



# CHICKWEED

a zine about  
herbalism



PRODUCTION BY LONDON ANARCHAFEMINIST KOLEKTIV

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# INTERESTING STUFF TO READ

Books:

"The Complete Book of Vegetables, Herbs and Fruits" By Biggs,  
McVicar and Flowerdew

"Teach yourself Herbal Medicine" by Nina Nissen

"Natural Healing for Women" by Curtis and Fraser

"All Women are Healers" by Diane Stein

"Encyclopedia of Herbal Medicine" by Thomas Bertram

"Healing Wise - Wise Woman" by Susan S. Weed

WEBSITES:

[www.anniesremedy.com](http://www.anniesremedy.com) = Herbal remedies, herb chart etc...

Women's health collectives:

[www.pomagranatecollective.org](http://www.pomagranatecollective.org) = diy health activists in Chicago

[www.sisterzeus.com](http://www.sisterzeus.com)

[www.ourbodiesourselves.org](http://www.ourbodiesourselves.org) = Boston Women's Health book collective

[www.geocities.com/anarchofeministhealth/](http://www.geocities.com/anarchofeministhealth/) = Brighton Anarcha-feminist collective

[www.cewh-cesf.ca/PDF/health\\_reform/evidenceEN.pdf](http://www.cewh-cesf.ca/PDF/health_reform/evidenceEN.pdf) = a woman's guide to understanding the facts about health and healthcare, designed to help people make their own decisions about health and healthcare reform.

[www.libertarian.co.uk/lapubs/econn/econn098.pdf](http://www.libertarian.co.uk/lapubs/econn/econn098.pdf) = healthcare without government

MOST MEDICINAL PLANTS ARE CONSIDERED AS WEEDS..

WHAT IS A WEED?

Weed: noun - A plant considered undesirable, unattractive, or troublesome, especially one growing where it is not wanted, as in a garden.

Weeds!

Weeds are first and foremost plants which establish a place for themselves. They occur naturally, before man sows a single seed, without fertilizer.

Weeds are plants which always grow in plant communities, never in 'monoculture'.

Weeds always grow where they will find what they need and where their living conditions are fulfilled.

Weeds are plants which are healthiest in the place they have chosen for themselves, have an indomitable will to live, are very aggressive and make use of all the opportunities they can find for growth, reproduction and survival.

LET THE WEED GROW!



# Chickweed

*Stellaria media*

As the name suggests, chickweed was traditionally fed to poultry, and wild birds feed on its green tops and fresh seeds (French name is 'moulin des oiseaux'). Fresh chickweed is a traditional home remedy for healing cuts, sores and inflammations, and a chickweed poultice is said to draw out infection from boils and abscesses.

It is indicated for respiratory disease, kidneys and bladder inflammations. In small quantity, it eases digestion.

A decoction made with the fresh herb is good for constipation, and an infusion of the dried herb is efficacious in coughs and hoarseness.

Chickweed is valued for its skin healing properties = minor burns, skin irritations, rashes, eczema, particularly when associated with dryness and itching. You can therefore make an infused oil = macerate the dried aerial parts (leaves, flowers, and stem) in olive oil. Place in a warm sunny window for 2 weeks. Strain ~~and~~ bottle in a brown glass bottle. For a stronger oil, add a fresh batch of herbs and let infuse for two more weeks. You can use this oil to make an ointment (see *Marigold* ointment p. 24 for recipe)

Chickweed's leaves are also edible, they're very nutritious, high in vitamins (A, B and C) and minerals (iron and copper). They can be added to salads or cooked as a pot herb, tasting somewhat like spinach.

Chickweed likes fertile, mineral-rich soil. It thrives in shady, moist locations in garden, near human habitations, and on the edge of woods. The herb is often found growing under the shade of oak trees. Chickweed is a persistent annual. It self-seeds and may produce as many as five generations within one season.



# GLOSSARY

**Anti-inflammatory:** fight inflammations. In this zine = Sage, Comfrey, Chickweed, Marigold.

**Antiseptic/Disinfectant:** kills bacteria and avoid infection. In this zine = Chickweed, Garlic, Marigold, Comfrey, Sage.

**Astringent:** drying action, contracting and toning bodily tissues and reduces discharge<sup>eg:</sup> blood, mucus, sebum. In this zine = witch hazel, Sage

**Demulcent:** calming, soothing. In this zine = Chamomile, Chickweed, Comfrey, Sage.

**Diuretic:** makes you need to pee lots, flushing out your urinary system. In this zine = cleavers, Dandelion.

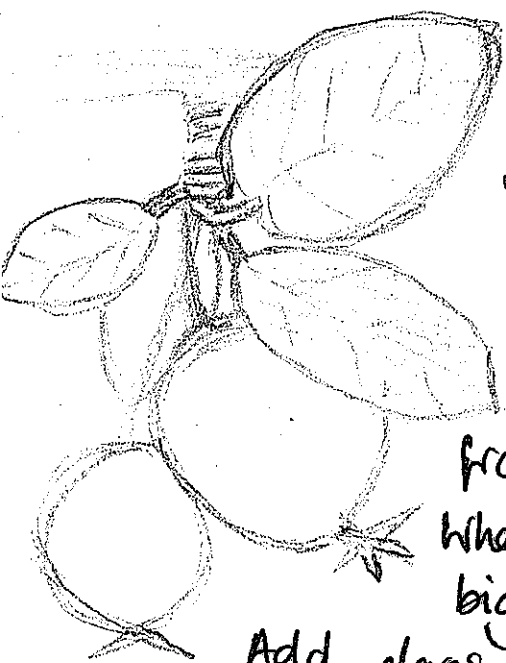
**Expectorant:** helps clear out all the phlegm and mucus from your nose and throat, lungs and respiratory system. In this zine = Chickweed, ~~Chickweed~~, Comfrey, Garlic, Thyme

**FebriFuge:** reduces fever. In this zine = Thyme, Sage.

**Lymphatic:** stimulates the circulation of lymph around the body. see also p. Burdock. In this zine = Burdock, Cleavers.

**Narcotic:** induces sleep. In this zine = Skullcap

**Tonic:** gives strength, energy, stimulates body or mind. In this zine = Garlic, Ginger, Rosehip, Sage



# Crab Apple Jelly

Crab apples can be gathered in September and October

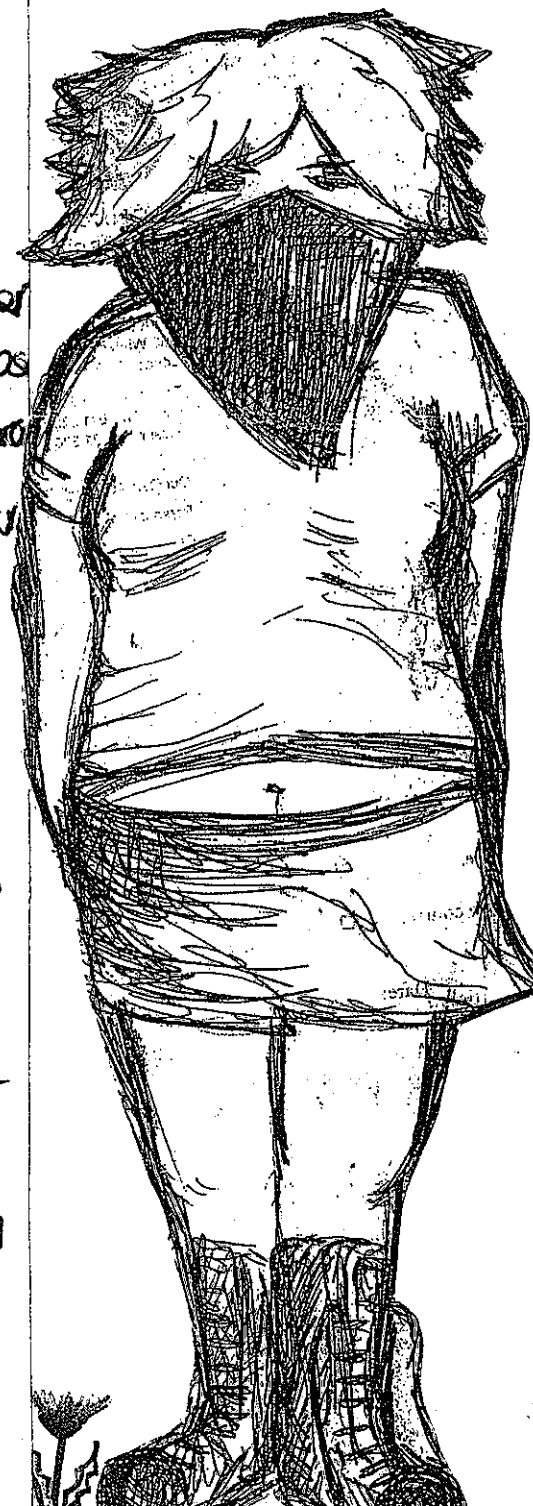
from wild woods and hedgerows

When picking aim to fill your biggest pan with fruit

Add cloves, ginger, rosemary or your favourite herbs and spices.

Wash and cut fruit place in heavy bottomed pan, pour on just enough water to cover the fruit. Simmer for an hour.

Allow to cool a little then strain through cloth. Measure juice add 1lb sugar to pint. Return to heat and rapid boil till setting point is reached the jam will start to form at the edges of the pan. Cool then place in clean jars.

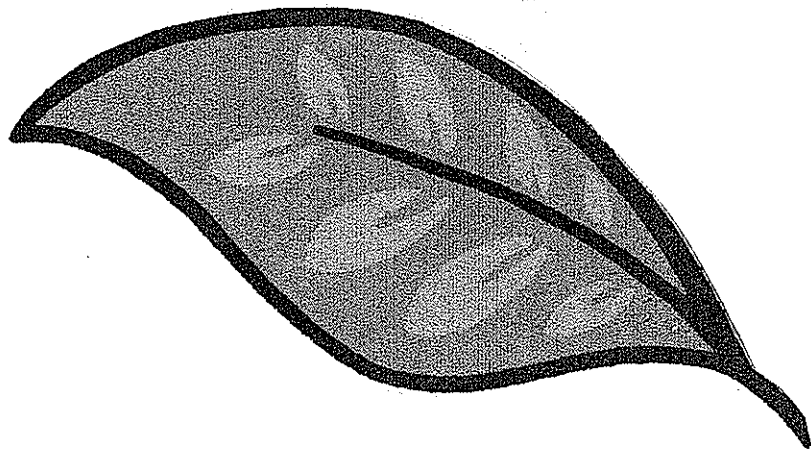


WELCOME TO OUR HERBALISM ZINE!

