

Dandelion

HEALTH BENEFITS

High in Vitamins and minerals like folate, potassium, & magnesium.



A soluble fiber that helps maintain healthy bacteria in the gut.



High in vitamins and minerals like protein, Iron, Phosphorus and Magnesium.

Helps support the immune system and the liver.

Protects from skin damage and helps fight signs of aging skin.



Acts as a natural anti-inflammatory.

Can decrease the risk of heart disease by reducing LDL (Bad) cholesterol.





Meet Yarrow

A Wild Flower Full of
Herbal Benefits

Achillea millefolium, commonly known as yarrow or common yarrow, is a flowering plant in the family Asteraceae. Other common names include old man's pepper, devil's nettle, sanguinary, milfoil, soldiers woundwort, and thousand seal!

YARROW

Yarrow is used for:

- fever
- common cold
- hay fever
- absence of menstruation
- dysentery
- diarrhea
- anxiety
- insomnia
- infections
- to stop bleeding
- to relieve toothache
- loss of appetite
- gastrointestinal (GI) tract discomfort
- to induce sweating

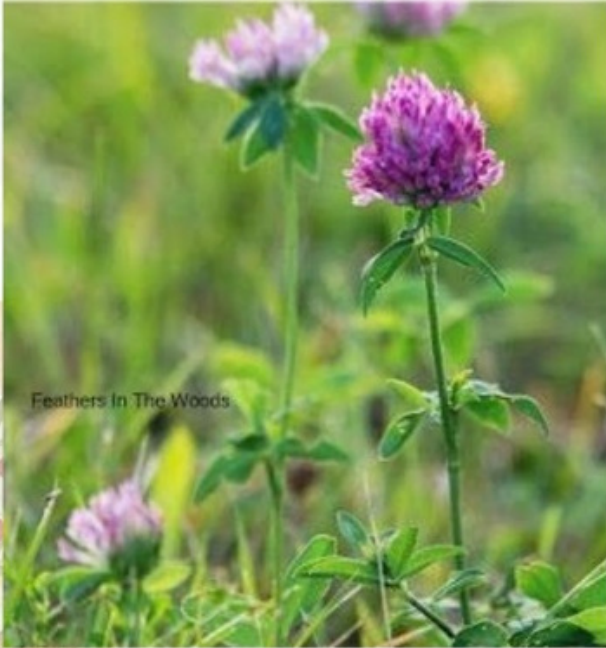
How to use yarrow:

- In foods, the young leaves and flowers in salads.
- In herbal teas
- In a bath
- As cosmetic cleanser
- In shampoos

/charlene.woods.98

Red Clover

**Why it's known as the
menopause herb
and how to use it.**



Feathers In The Woods

Pick blossoms in the spring and summer for a sweeter flavor. The fall blossoms aren't usually as sweet. Like most herbs, harvest red clover blossoms early in the day when the dew has dried. Cut fully open blossoms that are brightly colored, avoid browned flowers. Leave them on stems for drying purposes.

Drying Red Clover

Wash the blossoms to get rid of any dirt and bugs. Spread the blossoms out onto dehydration trays or wire racks. Leave these trays sit out of direct sunlight. I usually just leave the trays sit in the dehydrator for 24 hours at 110 degrees. When the flowers are completely dry and crispy, cut the flowers from the stems, place them in an airtight container and label the jar.

Using Red Clover Internally

Red clover is high in calcium, magnesium, iron, and vitamin C making it good as a bone building tea. The iced tea is often used to soothe menopausal hot flashes. Because it is safe for children, it is also often used to help soothe children's coughs.

To make red clover tea:

Pour 8 ounces of boiling water over 1 Tablespoon dried red clover blossoms. Let steep for 10 minutes. Strain and enjoy.

Using Red Clover Externally

Make an infused oil with the dried blossoms and then add beeswax to make a basic salve that is good for eczema and psoriasis.

Exploring Red Clover: The Powerfully Nourishing Pink Flower

**USED AS A REMEDY
FOR LYMPHATIC
CONGESTION**

**PURIFIES THE
BLOOD AND HELPS
RID THE BODY OF
METABOLIC WASTE**

**CAN BE USED
TO BALANCE
HORMONES AND
PROMOTE FERTILITY**



**PROVIDES THE BODY
WITH PLANT-BASED
ESTROGEN**

**RED CLOVER IS
SWEET, COOL,
AND MOIST
ENERGETICALLY**

**THIS HERB IS BEST
PREPARED AS A TEA
FROM THE FRESHLY
DRIED FLOWERS**

Have you seen these plants? They are called Broadleaf or Broadleaf Plantain

It grows especially well in poor, rocky soil (such as driveways) and is often seen alongside dandelion. More often than not, you will see plantain growing in gravel pits and construction sites as nature seeks to regenerate the soil. Introduced to North America in the 1600s, it was once called "White Man's Foot" by the Native Americans who witnessed that where the Europeans tread and disrupted the soil, plantain sprung up.

Plantain has often been the go-to remedy for hikers plagued by mosquitos. Because it draws toxins from the body with its astringent nature, plantain may be crushed (or chewed) and placed as a poultice directly over the site of bee stings, bug bites, acne, slivers, glass splinters, or rashes. Bandage the area and allow the plantain to work its magic for 4-12 hours. Plantain may also be used to create a balm for emergency kits, or an infusion used as a skin or general wash. It is also a notable, soothing remedy for hemorrhoids. Plantain is renowned for its healing effect on the digestive system. This is especially useful for anyone who has been damaged by antibiotics, anti-inflammatory or pain medications, food allergies, or Celiac disease. Both leaves and seeds specifically target the digestive system for healing. The leaves may be steeped as tea, added to soups, or dried with a sauce similar to kale chips. The seeds – a type of psyllium – can be ground or soaked for bulk mucilage or absorbable fibre, which, consumed before meals, may help with weight loss.



What's the difference? PLANTAIN VS PLANTAINS

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Plantain

VS



Plantains

Plantago major, Plantago lanceolata, etc	Scientific Name	Musaceae
Deeply ridged leaves, strings in deep veins like celery, long or round leaves. Short plant, growing in rosettes close to the ground.	Physical Traits	Green, yellow, or black banana-shaped fruit. Very much like a banana in appearance, with both peel and edible fruit.
Herbal properties considered desirable for salves, oils, balms, and poultices Sometimes used as a forageable edible Outer husk of seeds from certain Plantago members is the source of psyllium husk	Primary uses / Plant Properties	Edible starchy fruit Can be made into a flour for cooking Can be baked, roasted, grilled, fried, etc.

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