

RED CLOVER HERBAL APOTHECARY FARM SPRING HERBS



Stinging Nettles (*Urtica dioica*)

leaf, root and seeds

One of my very favorite herbs

- Use as a tea or in plant extracts. Use as a food - saute in olive oil with garlic, add to pasta dishes, make Nettle leaf lasagna. Use the dried seeds at end of growing season
- Stinging nettle is a powerful source of many nutrients, calcium, manganese, magnesium, vitamin K, carotenoids, and protein
- Because of its high mineral content, Nettle strengthens bones, hair, nails, and teeth.
- Nettles build red blood cells so boosts iron levels. Many women use this instead of iron pills when pregnant. Restoring iron levels can also relieve fatigue.
- Nettles natural histamine may decrease seasonal allergic responses, such as hay fever. Suggested use for allergies - make a strong nourishing infusion (1 ounce of nettle leaf by weight, infused in 32 ounces of just-boiled water for 4-8 hours) Drink this daily in the time leading up to allergy season. This often eliminates or strongly decreases allergy symptoms
- There's the old tale of Elders running naked through the Nettle patches. Stinging nettle hairs contain several chemicals that have pain-relieving and anti-inflammatory properties. This means that stinging nettle could help reduce pain and inflammation in conditions such as arthritis.
- Nettle stings contain histamine that causes the initial reaction when you are stung. Dock leaf sap contains natural antihistamine, which helps to ease the stinging sensation.
- Stinging Nettle seed is currently being used in clinical practice as a trophorestorative for degenerative kidney disease. A trophorestorative nourishes and restores the function of a tired, compromised, diseased tissue, organ, or system.
- In Europe, Nettle root is widely used for the treatment of benign prostatic hyperplasia (BPH) , or prostate enlargement.
- On the farm we use Nettles in a 'Super Food Tea' blend, in our 'Bone Boost Support Plant Extract' and the root in a 'Healthy Prostate Plant Extract'



Dandelion (*Taraxacum officinale*)

leaf, flower and root

- Use in plant extracts, teas, leaves on salads, topical oil, dried and ground for coffee substitute (along with Chicory root)
- In the Springtime the root is dug up while the energy is still in the ground before it fully leafs out and flowers.
- Dandelion is used to support the liver and gall bladder function and to support the detoxification process. It's helps breakdown excess hormones released during the menstrual cycle.. It's helpful for chronic constipation due to poor digestion. In turn a healthy liver can also clear up skin issues. You can dry it for tea to use later or make a plant extract.
- Dandelion root is a rich source of inulin (a pre-biotic fiber) that stimulates the growth of healthy bowel flora.
- The leaves are an excellent bitter tonic that stimulate digestive enzymes. These enzymes help break food down into smaller particles so they can pass through the small intestinal wall, enhancing absorption of minerals from food,
- Dandelion is a rich source of vitamins A, B complex, C, as well as minerals the minerals iron, potassium, and zinc
- Dandelion leaf is one of our best diuretics herb wise. Diuretic herbs increase urination. Many pharmaceutical diuretics leech potassium out of the body, which can be dangerous. Dandelion adds potassium to the body at the same time as it increases urination. It has been used successfully for edema for many people. It is also known as 'piss in the bed' because if taken before bed may cause some to wet the bed.
- The roots are used in some coffee substitute and the flowers are used to make Dandelion wine.
- An oil made of the dried flower is used for topical pain relief.
- We use Dandelion root in our 'Cooling the Fire for Women Plant Extract,' and in our 'Gentle Liver Detox Support Plant Extract'



Burdock (Arctium lappa)

Root and seed

- Use in plant extract, teas, pickles
- Just like the Dandelion, Burdock root is dug up in the Springtime while the energy is still in the ground before it fully leafs out. First year plant is best to use. You'll know when you dig it up because a 2nd year root will be woody.
- Burdock is a mild alterative, gently increasing lymphatic, kidney and liver function. An alterative gradually restores the proper function of the body and increases health and vitality.
- Burdock root is indicated for chronic lymphatic swellings, cystic breast disease, chronic skin diseases with inflammation and has a long history of use in 'cancer formulas.
- Eat this raw grated in a salad, pickle it apple cider vinegar with the Mother, dry it for use as a tea later.
- Burdock root also contains a rich source of inulin (a pre-biotic fiber) that stimulates the growth of healthy bowel flora.
- The seeds are mostly used internally for skin conditions
- A Swiss engineer invented Velcro by observing how the Burdock burrs stuck together.