IN EARLY 2008 A GROUP OF WOMEN CAME TOGETHER TO FIND, SQUAT AND OPEN A SPACE THAT WOULD BE A WOMEN AND TRANS FOLK ONLY SOCIAL CENTRE. A FEW WEEKS BEFORE INTERNATIONAL WOMENS DAY WOMINSPACE OPENED IN EAST LONDON. WOMINSPACE WAS AN ATTEMPT TO WORK COLLECTIVELY IN A NON-HIERARCHICAL WAY TO PROVIDE A SPACE WHERE CAPITALISM, PATRIARCHY, GENDER OPPRESSION AND OTHER FORMS OF OPPRESSION AND HIERARCHY AFFECTING WOMEN AND TRANS PEOPLE COULD BE CHALLENGED, AND TO PROVIDE A PLACE TO ORGANISE, NETWORK, RELAX, CREATE, LEARN, SHARE AND GROW. WOMINSPACE HOSTED AMONG OTHER THINGS WORKSHOPS AND SKILLSHARES ON WELDING, YOGA, STENCIL-MAKING, FEMINIST SINGING, PHOTOSHOP AND PIRACY, KNICKER MAKING, VEGAN CAKE MAKING, AS WELL AS A WOMENS DIRECT ACTION GROUP, DISCUSSION GROUP, FREE SHOP, SPOKEN WORD EVENT, MUSIC JAMS, VEGAN CAFE AND KIDSPACE, DIY HEALTH WEEKEND AND FUNDRAISER. WE ALSO HAD WEEKLY HERBAL SKILLSHARE SESSIONS AND IT IS FROM THESE THAT THIS ZINE COMES.

WE HAVE SINCE BEEN EVICTED FROM WOMINSPACE AND HAVE FORMED THE LONDON ANARCHA FEMINIST KOLEKTIV TO CARRY ON THE WORK BEGAN IN THE SPACE, WITH AMONG OTHER THINGS, REGULAR MEETINGS AND GATHERINGS, A READING GROUP AND REGULAR HERBAL SKILLSHARES, AS WELL AS HOLDING A MONTHLY WOMEN, GIRLS AND TRANS BIKE MAINTENANCE SESSION, AND WORKSHOPS ON SQUATING, SAFER SPACES, DIRECT-ACTION AND SELF-DEFENSE.

THE INFORMATION IN THIS ZINE IS FROM BOOKS, ZINES, THE INTERNET AND EACH OTHER AND WE HOPE IT WILL BE OF USE TO YOU. THE HERBS AND REMEDIES FEATURED IN THIS ZINE ARE ONES THAT WE FEEL DRAWN TO AND LOVE TO USE, AND SHOULD STILL BE AVAILABLE AND GROWING AT THIS TIME OF YEAR (OCT/NOVEMBER) IN LONDON AT LEAST.



IF YOU WOULD LIKE MORE INFORMATION ABOUT LONDON ANARCHA FEMINIST KOLEKTIV VISIT WWW.LAFK.WORDPRESS.COM or email: lafk@riseup.net

december!

- \* pick: bay, hyssop, marjoram, oregano, parsley, chervil, rosemary, rue, sage & thyme

January

- \* pick: bay, hyssop, rosemary, sage, winter savory, thyme, lemon thyme, chervil, & parsley
- \* sow: parsley seed (with heat), If not done in autumn - sweet cicely, & cowslip
- \* keep an eye on the degrees of frost.

in this issue:

- \* burdock
- \* chickweed
- \* comfrey
- \* dandelion
- \* garlic
- \* ginger
- \* rosehip
- \* sage
- \* thyme
- \* yarrow
- \* cleavers

**WINTER**

- HARVEST:** (with a little protection in the garden) bay, hyssop, rosemary, sage, winter savory, thyme, lemon thyme, chervil, & parsley
- sow:** borage, dill, & parsley seed with heat, & chervil.
- DIVIDE:** chives, lemon balm, pot marjoram, mints, oregano, & broad leaved sorrel.



# AUTUMN

September

**PICK:** lemon balm, basil, bay, borage, caraway, chervil, chives, clay sage, fennel, hyssop, pot marigold, marjoram, mints, parsley, penny royal, peppermint, rosemary, sage, winter savory, sorrels, & thymes

**Sow:** angelica, chives, coriander, parsley, winter savory, & yarrow

**HARVEST:** dandelion (roots)

parsley, marigold, clay sage, & peppermint

**CUTTINGS:** softwood/semi-ripe cuttings of rosemary, thymes, rue, rosehip

**COLLECT:** seeds of angelica, anise, caraway, chervil, & fennel

Start of month: give shrubby herbs final clipping (bay, lavender, etc)  
Don't leave too late or frost could damage new growth.

## November

Days are getting shorter and frosts are starting. You can still plant hardy herbaceous herbs if the soil remains unfrozen and in workable condition.

**PICK:** basil, bay, hyssop, mint, parsley, rosemary, rue, sage, & thyme.

**Sow:** arnica, poppy, soapwort, sweet cicely, hops  
sow in trays, cover with glass and leave outside in a cold frame or area of garden where they can't be damaged

**CUT back** lemon balm & alecost

## October

Best time in all but coldest areas to plant hardy Perennial herbs

**PICK** basil, bay, borage, chervil, fennel, hyssop, marigold, marjoram, parsley, rosemary, sage, winter savory, sorrel, & thymes.

**Sow:** parsley seed (with heat), cat mint, chervil, wormwood, chamomile, fennel, angelica, & yarrow

**CUTTINGS:** softwood & semi-ripe cuttings of bay, elder, hyssop, southernwood, lavender, & thymes.  
root cuttings of tansy, penny royal, mints, & tarragon

**DIVIDE:** alecost, lemon balm, hyssop, sorrel, & penny royal

**COLLECT:** any remaining seed heads

**REMOVE:** annuals, dill, coriander, & second-year biennials.

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## YOUR HEALTH IS A POLITICAL MATTER!

Herbalism is an anarchy-feminist activity! Anarchy-feminism is an active, everyday sort of politics, and herbalism is an everyday experience-based knowledge that is practically useful.

Anarchy-feminism is truly revolutionary. We believe in taking responsibility for ourselves so we can be independent from all systems of control. We recognise the power of the individual but understand the individual as being always within the community. We are concerned first of all with our immediate relationship to those around us. These relationships should be mutually respectful and non-hierarchical to create a decentralisation of power within wider systems. Instead of a pyramid model where knowledge and power is held by a few at the top, we share our knowledge across the community in overlapping circles. Anarchy-feminism combines knowledge and action. Knowledge and action feed directly into one another instead of being in opposition to one another.

Herbalism is knowledge in practice. It has as its basis an intuitive knowledge of the world around us. The basic premise of herbalism is the necessity of retaining a balance and harmony within our bodies and our lives. Our bodies naturally seek to maintain a balance by a process of self-regulation known as homeostasis. Herbalism works upon the same principle: if we are feeling overwrought or frantic, we would use a herb with a calming action such as chamomile or lavender; if we had a dry throat we might use slippery elm for its mucilaginous properties. This requires

# SEASONAL CALENDAR





## HERBALISM AND ANARCHIA-FEMINISM

HAVE INVESTED TIME AND MONEY IN ORDER TO RUN A BUSINESS AND MAKE PROFIT.

TO ACCESS HERBAL MEDICINE, YOU NEED TO HAVE MONEY. CONSULTATIONS COST FROM £20 UPWARDS AND THERE IS GENERALLY NO LIMIT SET TO HOW MANY CONSULTATIONS OR TREATMENTS WILL CURE YOUR ILLNESS. IT COULD TAKE WEEKS, MONTHS OR YEARS. ALTHOUGH THERE ARE LOW COST, COMMUNITY HERBALISTS PRACTICING IN THE UK, THEY ARE FEW AND FAR BETWEEN.

THE PRACTICE OF HERBALISM WITHIN THE SYSTEM REQUIRES AN ADHERENCE TO STRICT GOVERNMENT REGULATIONS. OF COURSE, THESE PROTECT PEOPLE FROM TOXIC POISONING, BUT THEY ALSO STOP CERTAIN PRACTICES. HERBAL ABORTION, FOR EXAMPLE, IS NEITHER TAUGHT TO HERBALISTS, NOR LEGALLY ALLOWED.

GENERALLY PEOPLE DON'T CONSIDER LOOKING AFTER THEIR HEALTH UNTIL THEY FALL SICK. THIS SITUATION LEAVES US VULNERABLE. THROUGH REGULAR HERBAL/HEALTH SKILLSHARES WE CAN HAVE AN ACTIVE INVOLVEMENT IN OUR OWN HEALTH AND THE HEALTH OF OUR GROUP WE CHOOSE D.I.Y. HERBS THAT ARE FREE OR CHEAP AND EASILY SOURCED. CUTTING THROUGH THE MIS- INFORMATION OF THE MEDIA TELLING US TO TAKE ANY 'NEWLY PATENTED SUPER HERB', WE PICK AND GROW AS MANY OF OUR OWN HERBS AS WE CAN.

WE DON'T THINK HEALTH CAN BE BOUGHT FROM A SHOP-SHELF IN A STERILE JAR CONTAINING SQUEEZY CLEAN CAPSULES. WE WANT A RELATIONSHIP WITH OUR HERBS, OURSELVES AND EACH OTHER

an intuitive knowledge of how our bodies are feeling and an understanding of the herb that we are using. Although modern herbal medicine seeks to mystify this understanding, our knowledge of herbs has always traditionally been based in intuition. Although modern herbal medicine is institutionalised through degrees and regulations, herbal medicine is simple. Intuition is a type of knowledge that is devalued and mistrusted in patriarchal society. Patriarchal society values reason, science and logic. It values facts that are verifiable or hypotheses that are falsifiable. It recognises only truths that are universal rather than those that pertain to the individual. Intuition is also devalued and mistrusted by capitalism. It is not quantifiable and you can't put a monetary value on it. Intuition escapes systematisation. It is individual, immediate and spontaneous. If we trust our own instincts then we foster independence.

