have dainty yellow flowers that occur in clusters, they spring out from long stalks at the leaf axils. (In the photo above, the yellow flowers are hidden beneath the outer green covering.) Individual flowers consist of 5 yellow petals that are 4 to 9 mm long.



# Violet

*Viola Ssp.*

- plants are edible raw.
- varieties in New Brunswick are **Early blue violet** (*Viola adunca*), **Canada violet** (*Viola canadensis*), **Wild pansy** (*Viola tricolor*) and **Marsh violet** (*Viola palustris*).
- grows in plains, foothills, montane, and subalpine regions.



Both the leaves and blossoms are edible, either raw or cooked, and are extremely high in vitamin C, make into jelly, syrup or vinegar, also [salads or a tea](#). Violets leaves are highly medicinal, with a soothing mucilaginous property (coughs and colds), they are antioxidant, anti-inflammatory, and a blood cleanser. They are good for coughs and colds, and can be made into Violets can also be used topically for skin conditions like eczema, dry skin, bug bites, and varicose veins.



# Willow (*Salix spp.*)



- Parts Used: Bark, Leaves
- Medicinal Uses: Anti-inflammatory, nature's aspirin, eases pain both internally and externally, reduces fever, can help boost the immune system, aids in menstrual pains, helps relieve headaches.
- Use as tea or tincture
- Safety Issues: This plant contains salicin - if you are sensitive to aspirin avoid using willow.

# Blackberry

- Parts Used: **Leaves**, Roots, **Berries**
- Medicinal Uses: **Tea** made from bark and leaves, used internally, can aid in symptoms of diarrhea and inflammation
- Chewing leaves, bark, or gargling tea can aid in mouth or throat irritations.

# Black Currant

- **Also black currant leaves as a tea/ berries as a tincture for immunity**

# Raspberry Leaf

**Botanical Name:** *Rubus idaeus*, *R. occidentalis*, *Rubus* spp.

**Family:** Rosaceae (rose)

**Parts Used:** leaves, berries

**Energetics:** cooling, drying

**Taste:** sour

**Plant Properties:** astringent, nutritive, parturient, tonic

**Plant Uses:** preparation for labor, dysmenorrhea, mouth sores, diarrhea, leukorrhea, nutrient dense food

**Plant Preparations:** tea, food, tincture

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Plants to think of Growing



**Common names:** pot marigold, garden marigold (not be confused with *Tagetes* spp. marigold)

**Botanical name:** *Calendula officinalis*, *C. arvensis*

**Family:** Asteraceae

**Parts Used:** flower buds, flowers, leaves

**Plant Taste:** pungent, bitter

**Plant Energetics:** warming, drying

**Plant Properties:** astringent, vulnerary, inflammatory and immune modulating, antimicrobial, hepatic, lymphatic, antispasmodic, emmenagogue, slightly demulcent

**Plant Uses:** numerous skin issues from eczema to wounds to chicken pox, conjunctivitis, ulcers, minor infections, UV protection, mastitis, radiation protection, stagnant lymph, delayed menses

**Plant Preparations:** infusion, poultice, tincture, vinegar, food, oil, salve, succus (juice)

[www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)

# Calendula



# Calendula

- Great to protect veggies from 'bad bugs'
- Reduces pain and swelling, Eases muscular disorder. Ulcers, deep cuts/ wounds heal faster
- Repels mosquitoes naturally
- Antimicrobial, anti-inflammatory
- Maintains regularity in the menstrual cycle
- To be safe, avoid the herb if you're allergic to marigold, pregnant or lactating.
- **I use in oil to make skin salves**

**Botanical name:** *Matricaria recutita*

**Family:** Asteraceae

**Parts used:** flowering tops

**Plant Energetics:** sweet, bitter, neutral temperature

**Properties:** nervine, carminative, diaphoretic, mild sedative, antispasmodic, vulnerary, anti-inflammatory

**Used for:** irritability, restlessness, insomnia, indigestion, dyspepsia, gas, fevers, colds, flu, teething, colic, whining, externally for burns, rashes, conjunctivitis

