



BURDOCK

(*Arctium lappa*, *Arctium minus*)

Origin – It is native to the old world.

History - It is one of the foremost detoxifying herbs in both Chinese and Western herbal medicine.

Nutrients – It contains dietary fiber, calcium, potassium, amino acids and polyphenols.

Health Benefits – It is used to treat conditions caused by an ‘overload’ of toxins, such as throat and other infections, boils, rashes and other skin problems. It may be most effective for psoriasis if used over a long period of time. The root is thought to be particularly good at helping to eliminate heavy metals from the body. The plant is also part of a North American formula called essiac, which is a popular treatment for cancer. Its effectiveness has never been reliably proven or disproven since controlled studies have not been carried out. The plant has antibacterial, anti-fungal, carminative properties. It has soothing, mucilaginous properties and is said to be one of the most certain cures for many types of skin diseases, burns, bruises, etc. It is used in the treatment of herpes, eczema, acne, impetigo, ringworm, boils, bites, etc.

Description – It has coarse, wavy-edged leaves with white woolly undersides grow as large as 2 feet long and 1 foot wide. Burdock has a two-year life cycle; in mid-spring of the second year it sends up a central stalk from 2 to 9 feet tall with purple thistle-like flowers that will bloom in midsummer. Burdock can be recognized by the brown burs that stick to clothing. The root is dark brown with a creamy white interior and can grow several feet long and 3 inches in diameter.

Where to Get - Sand Mountain Herbs

CHICORY

(*Cichorium intybus*)

Origin – It is native to Europe, particularly the Mediterranean.

Health Benefits – It is used as an appetite stimulant, as a tonic in treatment of gallstones, to treat sinus problems, and heal cuts and bruises.

Description – It looks similar to dandelion with toothed, green leaves. Grows in sunny locations with poor soil. Violet blue flowers open in the morning and close in the afternoon.

HORSEWEED

(*Conyza canadensis*)

Origin – It is native to north and Central America.

Health Benefits – It has diuretic properties and used to treat diarrhea, kidney stones, diabetes, and nosebleeds. It produces an allergic reaction in some people.

Description – It grows upright in a basal rosette, growing 4-5 feet tall. The inflorescence is a panicle of heads with white to pink flowers and is commonly spread by seed.

GROUND IVY, CREEPING CHARLIE (*Glechoma microcarpa*)

Origin – It is native to Europe and southwestern Asia

History – Its medicinal qualities have been known since the days of ancient Greece and Rome. It was imported to America by early European settlers. It was also widely used by the Saxons in brewing beer as flavoring, clarification, and preservative, before the introduction of hops for these purposes.

Nutrients – It contains Vitamin C.

Health Benefits – The juice contains diuretic properties and can be applied topically as an astringent. The fresh herb can be rinsed and steeped in hot water to create an herbal tea, which is rich in vitamin C. The essential oil of the plant has many potent medicinal properties. The plant has been used for centuries as a general tonic for colds and coughs and to relieve congestion of the mucous membranes. It has been demonstrated to have anti-inflammatory properties and be useful in the prevention and treatment of scurvy.

Description – It is a creeping perennial with round or kidney shaped leaves, usually found in moist, shaded areas, but also does well in full sun. It has funnel-shaped flowers that are light blue to lavender and form in clusters. It commonly spread by stolons, but also spreads by seed.

PLAINTAIN (*Plantago major*, *Plantago lanceolata*)

Origin – It is native to Europe and north and central Asia.

Health Benefits – It has anti-microbial and anti-inflammatory properties and contains natural chemicals that stimulate wound healing. The crushed leaves made into a poultice are excellent for treating bug bites, stings, and minor cuts and wounds.

Description - Both species grow in a circular cluster, with leaves that are joined at the stem and have distinct parallel veins. *P. major* has broad, oval leaves that are close to the ground. It sends up a slender central stalk in mid-spring that is densely covered with tiny white flowers. *P. lanceolata* has long, narrow lance-shaped leaves that stand upright, with a slender flower stalk and a short, cylindrical flower head.

Where to Get - Sand Mountain Herbs

PURSLANE (*Portulaca oleraceae*)

Origin – It is native to India and the Middle East

History- It is known as “Sanhti or Punarva” in North India it is known to act as a liver tonic and is used in diseases of the liver.

Nutrients – It is a source of Vitamin A, C and E, plus contains an omega-3 fatty acid.

Health Benefits - In Greek popular medicine, purslane is used as a remedy for constipation and inflammation of the urinary system.

Description - It has smooth, reddish, mostly prostrate stems and alternate leaves clustered at stem joints and ends. The yellow flowers have five regular parts and are up to 6 mm wide. The flowers first appear in late spring and continue into mid fall. The flowers open singly at the center of the leaf cluster for only a few hours on sunny mornings. Seeds are formed in a tiny pod, which opens when the seeds are ready. Purslane has a taproot with fibrous secondary roots and is able to tolerate poor, compacted soils and drought.

Where to Get: Bakers Creek

SHEEP'S SORREL

(Rumex acetosella)

Origin – It is native to Europe and Asia.

Nutrients – It contains beta carotene, tartaric acid, and oxalates.