This intuitive knowledge of herbalism is not however about some kind of special female relationship to nature. Men can practice herbalism in this way just as well as women can. Herbalism relates particularly to women for historical and social, not biological reasons. Also, intuitive knowledge can only take you so far. Our understanding takes place within the context of learning from books, inherited knowledge and community knowledge. We are supported by a web of experience. Herbal medicine is incredibly flexible. There are many, many herbs around us that each have many, many uses. Accordingly there are loads of different remedies and recipes available to us and no one

## YOUR HEALTH IS A POLITICAL MATTER!

solution or prescription to a problem. Beyond your own intuition then, herbalism as a system of knowledge exists in millions of little bits of individual knowledge. As a system of knowledge, herbalism allows everybody to contribute something. It is a fragmented and decentralised whole.

Through D.I.Y. skillshares we are learning together side-by-side. There are no hierarchies or teacher-student relationships. No experts, no monopolies.

Everyone should have enough basic herbal knowledge to treat themselves, but this knowledge is maximised as it is pooled across the community. This means an interdependence on each other rather than dependence on authority. Everyone is valued individually for the knowledge and skills that we each possess.

Through D.I.Y. skillshares we build community and learn to trust each other.

One of the fundamental characteristics of herbalism is that it is holistic in approach. Holistic means looking at the whole of something in the belief that this constitutes more than the sum of its parts. Herbal medicine has a holistic approach to plants. It recognises a vitality or life-force within a plant, and characteristics of that plant, rather like its personality. Modern allopathic medicine by contrast seeks to isolate and extract active ingredients or compounds with no respect for the natural balance of these things as they occur within the plant. Herbal medicine, if it is practised properly, takes a holistic view of people, looking at specific problems within the context of what's going on in the rest of the body and taking into account other aspects of the person's health such as their mental and emotional

# Do It Yourself!

WE BELIEVE THAT HERBALISM SHOULD BE SHARED AND ACCESSIBLE TO ALL.

THROUGH OUR SKILLSHARING WE POOL OUR INFORMATION AND RESOURCES TO LEARN, EXPLORE AND IMPROVE OUR HEALTH TOGETHER.

THE RELATIONSHIP WE HAVE WITH EACH OTHER IN SKILLSHARES IS AN EQUAL AND BALANCED ONE. IN CONTRAST, WHEN VISITING A PROFESSIONAL HERBALIST THE HERBALIST HOLDS ALL OF THE POWER: TO QUESTION, TO DIAGNOSE, TO PRESCRIBE.

WE SHARE OUR PERSONAL INFORMATION WITH THEM BUT THEY WILL NOT SHARE THEIRS WITH US. HOPEFULLY WE WILL GET LISTENED TO AND ADVISED WELL. BUT THEY ARE THE EXPERT, AND WE ARE THE PATIENT. WE ARE ISOLATED FROM EACH OTHER AND STUCK WITHIN OUR ROLES.

THERE IS NO REAL SHARING AND CO-OPERATION. ANOTHER BARRIER IN OUR RELATIONSHIP WITH A HERBALIST IS MONEY.

IT IS WORTH REMEMBERING THAT ALTERNATIVE HEALTHCARE, INCLUDING HERBALISM, IS A FAST GROWING INDUSTRY. LAST YEAR, IN THE UK, THE INDUSTRY MADE £200 MILLION. MANY HERBALISTS COMING OUT OF THEIR DEGREES AND COURSES

A SCRUB IS REALLY EASY TO MAKE. IT IS USED TO GET RID OF DEAD BITS OF SKIN AND KEEP IT HEALTHY. YOU NEED SOME KIND OF THICK LIQUID SUBSTANCE FOR A BASE AND SOMETHING GRAINY FOR THE EXFOLIANT BIT. HONEY IS A GOOD BASE, AND SO ARE OILS WHICH ARE GOOD FOR THE SKIN SUCH AS OLIVE, GRAPSEED, AVOCADO OR ALMOND. GOOD EXFOLIANT INGREDIENTS ARE SEA SALT, BROWN SUGAR, DRIED OR HARD FRUIT PARTS SUCH AS DESSICATED COCONUT OR GROUND PEACH OR OLIVE STONES OR GROUND NUTS SUCH AS ALMONDS OR WALNUT SHELLS. COFFEE GROUNDS ARE ALSO GOOD - THOUGH A BIT MESSY! YOU CAN ADD ALL SORTS OF INGREDIENTS THAT SMELL NICE OR ARE GOOD FOR THE SKIN, BUT YOU GENERALLY WANT IT TO WASH AWAY EASILY IN WATER. FRUIT JUICES OR ESSENTIAL OILS ARE GOOD INGREDIENTS TO ADD. WHEN YOU MASSAGE IT OVER YOUR SKIN, THE WARMING AND EXFOLIANT ACTIONS WILL HELP ALL OF THE GOOD PROPERTIES OF THE INGREDIENTS TO PERMEATE THE SKIN AND WILL STIMULATE THEIR CIRCULATION IN THE BLOODSTREAM. YOU NEED TO BE GENTLE WHEN USING A SCRUB. YOU DON'T WANT TO SCRATCH OR IRRITATE YOUR SKIN. DON'T USE IT WHERE YOUR SKIN IS DAMAGED OR BRUISED. MASSAGE IT ONTO CLEAN WET SKIN AND RINSE OFF AFTERWARDS - AND IN CIRCLES RATHER THAN RUBBING UP AND DOWN. YOU PROBABLY WON'T NEED TO USE A SCRUB EVERY DAY, BUT EVERY NOW AND AGAIN AS REQUIRED... ESPECIALLY IF YOU WANT TO FEEL ALL FRESH AND GLOWY.



Save chamomile tea bags or use a chilled compress to soothe tired eyes. Use a chamomile infusion as a final rinse for light hair (use rosemary for dark hair)

**ASTRINGENT** (for if your skin is oily).  
 Infuse 2x GREEN TEA bags and 1 tsp fresh ROSEMARY in 16 fl-oz water (just off the boil). Don't forget to cover the infusion - and infuse for min 10 MINS - leave to cool completely... then add 1/2 cup of WITCH HAZEL distillate (you can buy this cheaply in pharmacies) and the juice of 1/2 LEMON. Add 5 drops of LAVENDER ESSENTIAL OIL. Keep in the fridge and shake before use. Use by wiping over the skin with cotton wool.

Mix 1tbsp of HONEY with 2tbsp of GROUND ALMONDS and the juice of 1/2 a LEMON. Add warm WATER or ALMOND OIL if the consistency is too thick. This scrub is gentle enough to use on your face (massage in circles onto wet skin and wash off with a flannel) or if your hands are dry from cold weather or hard work!

## HERBALISM AND ANARCHA-FEMINISM

stakes. In considering a person's lifestyle, herbal medicine also takes a chronologically holistic view of the person, looking at prevention as well as cure rather than just responding to symptoms as they come up.

Anarcha-feminism also looks at people holistically. We have respect for individuals, seeing people not just for example as workers or consumers, but encouraging a recognition of diverse aspects of our identities. The anarcha-feminist considerations of individuals within a community is holistic and we have strength and support in our links to one another. An anarcha-feminist practice of herbalism has a broadly holistic view of people's health. We look at health not just in relation to symptoms and problems, but within the context of what is happening within the individual within their environment, i.e. physically, mentally, politically, sociologically and historically. Anarcha-feminism will look at the way that our ill-health is fostered by a system that has a vested interest in keeping us sick. It encourages a relationship of understanding and mutual respect with the natural environment as we learn about the flora that surrounds us (rather than buying herbal pills from supermarket shelves) such that we see ourselves as a part of this environment rather than attempting to dominate or control it.

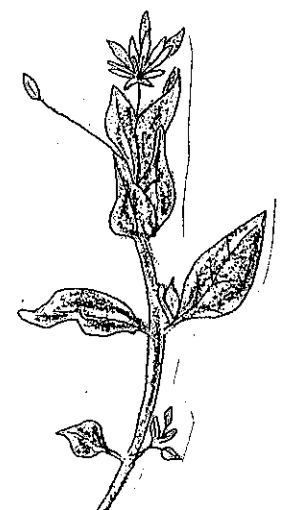
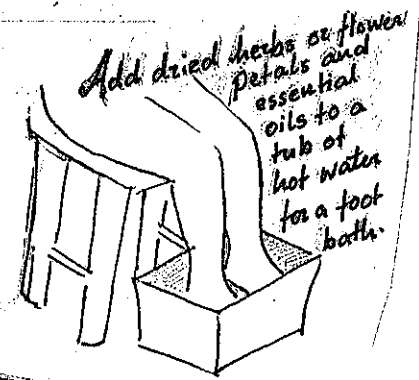
Plant sweet peas for early spring flowering. This is a good time of year to experiment with your garden and see what will grow over winter. As temperatures fall the growing season will start to slow. Seeds sown will need to be under glass in a sheltered spots. On cold nights cover plants with fleece or bubble wrap.

Winter salad, beans and spinach can be planted for cropping in early spring.

# PLANTING HERBS



(ALTHOUGH MORE AND MORE WE SEE THESE BEING EXTENDED TO MEN), WE WANT TO RECLAIM THE REAL VALUE IN THESE ACTIVITIES - IN TAKING TIME TO CARE FOR YOURSELF, PAYING ATTENTION TO YOUR PARASYMPATHETIC SYSTEMS RATHER THAN ABSORBING CONSTANT STIMULATION. IT IS EASY FOR US TO ACCESS THE POSITIVE ENERGIES FROM THE PLANTS THAT WE ARE USING BY MAKING AND SHARING THINGS TOGETHER IN A SOCIAL SPACE. IN THIS WAY WE CAN FEEL WONDERFULL AND REAFFIRM A SENSE OF WELL-BEING AND SELF-WORTH THROUGH DOING GOOD THINGS FOR OURSELVES, INSTEAD OF BEING SOLD 'BEAUTY PRODUCTS' AS A MEANS OF TRYING (AND INEVITABLY FAILING) TO LIVE UP TO FAKE IMAGES OR NON-THREATENING INDIVIDUAL ISOLATION AND MOMENTS OF PRIVATE BLISS AS A MEANS OF ESCAPING FROM OUR BUSY LIVES, THE REAL WORLD AND EACH OTHER.