**Plant Preparations:** Tea, tincture, compress, essential oil, infused oil, hydrosol

# Chamomile

[www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



# Chamomile

- **Uses:** Used as a sedative for anxiety and relaxation, treats **Insomnia**, reduces stress wounds and other skin conditions,,
- Chamomile is used as a **tea** or applied as a compress. Chamomile may interfere with the way the body uses some medicines, causing too high a level of the medicine.
- Use the flower heads of this medicinal herb for **infusions** and salves to relieve indigestion and colic, anxiety and tension, and skin inflammations and irritations.
- Preserve by dehydrating



**Botanical name:** *Symphytum officinale*

**Family:** Boraginaceae

**Parts used:** leaves, root

**Taste:** sweet, salty

**Energetics:** cooling, moistening

**Plant Properties:** cell proliferant, nutritive, demulcent, expectorant, vulnerary

**Plant Uses:** External use for healing of clean wounds, broken bones, pulled ligaments/sprains, varicose veins, burns, and hernias. Internal use with caution for coughs, ulcers, internal bleeding, hemorrhoids. Garden amendment.

**Plant preparations:** infusion, decoction, oil, poultice

# Comfrey

[HerbsWithRosalee.com](http://HerbsWithRosalee.com)



# Comfrey(comfort)

- make a comfrey poultice that speeds healing by promoting circulation. In herbal lore comfrey is known as knitbone or boneset. Practices vary from wrapping whole bruised leaves around the injury to applying warm poultices made from comfrey leaves and/or roots
- harvest a few robust roots and dry them, then store the dried comfrey roots in a dark, cool cabinet to treat injuries
- Not recommended to be taken internally and not to be used on broken skin
- Great as a mulch, for compost tea to feed plants, etc

**Botanical Name:** *Lavandula angustifolia*, other *Lavandula spp.* and cultivars

**Family:** Lamiaceae (Mint)

**Parts Used:** flower buds, aerial parts

**Energetics:** warming

**Taste:** pungent, bitter

**Plant Properties:** aromatic, antimicrobial, analgesic, relaxing nervine, carminative, cholagogue

**Plant Uses:** bacterial and fungal infections, tension, poor sleep, anxiety, pain, wounds, burns, depression, headaches, dyspepsia, bug bites, insect repellent

**Plant Preparations:** tea, tincture, essential oil, culinary

# Lavender

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Lavender

- Smelling this medicinal herb has been shown to calm and relax.
- It also eases pain ,applied to cuts and bruises functions as an antiseptic. Since classical antiquity, people have used lavender for its anti-inflammatory and antiseptic properties.
- its fragrance can help with anxiety, migraine, insomnia and depression.
- **I preserve in oil and use to make salves**
- **Also in tincture form to preserve the scent as a spray.**

# Lemon Balm

**Scientific name:** *Melissa officinalis*

**Plant Family:** *Lamiaceae* (mint)

**Plant energetics:** cooling and drying, aromatic

**Parts used:** aerial leaves, just before flowering

**Plant Properties:** relaxing nervine, anti-viral, relaxing diaphoretic, aromatic digestant, antispasmodic

**Used for:** anxiety, nervousness, stress, viral infections, bug bites, nervous digestion, fevers, coughs

**Plant Preparations:** tea, infusion, tincture, essential oil, infused oil, strewing herb, culinary

Learn more at [www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



# Lemon balm

- A relative of mint, lemon balm is a versatile medicinal herb that helps relieve anxiety, insomnia, wounds, herpes, insect bites, flatulence, and an upset stomach. It also speeds the healing of cold sores.
- Great in water as a flavoring or in tea
- Dehydrate is easiest way to preserve
- **I use for a relaxing tea**

# Peppermint

**Botanical name:** *Mentha x piperita*

**Family:** Lamiaceae

**Parts used:** aerial portions (mainly leaves, flowers)

**Properties:** aromatic, carminative, anodyne, stimulating nervine, anti-spasmodic, stimulating diaphoretic, anti-emetic

**Used for:** stomach upset, hiccups, bad breath, colds, flu, fever, sinus congestion, gas, nausea, spasms, headaches, externally to soothe itching and inflammation of the skin