Health Benefits – It is best known as an ingredient of Essiac, a Native American anti-cancer remedy. It also is used in folk remedies to treat inflammation, diarrhea, scurvy and fever. The leaves can be made into a tea for use as a diuretic and they also contain astringent properties.

Description – Its leaves are produced in a basal rosette and have smooth margins. It has a shallow yellow taproot; male flowers are yellow-green and female flowers are reddish-brown and produced all summer long.

Where to Get - Bakers Creek

CHICKWEED

(Stellaria media)

Origin – It is native to all temperate and north Arctic regions

History- It has naturalized itself wherever the white man has settled, becoming one of the commonest weeds.

Nutrients – It contains Vitamin C and flavonoids.
Health Benefits – It treats kidney ailments, coughs, and obesity; Chickweed was reportedly used at times for food. It enjoys a reputation in folk medicine for treating a wide spectrum of conditions, ranging from asthma and indigestion to skin diseases such as eczema and psoriasis. It is sometimes used to alleviate itching secondary to insect bites.

Description – It has opposite, hair covered leaves. The flowers are white with 5 notched petals. It spreads by seed, but can also root itself at the nodes.

Where to Get - Sand Mountain Herbs

DANDELION

(Taraxacum officinale)

Origin – It is native to temperate areas of the Northern hemisphere of the old world

History - The first mention of the medicinal qualities of dandelion date back to Arabian physicians of the tenth and eleventh century. The genus name, *Taraxacum*, is derived from the Greek *taraxos* (disorder) and *akos* (remedy) due to the plant's recognized healing actions. The species name, *officinale*, means, "used in the office or the workshop." Both the roots and leaves are used medicinally. The English name dandelion is a corruption of the French *dent de lion*, meaning lion's tooth, referring to the coarsely-toothed leaves. In modern French the plant is called *pissenlit*, which means "urinate in bed", apparently referring to its diuretic properties. Likewise, "pissabeds" is an English folkname for this plant.

Nutrients - The leaves are high in vitamin A, vitamin C and iron (carrying more iron and calcium than spinach), luteolin, potassium, and an antioxidant.

Health Benefits – It is used as a high cholesterol treatment, potassium-rich diuretic, liver stimulant. It is considered a tonic (tones the body), helps reduce water weight gain, used as a mild laxative, helps to eliminate toxins from the blood, promotes healthy digestion and will soothe an irritated stomach, acts as an anti-rheumatic, helps support the liver and kidneys, keeps the bowels in a healthy condition, stabilizes blood sugar, reduces blood pressure, has shown anti-tumor properties and clears the skin of impurities. The milky juice from the stems and leaves acts as a fungicide and has antibacterial properties. The juice has been shown to be effective in the treatment of warts (helping get rid of them without damaging

the surrounding skin), corns, stings and blisters. The milky latex has been used as a mosquito repellent.

Description - The leaves are 5-25 cm long, simple and basal, entire or lobed, forming a rosette above the central taproot. As the leaves grow outward they push down the surrounding vegetation, such as grass in a lawn, which kills other plants by cutting off their access to sunlight. A bright yellow flower head (which is open in the daytime but closes at night) is borne singly on a hollow stem (scape), which rises 4-30 cm above the leaves and exudes a milky sap (latex) when broken. A rosette may produce several flowering stems at a time. The flower head is 2-5 cm in diameter and consists entirely of ray florets.

Where to Get - Sand Mountain Herbs

RED CLOVER

(Trifolium pratense)

Origin – It is native to Europe, western Asia, and northwest Africa.

History- Pratense is Latin for ‘found in meadows.’

Nutrients – It contains an abundance of nutrients, including antioxidant vitamins and minerals.

Health Benefits – It has tonic properties. It also helps to relieve coughs and chest congestion because of its anti-spasmodic and mucus-loosening properties, and helps relieve allergies.

Description – It has oval leaves that grow in groups of three with distinctive white “V” markings in the center. Thimble-size pink to purplish-red flower heads appear in early spring. Plant can grow up to 18 inches tall.

Where to Get - Sand Mountain Herbs

NETTLE

(Urtica dioica)

Origin – It is native to Europe, Asia, northern Africa, and North America.

Nutrients – It is rich in nutrients, including calcium, magnesium, iron, potassium, vitamin C, carotenes, and amino acids.

Health Benefits – It has tonic properties, strengthens the body, used for alleviation of allergies, and has anti-itch properties.

Description – It has toothed, pointed dark-green leaves with a heart-shaped base that grows in opposite pairs on a ribbed, hollow stem that grows 1 to 5 feet tall. Clusters of inconspicuous green flowers appear at the base of the leaves in late spring.

Note: This plant is also known as stinging nettles because it is entirely covered with tiny hairs that cause intense stinging upon contact.

Where to Get - Sand Mountain Herbs

MULLEIN

(Verbascum thapsus)

Origin – It is native to Europe, northern Africa, and Asia

Health Benefits - A tea made from dried mullein leaves relieves congestion, soothes irritated respiratory passages, and helps treat respiratory infections such as bronchitis. It has emollient and astringent properties and is used topically for a variety of skin problems.

Description – It has large, broad gray-green velvety leaves that grow in a circular pattern and are joined at the base of the stem. Like burdock, mullein (pronounced mull-in) has a two-year life span. A yellow flower spike 8 feet tall appears during the second year.

Where to Get - Baker Creek