AFTER OUR FIRST ANARCHA-FEMINIST HERBAL WORKSHOP AT THE LONDON FREE-SCHOOL WE FELT THAT WE COULD DO WITH A HERBAL CHILL-OUT SESSION. WE MADE FACE-MASKS, SCRUBS AND TONERS, A LOVELY HERBAL FOOTBATH AND DRANK RELAXING TEAS. IT GAVE US TIME TO SIT BACK AND REFLECT ON WHAT WE'D DONE. WE ALL FELT FANTASTIC AFTERWARDS. WE ARE PLANNING A MASSAGE SKILLSHARE NEXT. WE FIND IT SAD THAT THESE SORTS OF PRACTICES ARE DISMISSED BY OUR CULTURE AS FRIVOLOUS LUXURIES. HERBAISM IS ALL ABOUT MAINTAINING GOOD HEALTH ON A DAY-TO-DAY BASIS RATHER THAN JUST RESPONDING TO SYMPTOMS WHEN THINGS GO WRONG. IT ACKNOWLEDGES THE WAYS IN WHICH YOUR BODILY HEALTH IS IMMEDIATELY LINKED TO YOUR MENTAL AND EMOTIONAL WELL-BEING. ACTIVITIES THAT ARE REGARDED AS INDULGENCES CAN BE EXTREMELY VALUABLE, IMPORTANT AND ENJOYABLE WAYS OF KEEPING YOURSELF IN GOOD HEALTH. THEY CAN ALSO BE HIGHLY SOCIAL RATHER THAN IMPLYING SOLITARY RETREAT OR ESCAPE, OR AN ASYMMETRIC PRACTITIONER-CLIENT RELATIONSHIP. THE CATEGORISATION OF THE SORTS OF THINGS WE MADE AS 'BEAUTY PRODUCTS' FAILS TO ACKNOWLEDGE THEIR USEFULNESS TO US AS A MEANS OF TAKING CHARGE OF OUR DAILY WELL-BEING AND REINFORCES THE CONCEPTION OF HEALTH AS BEING ALL ABOUT PROBLEMS AND TAKING CARE OF YOURSELF AS BEING MAINLY ABOUT VANITY. THE SEPARATION OF THESE IDEAS IN OUR UNDERSTANDING HELPS SUPPORT THE BEAUTY INDUSTRY AND THE PHARMACEUTICAL INDUSTRY TO EXIST REMOTE FROM, BUT EACH AS POWERFUL AND INSIDIOUS AS, EACH OTHER TO SELL US MORE SOLUTIONS TO MORE ARTIFICIALLY CREATED NEEDS. THE CATEGORISATION OF THESE THINGS AS 'GIRLY' BY WESTERN CULTURE SUPPORTS THE DISMISSIVE STEREOTYPES OF WOMEN AS VAIN AND FRIVOLOUS AND HAS CREATED NEW CATEGORIES OF CONSUMERISM TAILORED TO WOMEN.

## growing herbs

a good friend of mine was always telling me that it is important to grow your own herbs, so that you are caring for the plant that is going to be healing you, and so that you can understand the plant and its properties better. growing your own herbs is easy, and it means that you know where the herbs come from, you don't have to pay for them and they are easier to use regularly.

generally, plants stems and leaves are most potent at the time that they plant is most active, around . Plants also grow at the time of year they are most useful - plants that survive and grow in winter - including yarrow, hyssop, oregano and thyme are good for treating winter illnesses such as colds and flu.

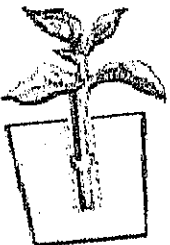
Herbs will mostly grow anywhere - that's why some people call them weeds. if you have some outside space you will get wild herbs growing if you leave the garden to do its own thing.

you can grow herbs in any container, including old tubs and cans. It is important to make holes in the bottom of the container, and to stand the container on something to collect the water. putting stones at the bottom of the container and compost in with the soil will also help the plant to grow.

### cuttings

I think herbs are amazing, and apart from their ability to heal and protect, one of the most amazing things is that you can take a stem from many herbs and plant it to grow your own plant. you can get cuttings of stems from another plant, from a bunch of cut herbs in a shop, or you can even pick the stems out of soups to plant. you can take plant stems at any time of year, but they work best in late spring and summer when lots of the plants energy is at the end of the branches.

you can grow new plants by taking cutting a stem of most stemmed herbs. the best stems are those that are new and green. if you are taking the cutting yourself, using a sharp scissors or a knife will help you to avoid crushing the stem. take a 10-15 cm long stem off the plant and cut off any leaves on the bottom third of the stem (as any leaves touching the soil will start to rot). you can plant herbs with woody stems - such as rosemary, lemon verbena, sage - straight into soil. you can put softer stem herbs - mint, basil, lemonbalm - in a glass of water until roots appear, and the plant the stems in soil.



## dividing plants

many established herb plants are actually lots of plants growing together. you can divide these plants so that you have your own herb plants, or to give to other people. if you are dividing plants in the wild, be sure to only collect a plant if there are many of the same plants in that area.

plants that grow in clumps - have lots of stems going into the ground and those that spread using underground runners can be divided- including chives, mint, yarrow, oregano sage and tarragon. you need to dig up the whole plant, and then split the roots and stems into two or more plants. you might need to prise or cut the roots apart.

## collecting seeds

you can harvest seeds from flower heads, and store the seeds in a dark place until you want to replant them. if the seeds are stored in a paper bag or old envelope they will keep for up to a few years. the time to harvest seeds is when the flowers are fully ripe.

There is more information about collecting seeds in the section about harvesting herbs.

## Caring for your plants

herbs are very easy to look after. most herbs prefer to have sunshine in summer - if you are growing them inside they will grow better on a windowsill. Herbs like water, but not too much. Yellowing leaves are a sign that the plant is getting too much water.

perennials (plants that come back year after year from the same root system) that are planted outside survive winter better if they are protected with mulch. You can put down compost, manure, bark, leaves straw or cardboard on the soil around the plant. This will help to keep the soil warmer over the winter.

if you are growing herbs in pots outside you can bring them inside over winter if you want to continue harvesting herbs from them.



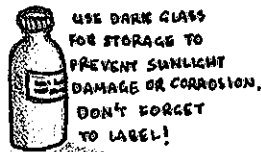
GLYCERINE. AS THEY ARE CONCENTRATED HERBAL EXTRACT, THEY RETAIN POTENT FOR A LONG TIME, CAN BE CARRIED AND INGESTED EASILY AND ACT QUICKLY.

NOTE: LIFE SPAN OF ALCOHOL BASED TINCTURES IS INDEFINITE. CIDER VINEGAR IS USED FOR ITS HEALTH BENEFITS AND FOR CHILDREN BUT WON'T LAST MORE THAN A YEAR.

- USE FRESH PLANT MATERIAL IF POSSIBLE: FLOWERS, STEMS, LEAVES. DRIED ROOTS CAN BE USED BUT ARE NOT AS POTENT AS FRESH ONES.
- USE A CLEAN, DRY MASON (PICKLING) JAR WITH A TIGHT-FITTING LID - IT'S NOT A BAD IDEA TO BOIL IT FIRST, TO MAKE SURE IT'S STERILE (LET IT DRY COMPLETELY) DO NOT WASH OR RINSE PLANT MATERIAL. FRESH ROOTS CAN BE SCRUBBED OR PEELLED.
- COARSELY CHOP THE PLANT (NOT FOR SMALL FLOWERS), AND FILL THE JAR TO THE TOP. FOR DRIED ROOTS: USE  $\approx 55g$  IN A 500ml JAR.
- FILL THE JAR WITH ALCOHOL (VODKA, RUM OR BRANDY) USE A KNIFE TO REMOVE ANY AIR BUBBLES. MAKE SURE TO FILL THE JAR TO THE TOP, TRY NOT TO LEAVE ANY AIR AS THIS CAN SOIL THE TINCTURE, BUT DON'T WORRY IF THERE'S A TINY BIT OF AIR LEFT.
- CAP THE JAR AS TIGHTLY AS POSSIBLE. LABEL WITH THE NAME OF THE PLANT USED AND THE DATE. EVERY FEW DAYS INVERSE THE JAR A FEW TIMES. STORE AWAY FROM SUNLIGHT.
- THE TINCTURE WILL BE READY IN 6 WEEKS. WHEN IT'S READY, STRAIN, SQUEEZE AND DISCARD THE PLANT PARTS. STORE YOUR TINCTURE IN STERILIZED BROWN GLASS BOTTLE, AWAY FROM LIGHT AND IN A COOL PLACE.

## \* SYRUP

SEE RECIPE P. 31  
ROSEHIP SYRUP  
WINTER REMEDY.



USE DARK GLASS FOR STORAGE TO PREVENT SUNLIGHT DAMAGE OR CORROSION. DON'T FORGET TO LABEL!

## \* BALM - OINTMENT - SALVE

SEE RECIPE P. 24 MARIGOLD OINTMENT

WITH FRESH HERBS, PLACE THE CRUSHED LEAF DIRECTLY ON THE SKIN!

## \* COMPRESS

A COMPRESS IS A CLOTH WET WITH A HOT HERBAL INFUSION USED ON THE SKIN

## \* POULTICE

A POULTICE IS A CLOTH WITH THE MOISTENED DRIED HERB (TEA DRESS) WRAPPED IN IT

Harvest Herbs just as plants come into flower before the seeds form.

Gather the herbs in the morning as soon as the dew has evaporated and before the warmth of the sun has begun to draw out the oils. Discard old wood and dead leaves lay on wire rack or hang in warm dry place out of direct sunlight. When dry place in screw top jars.

Harvest Seeds on dry days when ripe. place on trays out of direct sunlight. When dry place in paper bags or envelopes in cool dark place.



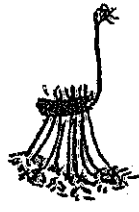
# HARVESTING HERBS

## preserving herbs

Infusions and decoctions only last a few days, and many fresh herbs are not available all year. Luckily there are lots of ways that you can preserve herbs so you can enjoy them as often as you want.

### drying and preserving herbs

The most common way to keep herbs is to dry them. They will dry better if the air can get all round them, if they are dried somewhere warm they will keep their smell and taste better, and if they are dried somewhere dark they will keep more of their colour and flavour.



You can hang herbs up in bunches to dry, use a drying rack, or if these aren't possible, spread them thinly on a tray or a windowsill. You can use dried herbs to make decoctions and infusions, in cooking and to make tinctures.

### tinctures

Making a tincture is a good way to preserve the properties of a herb, as they can stay good for 2 years. You can make a tincture of any herb - dense materials like woody stems and roots need a higher alcohol content than leaves and flowers, and you need to use more herbs if you are using fresh herbs.