Yellow Dock (*Rumex crispus*)

Leaf and root

- use in plant extracts, teas, fresh leaf for Nettle sting
- Just like the Dandelion root and Burdock root, Yellow Dock root is dug up in the Springtime while the energy is still in the ground before it fully leafs out.
- Yellow dock is the plant with the rust colored flowers standing out in the field. The color looks like it's been sprayed with some kind of herbicide and is dead, but this color is part of it's 'doctrine of signature' This means that what a plant looks like cues you into what it is good for. Rust is the same color of iron and Yellow dock is used as a minor supply of iron, assisting the body with the absorption of iron.
- Yellow Dock is also an alterative like Burdock. An alterative gradually restores the proper function of the body and increases health and vitality.
- Yellow dock gently helps the liver detox just a Dandelion root and Burdock root. It helps with constipation, a toxic liver and skin issues.
- The juice from the leaves can be used to pull rust and mildew stains off linen, silver, and wicker
- The leaves help counter the sting of Nettles.
- We use Yellow dock in our 'Gentle Liver Detox Support Plant Extract'



Cleavers (*Galium aparine*)

Aerial parts

- use in plant extract, teas
- Cleaver is also called 'Bedstraw'. When harvested, Cleavers cleaves (clings) to one another. The plants do not mat down easily and has been used as a mattress.
- Cleaver is one of the best supportive herbs we have for our lymph system. Our lymphatic system is the garbage disposal of our body, transporting waste products out of our body. The cleaner our lymphatic system, the better able we are to ward off infections. It is used for enlarged lymph nodes and lymphedema in post mastectomy patients.
- Cleavers is a mild non-irritating diuretic used for irritation and inflammation of the bladder, urethra as in UTI's, cystitis and BPH – benign prostatic hypertrophy.
- We use Cleavers in our 'Rejuvenating Lymph Plant Extract' and in our 'Rejuvenating Lymph Tea'



Chickweed (*Stellaria media*)

aerial parts

- use in plant extracts, teas, salads, topical oils and salves
- *Stellaria media* means star in the middle and this is what the flower positioned within the plant looks like.
- Chickweed is a traditional spring tonic and is a great addition to salads. It's very nutritious, high in chlorophyll, vitamins A & C, and minerals calcium, magnesium, phosphorus, and potassium.
- If you make a tea of dried chickweed you may see a foamy substance that rises to the top. This is from the saponins in Chickweed. They're soap-like substances that increase the permeability of cells. This quality helps our bodies to absorb more nutrients while also helping break down waste products, including excess mucous, toxins and fat cells. This makes it a perfect spring herb to turn to when our bodies need to wake up and lighten up after a long winter.
- Chickweed is a demulcent herb. This means it's rich in mucilage and can soothe, cool, moisturize and protect irritated inflamed tissue, internally and externally. For this purpose it is used for colitis, sore throat, itchy or inflamed skin, eczema, burns and sunburn.
- We use Chickweed in our 'Spring into Summertime Herbal Tea Blend' and in our 'Effective X Herbal Salve'



Violet (*Viola odorata*)

leaf and flower

- use in extracts, on salads, in teas, salves and topical oils
- Violet leaves and flowers are edible and add beauty to a salad
- A syrup of the flowers can soothe an irritated and hot throat.
- Violet can be used for a dry cough, extract or tea form
- It is soothing and healing to dry, rough and itchy rashes
- Violet's most famous use is to dissolve cysts, lumps, and fibrotic tissue of the breast. You can make an oil and apply, use as a poultice on the breast or take internally as tea or extract.
- We use Violet flowers in our 'Effective X Salve'



Motherwort (*Leonurus cardiaca*)

leaf and flower

- use as a plant extract, a tea
- the name *Leonurus cardiaca* speaks of its uses. *Cardiaca*, *cardiac*, refers to the heart. Motherwort calms heart palpitations caused by hyperthyroidism, nervousness, stress related elevated blood pressure and white coat hypertension (when your blood pressure is higher when you go to the doctor).
- Motherwort is cooling and helpful for hot flashes especially when accompanied by heart palpitations
- We use Motherwort in our 'Cooling the Fire for Women Plant Extract.