**Plant preparations:** tea, tincture, wash, essential oil, culinary

Learn more at [www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



# Peppermint

- Eases stomach disorders, Fights bad breath
- Reduces stress
- Better the immune system
- Relaxes muscle pain
- If you have digestion or gas, sipping tea made of this medicinal herb might provide relief. It's also been shown to help soothe headaches.
- **I use in tea especially after a heavy meal**
- **Dehydrating is the best way to preserve**



# St. John's Wort

**Botanical Name:** *Hypericum perforatum*

**Family:** *Hypericaceae*

**Parts Used:** flowering tips including buds (preferred), flowers, and leaves

**Plant Taste:** slightly bitter, pungent and sweet

**Energetics:** neutral, drying

**Plant Properties:** nervous system trophorestorative, vulnerary, alterative, relaxing nervine, anti-viral, astringent, hepatic, modulates inflammation

**Plant Uses:** stagnant depression, nerve pain, cold sores, liver stagnation, viruses

**Plant Preparations:** oil, tincture, tea

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Saint John's wort (Flower , leaf)

- Saint John's wort is used as an antidepressant.
- A side effect is sensitivity to light, but this is only noted in people taking large doses of the herb.
- St. John's wort can cause a dangerous interaction with other commonly used medicines. Always talk with your healthcare provider before using this herb.
- **I use topically for arthritis pain/ pain/ and in salves for wounds, in tincture for depression**

# Yarrow

**Botanical name:** *Achillea millefolium*

**Family:** Asteraceae (Aster)

**Plant Taste:** bitter, pungent/aromatic

**Plant Energetics:** harmonizing

**Parts Used:** flowers, leaves, roots

**Plant Properties:** astringent, relaxing diaphoretic, antiseptic, diuretic, anodyne

**Plant Preparations:** tea, tincture, smudge, poultice

**Used For:** fevers, bleeding, wounds, infections, UTIs, fibroids, varicose veins, hemorrhoids

[www.HerbalRemediesAdvice.org](http://www.HerbalRemediesAdvice.org)



# Yarrow

- Parts Used: Leaves, Roots, Flowers
- Medicinal Uses: Used internally, the tea reduces fevers, can lower blood pressure, is anti-inflammatory, and aids with symptoms of diarrhea. Externally, it slows bleeding when applied topically to wounds in the form of a poultice.
- I use for a tasty tea, dehydrates easily to preserve.
- Safety Issues: Should not be taken extensively when pregnant.



**Scientific name:** Verbascum thapsus, V. olympicum, V. densiflorum, V. virgatum, V. blattaria, V. spp.

**Family:** Scrophulariaceae

**Parts Used:** roots, leaves, flowers

**Energetics:** roots: warm, dry

leaves: cool, moist

flowers: cool, moist

**Taste:** sweet, salty

**Plant Properties:** pectoral, demulcent, relaxant, lymphatic, modulates inflammation, possibly antiviral

**Plant Uses:** relaxes lungs, soothes sore lungs, calms asthma, alleviates dry coughs, strengthens bladder muscles, addresses back pain, relieves earaches, tightens tissues of hemorrhoids

**Plant Preparations:** tea (flowers), nourishing herbal infusion (leaves), decoction (roots), tincture (all parts), fomentation (leaves), infused oil (flowers), smoke (leaves)

# Mullein

[HerbalRemediesAdvice.org](http://HerbalRemediesAdvice.org)



# Usnea aka old mans beard

- Usnea is a greyish-green lichen with medicinal properties that grows on trees, rocks, and shrubs. It's often referred to as Old Man's Beard due to its resemblance to an old man's beard. Pulled apart it has a white core (used to ID), don't pull off trees as it is slow to grow.
- an immune system tonic with powerful antibiotic and antiviral properties.
- It has amazing benefits for the respiratory system and can effectively help to heal bronchitis, pneumonia, sinus infections, strep throat, colds, flus, and other respiratory complaints. Usnea is also highly beneficial for urinary tract and kidney infections.
- A powerful locally-sourced immune medicine to turn to when you're starting a cold or flu coming on. When taken at the onset of a cold or flu, when your immune system is working like crazy to respond, Usnea's antibacterial properties can disrupt the metabolic function of bacteria and prevent the bacteria from reproducing.
- Edible but not tasty, best made into a tincture