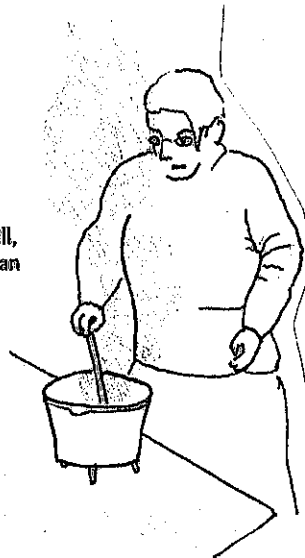
### syrups

Syrups use sugar to make the herb taste sweeter, and to act as a preservative. A syrup can be made by boiling berries or flowers covered with water, and adding sugar or honey and brandy as a preservative. You just have to boil until the mixture starts to thicken, and most syrups will thicken into a jelly if you continue to boil them, or you can boil blackcurrants with most syrups to thicken them. If you want to keep the syrup for more than a few days you should boil the jars and lids to sterilize them.

### freezing

You can freeze most herbs - including fennel, dill, parsley, tarragon, mint and most flowers. You can freeze them in a bag or a pot, or in ice cubes.

You can add the ice cubes to cooking, or use them in drinks.



# ★ HOW TO USE AND PREPARE HERBS ★



## ★ INFUSION or TISANE:



Pour boiling water over dried or fresh plant (leaf, flower or stem), cover and infuse/steep for 10 to 30 min. Best in a teapot as it will keep the infusion hot.

It is important to cover as the plant's properties are often volatile (=that can be readily vaporized)

## ★ DECOCTION:



Generally for harder plant parts like woody bark, stems, seeds, rhizomes, roots.

Place herb in cold water and bring to boil, then simmer from 20 to 60 mins (time vary for different plants)

NOTE: It is recommended to take the herbs 6 days a week, for a period of 6 weeks. This process can be repeated several times (unless specified otherwise). We have to keep in mind that everyone's body reacts differently to herbs (according to weight, age etc). To adapt to our needs, we can slightly decrease or increase the quantities and duration of the treatments. Use your best judgement. :)

## ★ TINCTURES



→ DOSAGE: TAKEN INTERNALLY AS DROPS ON THE TONGUE OR ADDED TO JUICE.

They are surprisingly easy to take! They are more concentrated than decoctions and are very powerful. Tinctures contain the alkaloid parts of the plant, extracted and preserved in alcohol or cider vinegar or



# Ginger

stimulates mental activity memory and circulation. Uplifting, comforting and warming effects.

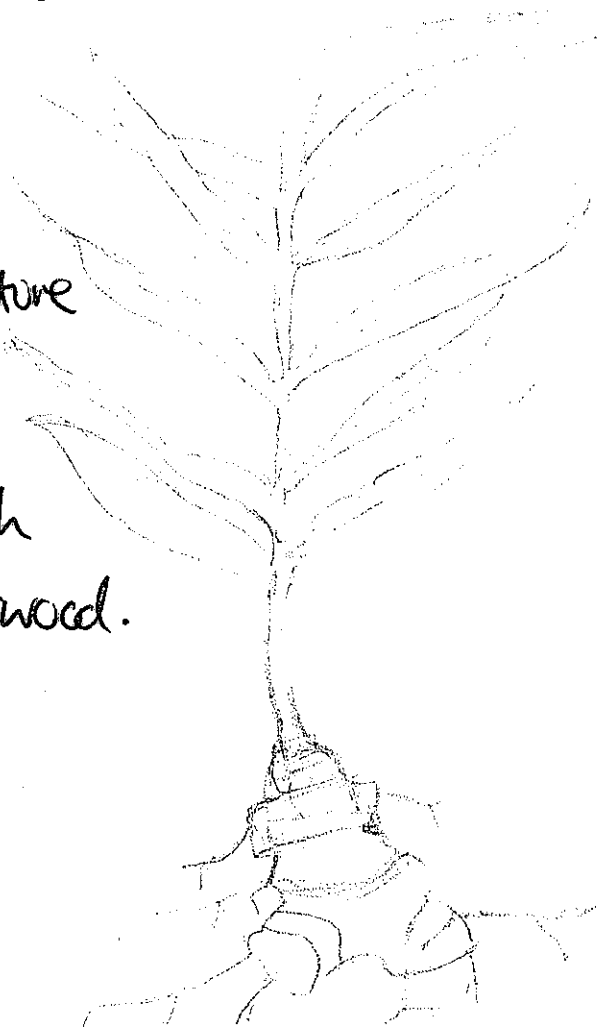
Herbalists value ginger for its calming effect on

digestive system, motion and morning sickness.

Take as a tea, tincture

or add to cooking.

Apply essential oil blended with orange and cedarwood.



## herb oils

herb oils are easy to make, you can make a herb oil using any herbs, and you use them in cooking like any other oil and for massage. You can use any oil, although most people prefer using olive oil. Herb oils will stay good for a few months.

to make a herb oil, just put a herb or a mixture of herbs into the bottle of oil. you can either keep the herbs in the bottle, or strain the oil a few weeks later if you don't want lumps in it. you can also put garlic, peppercorns, chillies and berries into the oil.

the more of the herb that you infuse into the oil, the more properties the oils retains. Different herb oils are used for different purposes. some people replace the herbs in the oil to make the oil stronger.

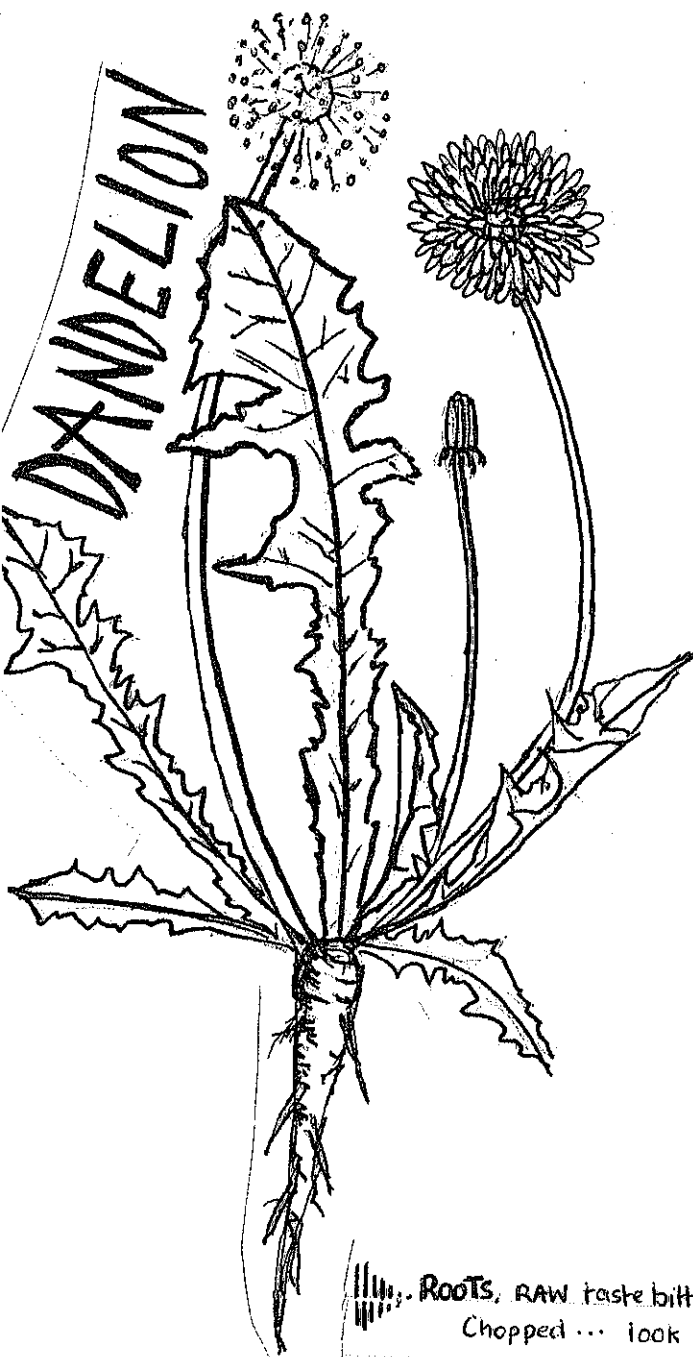
## herb vinegar

vinegar is a good preservative, and can be used to make preparations to use internally and externally. vinegar is acid, antiseptic, cooling and slightly diuretic in its own right. it promotes digestion, assimilation and excretion. you need to use a vinegar which is more than 4.5% acetic acid - most people use cider vinegar for making remedies. Leave the herb to infuse for a few weeks before using.

to make a herb vinegar, just put the herb into a bottle and cover with vinegar.

if you are using the herb vinegar externally, you should dilute the vinegar with water, to a 1/4 strength.

you can make fruit vinegars by using fruits instead of herbs and straining the vinegar after a few weeks. fruit vinegars are good for making oxymels which are made using 1 part fruit vinegar to 1/2 part of honey. blackberry oxymel is an excellent soother for winter sore throats.



ROOTS, RAW taste bitter, INTENSE, nutty, earthy.  
Chopped ... look a bit like mushrooms.

COFFEE tastes NUTTY  
BUTTERY ... Quite SWEET.

Quite clear... YELLOW-BROWN in COLOUR..  
(gets darker the more you use).

## FOR CYSTITIS & URETHRITIS (inflammation of urethra)

NO MORE  
ANTIBIOTICS!

25g Thyme  
25g bearberry

- Add 1-2 litres of boiling water
- Drink warm during course of the day
- Repeat for 3-4 days until the symptoms have gone.

## ITCHY Feet??

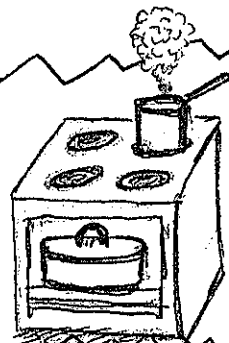
To treat Athlete's foot internally,  
Make a tea with a sprig of thyme  
(either kind) and a marigold flower  
to a cup of boiling water. Allow to  
steep for at least 10 mins. Make  
sure you cover the pot!

☉ Drink 3 times a Day ☉

ATHLETE'S FOOT  
is caused by  
a fungus that  
thrives in warm,  
damp places,  
eg. between  
the toes.



## IN THE KITCHEN...



Thyme is a great aid to digestion  
and helps break down fatty foods -  
Good in stocks, marinades and stews.