Creeping Charlie (*Glechoma hederacea*)

also known as gill-over-the-ground and Alehoof
leaf and flower,

- use in teas, plant extracts
- For centuries Creeping Charlie was valued as a flavoring herb to clarify and flavor beer before hops became the standard.
- Creeping Charlie remediates the soil, meaning it takes up the chemicals that are in the soil. Lead is one of the heavy metals it pulls out of the soil. Creeping Charlie also pulls heavy metals out of the body. Heavy metals tend to collect in the fatty tissues of the body particularly the breast and liver. So it's great for women who have reoccurring breast infections (mastitis) and persons who work in an environment and are exposed to heavy metal toxins. Using Creeping Charlie plant extract 2-3X per day for 3 days is suffice for most. If you use too much Creeping Charlie you can start to pull good heavy metals out of your body such as zinc, copper, chromium, iron, and manganese
- A pot of tea was kept brewing in 14th, 15th century painting of Cathedrals. It was known as 'painters tea' and kept the lead in the paint the artist were using from attaching to their bodies.
- Creeping Charlie is good for catarrh (old stuck mucous) in the upper respiratory tract.
- It can also be helpful for tinnitus in some



Plantain (Plantago major)

leaf

- Use as tea, plant extract, spit poultice, oil and salve
- Plantain has a strong pulling power and in the past was used topically for blood poisoning. The 'doctrine of signature' is the red vein that runs at the bottom of the stem up a ways. Plantain is very helpful as a spit poultice for bee stings and other insect bites. It has a rich source of chlorophyll and allantoin, which speeds healing of skin
- I use Plantain with Creeping Charlie and Red clover to pull out old stuck mucous in sinus area.
- Plantain is used for its demulcent qualities. Rich in mucilage, it soothes, cools, moisturizes and protects irritated inflamed tissue, internally and externally, particularly in the stomach, bladder and vaginal tract. Plantain is useful for gastritis, gastric and duodenal ulcers, ulcerative colitis, and interstitial cystitis.
- We use Plantain in our 'Gut Health Tea' and in our 'Return to Health Salve'



Catnip (*Nepeta cataria*)

leaf and flower

- used in tea, plant extract and as dried herb
- Catnip is specifically indicated when digestive upsets are caused by nervous tension. I like to combine it with Chamomile and/or Lemon balm for nervous tension held in the gut. It is used for flatulence, nausea, gastritis, gastric ulcers and irritable bowel syndrome.
- It's very helpful in for babies with colic and useful for children's fevers, nausea, insomnia, and hiccoughs.
- It is a kind of an excitable 'high' for cats but afterwards they tend to crash.



Red Raspberry (*Rubus idaeus*)

Leaf

- use in teas
- Raspberry has great astringent properties and is used in the 2nd and 3rd trimester of pregnancy to support strong uterine tissue.
- Cramping during menstrual cycles can be helped by the tissue toning properties of Raspberry leaf.
- Because of Raspberry leaf's high concentrations of tannin, it is a valued remedy for diarrhea and dysentery.
- We use Raspberry leaf in our 'Pregnancy Tonic Tea' and in our 'Women's Everyday Herbal Tea'



Mullein (*Verbascum thapsus*)

Leaves and flowers

- use as a tea, plant extract or oil
- Mullein leaf is used as a mild calming expectorant to get dried mucous up and out. It's beneficial for the whole respiratory tract and helpful for dry coughs. It soothes irritated mucous membranes.
- Mullein root (which I just learned) is a little-known antispasmodic and sedative with an affinity for facial nerve pain such as Bell's palsy, trigeminal neuralgia or temporomandibular joint (TMJ) pain.
- The Mullein flower is used in ear infections and combined with garlic works wonders.
- Oil of the Mullein leaf applied topically to the spine is said to hold adjustments for longer periods. The doctrine of signature here is the long tall spine like stem of the 2nd year plant.
- We use Mullein leaf in our 'Deep Lung Support Plant Extract' and in our Cold Season Tea'

