DOCK

Rumex crispus
'emotins'
sm amt. laxative
lg amt. diarrhea
liver
lungs
blood cleanser
inflammation
diuretic

(H) seeds Fall infuse in Rum for throat

(H) Leaf Spring cook like spinach 2x

(H) Spring

protein

potassium

vitamin A/C

calcium

IRON

m. m. ph. selinum

(H) FALL

Toxin FLUSH
burdock, dandelion
red clover
ACNE, ECZEMA
PSORIASIS and
FUNGAL infections
unbalanced MENSES
increases FERTILITY

caution: contains oxalates
irritating digestion, kidneys.
diabetes 1 or 2, stone formation

Rumicin ~ anti microbial
Glycosides ~ nutrient absorption
and detoxifying
BITTER TONIC for digestion.
+ helps to release stored FERRITIN
from the liver. Binds to heavy
metals like lead + arsenic

PINEAPPLE WEED

Matricaria discadea

Sundance

Sweet lodge

(H) flower Summer
teas, salads, baking
smoothies, muffins
♡ burn, stomach upsets
gas
DREAM PILLOW ~ insomnia, anxiety
BUG REPELLENT ~ infuse OIL or FRESH
antispasmodic, carminative, galaclogogue
sedative, skin, vermifuge
caution: allergies to ragweeds.

LAVENDER

(H) flower before they open
aphrodisiac, insomnia
nervous stomach, anxiety
flatulence, colic, depression
headaches, ↓♥ rate,
blood pressure.
Analgesic, antispective
expectorant, nervine
In Spain ~ teas used
for diabetes + insulin
resistance

skin
hairloss

· Dandruff tea ~ cool and
use as a rinse.
· Sachets – dryer sheets
· seasoning – meat/grains.
recipe ½ peach, wrapped in
bacon, sprinkle lavender

ACER MAPLE Rubrum/saccharum

(H) Seeds + sprout (H) flowers + stirfry
(H) inner bark for sore throats
Astrigent/carotenes/tannins/anthocyanins

SALIX Alba willow

internally — massage oil

(H) Inner bark Spring ~ BEST before sap
(H) Leaf Spring
(H) branches Fall – basket making
edible CATKINS raw/fried/soups
Salicin ~ pain, inflammation, antiseptic

TILIA CORDATA Linden flower

· nasal passages
· insomnia
· baths
· coughs
· lungs
· skin
· flush kidneys
· nervous tension
· mucus buildup

MALLOW

Malva neglecta

with honey for tired eyes

Leaf
nutrient rich
Cooling
upset stomaches
flower
wounds
infuse OIL
Roots
Seed
soothing
all parts edible
mucilaginous
chop into soups
vitamin A+C, calcium, iron

Calendula officinalis

(H) flower head or petals
· juice for wounds
· Strong antiseptic
· improves circulation
· gargle for sore throats
· internally → bile secretion → digestion → bowels.

ANTI
· inflammatory
· microbial
· fungal
· viral
INFUSE into OIL
wilt flower 12 hrs before

fb. Earth Awareness Realized Through Health

(H) ROOT BACK
↑↑ tannins ~ astrigent
decotion 1 oz
in 1½ pint H20
reduce ½ to 1 pint
½ c tea every 1-2
hrs ~ diarrhea
whooping cough.

malic, citric, pectin, iron, vit c,
antioxidant

BLACKBERRY Rubus

(H) young LEAF ~ tanins dry up
intestinal membranes 4 diarrhea.
combines well w SAGE aiding in digestion
1ST AID – CHEW LEAF – cankers + sore gums