**Nb:** Thyme is a strong remedy, and best taken  
in short, sharp doses, ie. from 7-10 days @ a time

## For Coughs!

Place 2 tbs of fresh thyme (or 1 tbs of dried) into a cup, pour in hot water, and leave to infuse for 5 mins, then strain.

This will also help to soothe SORE THROATS (adding some honey helps too!)

You CAN ALSO USE THE TEA AS A GARGLE OR MOUTHWASH FOR SORE THROATS / INFECTED GUMS

### SYRUP (for coughs & whooping cough)

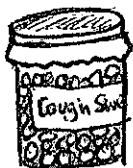
225g thyme  
900 ml water



- Place the flowers in a saucepan, pour in boiling water, and put the lid on.
- Let stand in a warm place for 12 hrs.
- Strain & measure the liquid.
- Add 1kg white sugar, melted & skimmed.
- Stir over low heat until well-mixed.

DOSE: 1 x 5ml teaspoon every 3 hours.

### Cough Lozenges



- 15g thyme } Add to 3 cups of boiling water  
15g Fennel } and infuse overnight.  
15g Coltsfoot } Strain & add 1 cup of honey/maple syrup & simmer until mixture begins to thicken.
- Pour onto an oiled baking sheet & cut into squares as it cools.

DOSE: Not more than 5 lozenges/day; take for up to 10 DAYS

## Autumn Roots

It's time to get your boots on and get ya spade out!

Autumn is the time of year to forage for roots for your herbal preparations

Two of the most commonly found and seriously interesting roots are DANDELION and BURDOCK. Taken alone or as a combination these two plants are mistaken by most people as troublesome weeds. Both have fantastic herbal properties in their roots



### DANDELION

Has an affinity for the LIVER, GALLBLADDER and KIDNEYS. Dandelion Root is a BITTER herb

Dandelion Root can be used to TREAT:

Congested liver, inflamed gallbladder, gallbladder stones, to improve digestion by stimulating bile, yellow complexion, kidney stones, diabetic kidney problems.

Dandelion Root is a general TONIC containing lots of minerals: Iron, manganese, phosphorus, calcium, chromium, cobalt, magnesium, niacin, potassium, silicon sodium

DOSE: Take 1/2 a cup of DECOCTION freely

### BURDOCK

Is an excellent BLOOD TONIC. Burdock is a LYMPHATIC. This means it stimulates the circulation of LYMPH around the body. The LYMPHATIC SYSTEM is a complex system which transports the end products of digestion to the blood. It also takes away the waste products from the blood to be filtered by the spleen and lymph nodes. If the lymph is

Circulating freely it is almost impossible to become sick. When the lymph-system is over-burdened with toxins or doesn't drain properly it stops working so well. This can cause various chronic illnesses from glandular disorders to arthritis.

Burdock strengthens the **IMMUNE SYSTEM**.

Burdock has a beneficial effect on the **LIVER, KIDNEYS** and **UTERUS**.

**DO NOT** USE IN **PREGNANCY** OR **LACTATION**

**DOSAGE:** Take  $\frac{1}{2}$  a cup of **DECOCTION** - **THREE TIMES A DAY**

### **DANDELION and BURDOCK**

Use together when treating the **LIVER**, in rheumatism and to support the **LIVER** and **KIDNEYS** in **DIABETES**

### **FORAGING FOR ROOTS**

If you go foraging for dandelion, burdock or any other roots remember to bear the following in mind:

#### \* **POLLUTION AFFECTS PLANTS**

Avoid harvesting herbs from roadsides, or waste grounds that may have been used by industry and contaminated by heavy metals such as lead

#### \* **BEWARE OF CHEMICALS**

Land that has been sprayed with weedkillers or pesticides is no good for picking herbs

#### \* **DOGS**

Dogs can pass on parasites to humans. Avoid land that too many dogs use.

••• Sew the seeds in Spring when the soil has warmed and there is no threat of frost.

Since it's a very aromatic plant, it's not much of a target for pests, although there is a danger of being under threat by aphids if the soil/compost is too rich, so be careful!

Luckily Thyme is an evergreen so it can be picked fresh all year round!

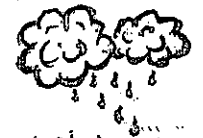
### **HARVESTING...**

- If you want to preserve it, then it should be picked before it is in flower. Either dry the leaves or put them in vinegar or oil.
- To use **FRESH**, pick the leaves/flowers at any time.



## **WHAT CAN I USE IT FOR THEN?**

If you're feeling under the weather...



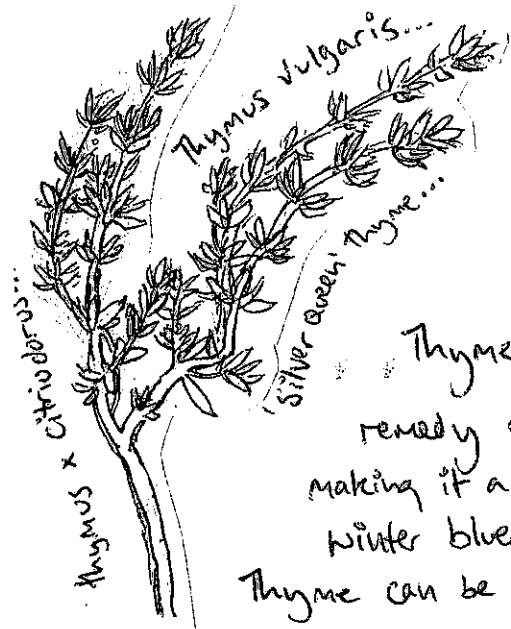
As an **EXPECTORANT**, thyme is brilliant at helping to rid your body of phlegm, and perfect for **DRY, IRRITATING** coughs.

It is **ALSO** a diaphoretic (sweat-inducing) remedy, and is great for colds & flu where you need to lower the temperature and cleanse the body quickly.

### **APHID ALERT!**

(greenfly, blackfly, whitefly)  
In case of aphids try planting certain plants eg. tagetes, calendula, poached egg plant, morning glory, which in turn attract a number of species (eg. birds, ladybirds & hoverflies) that find aphids a tasty snack! **growing NETTLES** can also be a big help.

# Thyme...



Thyme is a wonderful antiseptic remedy and also a powerful expectorant, making it a perfect antidote to all those winter blues and flues...

Thyme can be used to treat a wide range of infections anywhere in the body, especially the lungs and kidneys. It is often used to treat bronchitis, tonsillitis, pleurisy, septic sore throats, ear infections, & whooping cough. Its sedative properties make it ideal for nervous headaches and insomnia.

Used in a bath it can alleviate the pains of rheumatism and it can be used as a lotion for itchy skin, hives & ring worm.

It has also been found to be a big help in childbirth!

How Does IT GROW? 

Thyme grows best in dry environments (make sure the bed of soil is well-drained to give the best flavour), and will need protection from cold winds and harsh, wet winters.

34] Young thyme plants will also need protection during the autumn months...

## \* I.D. CORRECTLY

It is important that you definitely know what plants you are collecting. Use I.D. books and ask people who know. Some plants can be toxic or poisonous. Don't make mistakes

## \* Law of thirds

Remember the law of thirds. Only take a third of any plants that you find.

## COLLECTING ROOTS

Take a spade and a bag to gather the roots of your choice.

DANDELION - collect roots from medium size plants

BURDOCK - when gathering burdock in the autumn take the roots from the 1 year old plants. 1 year old plants can be recognised as they are smaller and will not have gone to seed, so will not have the characteristic burs on them.

## DRYING THE ROOTS

Take the roots home and wash them. With larger roots it may be useful to split them lengthways so that they dry well.

Spread them out and dry them in a dark, well ventilated area. Once thoroughly dried store in sealed containers in a cool, dark place.

Roots can last up to 6 years once dried.

## MAKING A DECOCTION

Rather than making a simple tea or infusion, roots need extra work to take the herbal properties out.

Place 1oz of the root and 1 pint of water in a pan. Bring to the boil and simmer for 15mins or until the water has been reduced to a half.

Drink and enjoy.

## ROOT COFFEE

A fantastic coffee can be made with dandelion and/or burdock. Here's a way to make it:

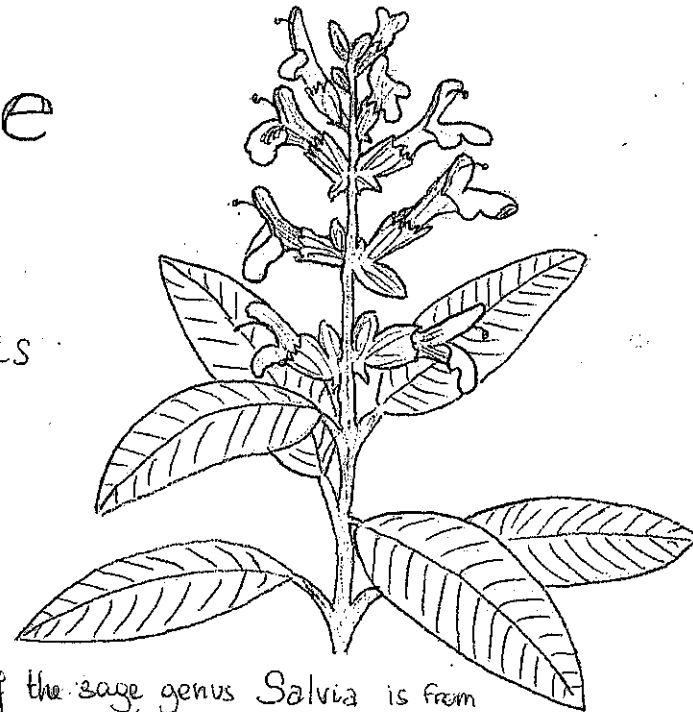
- Scrub the mud from the roots.
- Chop the roots into small bits, by hand or with a food processor.
- Set the oven to gas mark 3 or equivalent
- Put the roots in the oven in baking tins and slowly roast.
- Shake the tins occasionally to turn the roots.
- The moisture from the roots will evaporate and then the roots will turn a nice dark brown colour. This may take about 2 hours.
- When dark brown, take the tins out of the oven, and cool.
- Grind and use as you would coffee



Mmmm

# Sage

Salvia  
officinalis



The botanical name of the sage genus *Salvia* is from the latin verb *salvere* meaning 'to save', and refers to its considerable medical reputation in ancient times.

Sage has astringent, antiseptic/disinfectant, anti-inflammatory, febrifuge and tonic and calming properties.

It heals cuts and ulcers, and is very good for mouth hygiene (mouth ulcers, gingivitis, sensitive and irritated gums).

It calms pain and reduce nausea and hot flushes.

It's a tonic for digestive and nervous systems. Sage is the plant of convalescence and physical and mental exhaustion. It stimulates circulation.

### RECIPES FOR WINTER:

Infusion: hot, for inflamed throat.

Gargle: cold, pleasant drink, cooling in fevers, also a cleanser and purifier of the blood. Mix with lemon juice. Very effective.

Inhalation: with thyme, eucalyptus, peppermint essential oils.

⚠️ Contraindications: it is not advised to take sage continuously and excessively for more than 1 month (its essential oil contained in the leaves can become epileptising)  
it impairs lactation (dries up mother's milk)

Add the juice of 1 lemon. Make sure the sugar has dissolved completely. Remove from heat and allow to cool (cooling can be speeded up by placing the pan in a large bowl of cold water.) Sieve again to remove any scum or impurities and put liquid into clean (preferably amber or dark) glass bottles. (Don't fill them up to the top because of fermentation!)

ROSEHIP SYRUP is an excellent winter remedy as the berries are very rich in vitamin C: in 1 rosehip you will find more vitamin C than in 1 orange! It is indicated for chest infections, colds, coughs and flu.

NOTE FOR MAKING SYRUPS: If using other berries, just follow the recipe above. If using herb, first make a decoction (see p. ) and then add sugar in the same quantity as above.



Rosehip



Pills are so much more convenient than growing medicinal plants.

I'd have to water them.

Right, it's so much easier to build a laboratory, train chemists, manufacture lab equipment, do studies, extract chemicals from plants, build factories to make bottles, pills and labels, truck them to stores, and work all your life at a job to get some money so you can buy pills.

Well, she really needs those pills to cure the diseases caused by the pollution created by manufacturing them, and the depression caused by working a job she hates.



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# COMFREY

— *Symphytum officinale* —

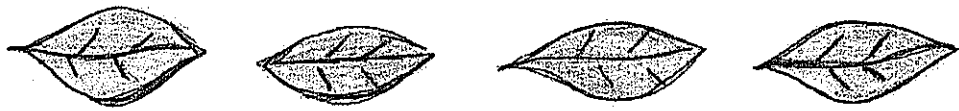
TRADITIONALLY KNOWN AS SARACENS ROOT, COMMON COMFREY HAS LONG BEEN VALUED AS AN EXCELLENT HEALING AGENT.

THIS WELL KNOWN HERB CONTAINS ALLANTOIN WHICH PROMOTES HEALING AND IS ONE OF THE FEW PLANTS CONTAINING VITAMIN B12. THE LEAVES ARE RICH IN POTASSIUM AND VITAMIN C AND ARE SPINACH-LIKE WHEN COOKED, AND CAN BE USED FRESH IN SALAD. THE ROOT CAN BE COOKED AS A VEGETABLE.

HEALING USES — THE MAIN ACTIONS OF COMFREY ARE AS A DEMULCENT, ASTRINGENT AND EXPECTORANT.

IT CAN BE USED INTERNALLY TO HEAL GUT PROBLEMS, STOMACH ULCERS AND LUNG COMPLAINTS WHERE THERE IS BLEEDING. THE DEMULCENT AND EXPECTORANT ACTIONS CAN HELP RESPIRATORY PROBLEMS BY SOOTHING AND HEALING IRRITATIONS IN THE TRACT, AND IT CAN BE TAKEN TO HEAL CONNECTIVE TISSUE IN THE BODY. COMFREY CAN ALSO BE APPLIED EXTERNALLY, AS A POULTICE, TINCTURE, MACERATED OIL, OR OINTMENT, TO HEAL FRACTURES, SPRAINS, STRAINS, OR BACK STRAIN. IT CAN ALSO BE USED FOR PSORIASIS + SKIN ULCERS, HELPS HEAL SCAR TISSUE AND CLEAR BRUISES. IT ALSO HELPS RELIEVE INFLAMMATIONS. COMFREY PROMOTES RAPID HEALING AND SO IS AN EXCELLENT HEALING HERB FOR OPEN WOUNDS.





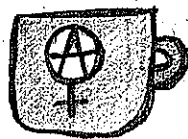
\*\*\*\*\* IT'S BEST TO USE IT ON SHALLOW RATHER THAN DEEP WOUNDS AS THE SURFACE TISSUE MAY HEAL MORE QUICKLY THAN THE TISSUE BELOW. A TEA MADE OF THE FLOWERS OR LEAVES IS USEFUL AGAINST COLDS AND BRONCHITIS.

HOWEVER THIS HERB CONTAINS PYRROZOLIDINE ALKALOIDS WHICH APPARENTLY IN VERY LARGE DOSES CAUSE LIVER DAMAGE, SO EXERCISE CAUTION WHEN TAKING IT INTERNALLY AND DON'T DRINK BUCKET LOADS! THERE ARE ALSO QUESTIONS BEING RAISED ABOUT WHETHER COMFREY IS CARCINOGENIC, BUT NOTHING HAS BEEN PROVED DEFINITELY. YET.

TAKEN IN A GENERAL NORMAL DOSE COMFREY IS A VERY EFFECTIVE HEALER AND COMPLETELY EARNS ITS VERNACULAR NAMES "KNITBONE", "BRUISEWORT" AND "ALL-HEAL".

AS A HOMEOPATHIC REMEDY COMFREY IS KNOWN AS SYMPHYTUM AND IS ONE OF THE MAIN REMEDIES TO TREAT BROKEN BONES AND FRACTURES THAT WON'T MEND.

SSSSSS



SUGGESTED DOSAGE - INFUSE 1 TSPFUL OF DRIED HERB IN A CUP OF BOILING WATER 3 TIMES DAILY.

FOR CURING SEPTIC SORES ON ANIMALS MAKE A POULTICE BETWEEN CLEAN PIECES OF COTTON AND TIE TO THE AFFECTED AREA. YOU CAN ALSO BOIL THE FRESH LEAVES TO MAKE A GOLDEN FABRIC DYE.

COMFREY LIKES THE SHADE AND THE WATERSIDE AND IS OFTEN FOUND BY CANALS AND RIVERS. IT CAN BE EASILY GROWN IN GARDENS OR LARGE POTS AND CAN BE EASILY PROPAGATED

BY DIVIDING THE ROOTS IN SPRING. COMFREY ALSO MAKES A BRILLIANT LIQUID MANURE. BASICALLY CHOP LOTS OF IT, LEAVE IT IN A BUCKET OF WATER COVERED FOR 4 WEEKS, DILUTE IT DOWN AND THEN USE IT TO FEED YOUR PLANTS!

# ★ COLD/FLU REMEDIES FOR WINTER ★



## ★ GARLIC & HONEY

You will need:

- a sterilised jar
- garlic, chopped
- honey



How to do it: Fill the jar with one layer of garlic, then one layer of honey, then one layer of garlic, etc... until the jar is filled up. Make sure the garlic is covered with honey.

And then? Leave it overnight, and it'll be ready in the morning!

Dosage? 3 teaspoons a day

It's an amazing winter remedy. Use it when the first symptoms appear!

## ★ INFUSIONS

! First symptoms! 3 x  of yarrow in the day.

Mixes = elderflower - yarrow - peppermint, a warming, soothing and healing infusion for colds and flu

## ★ ROSEHIP SYRUP

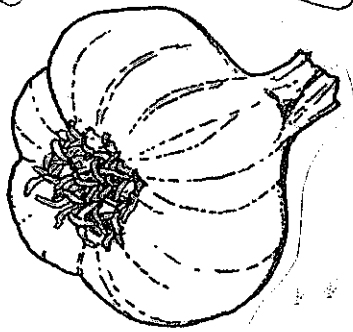
It is said it's best to pick rosehips after the 1<sup>st</sup> frost but it is not necessary.

You will need:

- rosehips
- water
- muslin or sieve
- sugar
- juice of 1 lemon

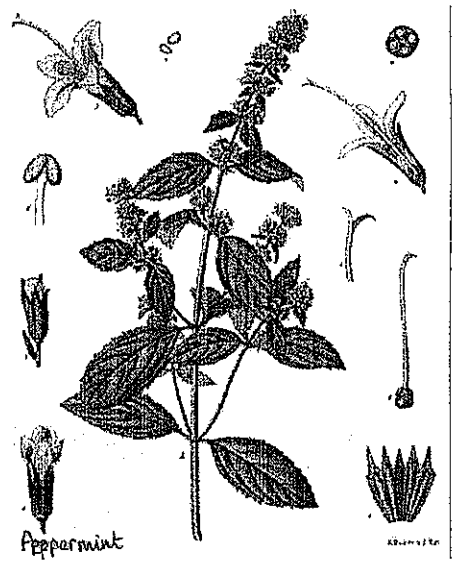
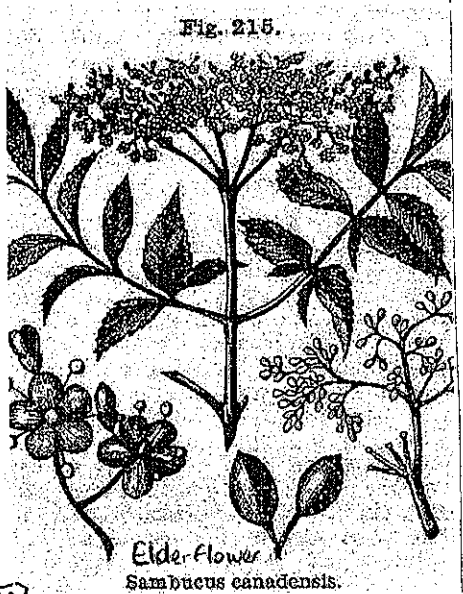
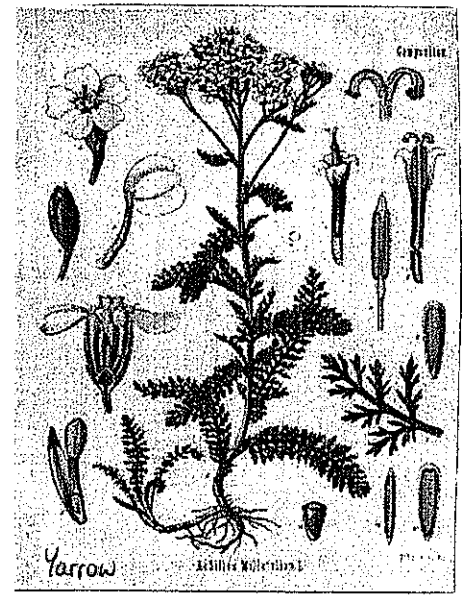
How you do it: wash the berries. Place them in a pan and cover with an inch and a half of very hot water. Toss the berries sufficient to break the skins whilst bringing the water to a boil. Simmer for 20 minutes. Remove from the heat and strain through a clean muslin or fine sieve. Measure the liquid and reboil it to the (cleaned) pan. Add 2 parts of sugar to 1 part liquid. Heat again to simmering point, stirring vigorously throughout.





Garlic is a blood thinner, which is the same property as aspirin! It also has antibacterial properties that help the immune system to fight infection.

The best tea mix for winter:  
Yarrow, Elderflower & Peppermint:



# MARIGOLD

—*Calendula officinalis*—



MARIGOLD OR AS IT IS MORE COMMONLY KNOWN CALENDULA HAS BEEN USED FOR HEALING FOR CENTURIES. CALENDULA IS AN EXCELLENT FIRST AID REMEDY AS IT RELIEVES MINOR BURNS, HEADACHES, EARACHES, AND REDUCES FEVER. CALENDULA POULTICES CAN BE USED TO TREAT BRUISES, IMPETIGO, VARICOSE VEINS AND MINOR SPRAINS AND WOUNDS. CALENDULA SAP, WHICH IS TAKEN FROM THE STEM, IS SAID TO BE AN EFFECTIVE CALLUS REMOVER, WITH OLD HERBAL TEXTS RECOMMENDING APPLYING THE SAP DIRECTLY ON CALLUSES, CORNS AND WARTS. CALENDULA HAS ALSO TRADITIONALLY BEEN USED TO TREAT CONJUNCTIVITIS AND OTHER EYE INFLAMMATIONS AS IT HELPS TO REDUCE THE SWELLING AND REDNESS OF EYE INFECTIONS. A WEAK INFUSION COULD BE USED FOR THIS, AND CAN ALSO BE USED AS A MOUTHWASH FOR THRUSH OR A SORE THROAT. CALENDULA OINTMENT CAN BE USED FOR CHAPPED LIPS, SORES AND SHINGLES, AND IS GREAT FOR NAPPY RASH. THIS AMAZING PLANT CAN ALSO BE USED FOR ACNE, ATHLETES FOOT, CANDIDA, COUGHS, CRAMPS, ECZEMA, FUNGAL INFECTIONS, GASTRITIS, HAEMORRHOIDS, HIV, MENOPAUSAL SYMPTOMS, MENSTRUAL CRAMPS, RINGWORM, SKIN ULCERS, SNAKEBITES, SUNBURN AND VIRAL INFECTIONS. MARIGOLD: PETALS CAN BE EATEN, YOU COULD HAVE

THEM IN A SALAD OR ON A DESERT, AND WOULD AID DIGESTION AND MINIMISE FLATULENCE!  
 CALENDULA IS A SAFE, NATURAL AND EFFECTIVE HEALER AND IS EVEN BEING INVESTIGATED FOR ANTICANCER PROPERTIES.

MARIGOLD TEA TASTES LOVELY. USE ABOUT 2 TEASPOONS OF THE FLOWERS PER PINT OF WATER. POUR NEARLY BOILED WATER ON THEM AND LEAVE FOR BETWEEN 2 AND 5 MINUTES.

MARIGOLD TEA IS CLEANSING AND DETOXIFYING, WITH ANTI-FUNGAL, ANTI-VIRAL AND ANTIBIOTIC PROPERTIES. IT IS ALSO ANTI-INFLAMMATORY AND SO IS AN EXCELLENT HEALING DRINK FOR ANYONE WHO HAS UNDERGONE SURGERY. MARIGOLD TEA CAN ALSO HELP TO REGULATE MENSTRUATION, HOWEVER BECAUSE IT CAN HAVE A TIGHTENING EFFECT ON THE WOMB IT SHOULD NOT BE DRANK DURING PREGNANCY OR IF TRYING TO CONCEIVE. USE THE TEA TO TREAT NAUSEA, HEADACHE AND FEVER.

### Healing Ointment with Comfrey and Calendula

INGREDIENTS- 150 ML (APPROX) COMFREY }  
 MACERATED OIL } MIX  
 50 ML CALENDULA MACERATED OIL }  
 40 G BEESWAX, OR VEGAN ALTERNATIVE }  
 SUCH AS CARNAUBA WAX OR OLIVE WAX. }  
 THESE MEASUREMENTS WILL MAKE ENOUGH }  
 FOR 3 OR 4 SMALL JARS.

BOIL SOME WATER IN A SAUCEPAN AND PUT A LARGE GLASS BOWL OVER IT. GENTLY HEAT THE OIL. ADD THE GRATED BEESWAX AND STIR UNTIL ALL THE WAX IS MELTED. POUR INTO CLEAN JARS AND LEAVE TO COOL. STORE OINTMENT IN A COOL PLACE OR FRIDGE.

A MACERATED OIL IS AN INFUSED HERB OIL. FILL A CLEAR GLASS JAR WITH FRESH OR DRIED HERBS AND COVER WITH A VEGETABLE OIL, LIKE OLIVE OR ALMOND. CLOSE THE JAR TIGHTLY AND LEAVE TO STAND IN A WARM, SUNNY PLACE FOR 4 TO 6 WEEKS, SHAKING DAILY. STRAIN THROUGH A MUSLIN CLOTH INTO A DARK BOTTLE AND STORE IN A COOL, DARK PLACE.

## SKULLCAP

INFUSE FOR FIFTEEN MINUTES...

DELICIOUS! A bit salty, mineraly...  
 FULL-BODIED!

Also quite buttery in texture. **Yellow-GREEN**

Good for SLEEP. Can be used as a narcotic (can be smoked as an alternative to cannabis). Traditionally used in combination with Valerian & Mistletoe. (equal parts: bark, root, twigs).

Also good for HEADACHE, STRESS, NERVOUS STRESS AND MIGRAINES, PRE-MENSTRUAL TENSION

## CLEAVERS (OR) GOOSE GRASS STICKY BUDS

GOOD FOR  Enlarged LYMPH NODES (especially cervical neck nodes).

Dispersing hard swellings. (tea or poultice)

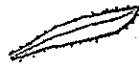
Cystic and nodular

URINARY DISORDERS (DIURETIC) ... bed wetting, irritable bladder

changes in the glands ...

DRY SKIN DISORDERS ... psoriasis, sunburn ... FRECKLES!

leaves taste 'CLEANSING, COOLING. "a bit like grass actually..."



If you criticize science, it means you want everyone to die from lack of medicine.

Medicine is right here. The knowledge is suppressed because when anyone can grow plants, no one makes big money.



Here, take this. It'll strengthen your immune system.

No thanks. If it's free, it's obviously not worth much.



Taste	Character	Description
Sour	Energy Quality	Prevent dispersal of energy and fluids Cooling, drying, gathering, binding absorbing, can be stimulating
	Effect Action	Causes contractions, toning to tissues, reduces secretions Astringent, anti-inflammatory
Bitter	Energy Quality Effect	Moving body energy downwards Cooling relaxing, stimulating, drying, balancing Clears congestion and stagnancy, reduces overactivity and excesses, especially in digestive system and liver, detoxifying
	Action	Bitter, tonic, laxative
Sweet	Energy Quality	Moves and expands upward and outwards Warming, although may also be cooling, relaxing, moisturising, especially in dry conditions, harmonising, energising
	Effect Action	Soothes, restores, tones and strengthens tissues and organs; cleanses, harmonises Demulcent, emollient, expectorant, tonic, relaxant
Pungent	Energy	Moves upwards and outwards to the periphery of the body
	Quality Effect Action	Warming, occasionally cooling, stimulating, relaxing, Calming, expansive, dispersive Stimulates circulation of energy and blood Stimulant, relaxant, carminative, diaphoretic, expectorant
Salty	Energy	Moves downwards and inwards to the centre of the body
	Quality Effect Action	Cooling, moisturising, grounding, balancing, especially to fluids Moistens dryness, softens hardened tissues, detoxifying, nourishing Diuretic, alterative, nutritive
Bland	Energy Quality	Moves downwards and outwards Drying, balancing to temperature, neutral
	Effects Action	Detoxifying Diuretic, nutritive
Plants can fall into more than one category, eg bitter/sweet or sweet/sour. Plants can exhibit different effects depending on the person and their complaints, eg lavender can be both relaxing and stimulating, peppermint both warm and cooling.		

## Understanding Herbs

To use herbs holistically and wisely you need to understand the nature of plants and both the nature of health and ill-health to influence patterns of disharmony with remedies best suited to the overall situation.

Combine intuitive understanding of plants with clinical experience to provide empirical evidence. Before choosing a herb for healing explore the plant through sight, touch, smell and taste to create a picture of it. This will guide you to a discovery of its vital energies and healing potential and will enhance understanding. Feel the soft quality of Mullein leaves and experience its soothing and moisturising effects in dry respiratory conditions. Taste the hot pungency in ginger and immediately feel its warmth on drinking an infusion.

The taste of plants especially, as well as their qualities of warming/cooling and moisturising/drying, have consistently shown predictable therapeutic effects.

### Taste

#### Sour, sweet, bitter, salty, pungent and bland

Each category has its specific physical, emotional or mental effects; localised or general, immediate or longterm. The warming or cooling (or neutral) effects of a herb are based on a plant's objective ability to be warming or cooling as well as an individual's experience of it. Many factors contribute to a plant's temperature: climate, seasons, a person's tendency to be warm or cold and the nature of the complaint. Also herbs have ability to be moisturising or drying in their effect on the body and its tissues.

In general a condition is treated with a herb of opposite aspects to the complaint, cool a hot inflamed joint, moisturise a dry cough, dry a running nose and warm cold extremities. Plants can influence physical well being and promote emotional and mental balance. These qualities have been empirically refined and today are described as actions of a herb.

As you become increasingly familiar with herbs, you will gradually be able to create a holistic picture of each plant. The inclusion of scientific insight can facilitate this process and help you understand and explain your own experience as well as the traditional empirical uses of herbs.

*Taken from 'Teach yourself Herbal Medicine' by Nina Nissen*

