

THYMUS VULGARIS



MEDICINAL PLANTS

WITH SOLARIS VERDELL



LAVANDULA OFFICINALIS

THIS WORKBOOK IS DESIGNED TO INTRODUCE YOU TO HERBAL MEDICINE, OFFERING A BLEND OF TIME-HONORED KNOWLEDGE AND SKILLS TO EMPOWER YOUR WELL-BEING.

WE DEEPLY APPRECIATE THE DAKOTA AND OJIBWE PEOPLES OF MINNESOTA, WHOSE STEWARDSHIP AND PROFOUND RESPECT FOR THE LAND HAVE PRESERVED ITS RICHNESS FOR GENERATIONS.

THEIR TRADITIONAL KNOWLEDGE AND SUSTAINABLE PRACTICES HAVE ENSURED THAT WE CAN STILL BENEFIT FROM THE NOURISHING AND HEALING PROPERTIES OF THIS LAND TODAY.

WITHOUT THEIR ENDURING CONNECTION TO AND CARE FOR THESE LANDSCAPES, MUCH OF THE BOTANICAL WEALTH WE NOW CHERISH WOULD BE LOST.

WE RECOGNIZE THAT THEIR WISDOM CONTINUES TO GUIDE US.

WE CHERISH THEIR ANCESTRAL LEGACY AND THE LIVES OF THEIR DESCENDANTS ON THIS SACRED LAND.

INTRODUCTION

MEDICINAL PLANTS ARE THOSE THAT HAVE THERAPEUTIC PROPERTIES AND HAVE BEEN TRADITIONALLY USED TO TREAT VARIOUS AILMENTS AND MAINTAIN HEALTH.

THE USE OF PLANTS FOR MEDICINE DATES BACK THOUSANDS OF YEARS AND IS FOUND IN CULTURES AROUND THE WORLD, FROM TRADITIONAL CHINESE MEDICINE AND AYURVEDA TO INDIGENOUS AMERICAN AND AFRICAN MEDICINE SYSTEMS.

FOR EVERY AILMENT KNOWN TO HUMANKIND, THERE IS A PLANT THAT CAN HELP.

MEDICINAL PLANTS OFFER A MORE GENTLE AND NATURAL ALTERNATIVE TO SYNTHETIC DRUGS WITH LITTLE TO NO SIDE EFFECTS.

THEY CAN BE USED ON THEIR OWN OR ALONGSIDE PHARMACEUTICALS.

NOT ALL PLANTS ARE SUITABLE FOR EVERYONE AND IMPROPER USE CAN LEAD TO ADVERSE EFFECTS.

UNDERSTANDING PROPER USE AND SAFETY MEASURES IS ESSENTIAL FOR EFFECTIVE HERBAL MEDICINE PRACTICE.

PREPARATIONS OF HERBS

MEDICINAL HERBS CAN BE PREPARED IN DIFFERENT WAYS. HERE ARE SOME OF THE MOST COMMON PREPARATIONS:

TINCTURE

A CONCENTRATED HERBAL EXTRACT MADE BY SOAKING PLANT MATERIAL IN ALCOHOL OR VINEGAR.

- INSTRUCTIONS: FILL A JAR WITH CHOPPED HERBS, COVER WITH ALCOHOL (AT LEAST 40% ABV) OR VINEGAR, SEAL AND STORE IN A COOL, DARK PLACE FOR 4-6 WEEKS, SHAKING OCCASIONALLY. STRAIN AND STORE THE LIQUID IN A DARK BOTTLE.

INFUSION

A TEA MADE BY STEEPING HERBS IN HOT WATER, TYPICALLY USED FOR LEAVES AND FLOWERS.

- INSTRUCTIONS: PLACE 1-2 TEASPOONS OF DRIED HERBS OR 2-4 TEASPOONS OF FRESH HERBS IN A CUP, POUR BOILING WATER OVER THEM, COVER, AND STEEP FOR 15-30 MINUTES. STRAIN BEFORE DRINKING.

DECOCTION:

EXTRACTION BY BOILING TOUGH PLANT MATERIALS LIKE ROOTS, BARK, AND SEEDS IN WATER.

- INSTRUCTIONS: ADD 1-2 TABLESPOONS OF DRIED HERBS TO A POT WITH WATER, BRING TO A BOIL, THEN SIMMER FOR ABOUT 30 MINUTES TO AN HOUR. STRAIN BEFORE USING.

POULTICE

A SOFT, MOIST CLUMP OF PLANT MATERIAL APPLIED DIRECTLY TO THE SKIN TO REDUCE INFLAMMATION OR PAIN.

- INSTRUCTIONS: BLEND OR CHEW HERBS INTO A PASTE, APPLY DIRECTLY TO THE AFFECTED AREA, COVER WITH A CLEAN CLOTH OR BANDAGE, AND LEAVE FOR 1-2 HOURS.

OIL INFUSION

AN OIL BASED HERBAL EXTRACT FOR TOPICAL USE.

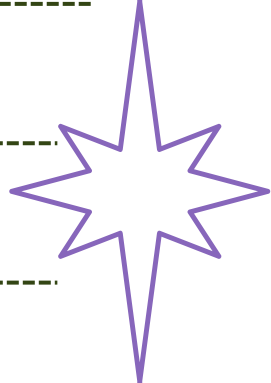
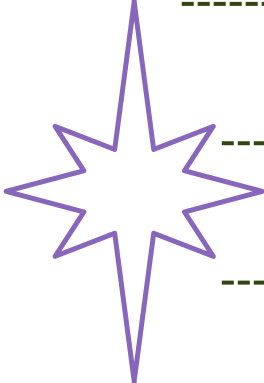
- INSTRUCTIONS: FILL A JAR WITH DRIED HERBS, COVER WITH A CARRIER OIL (E.G., OLIVE OR COCONUT), SEAL, AND STORE IN A SUNNY SPOT FOR 2-4 WEEKS, SHAKING OCCASIONALLY. STRAIN AND STORE IN A DARK BOTTLE.

SALVE

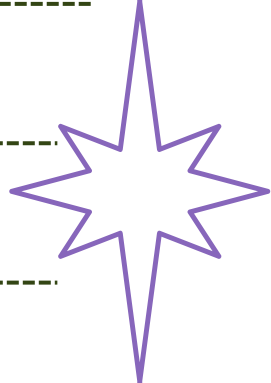
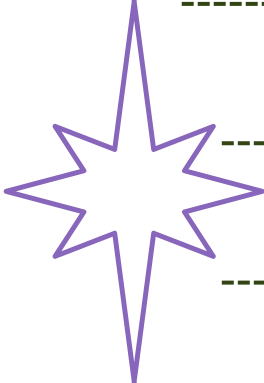
A HEALING OINTMENT MADE BY INFUSING HERBS IN OIL AND THICKENING WITH BEESWAX FOR TOPICAL USE.

- INSTRUCTIONS: COMBINE 1 CUP OF INFUSED OIL WITH 1 OUNCE OF BEESWAX IN A DOUBLE BOILER. HEAT UNTIL MELTED, STIR WELL, AND POUR INTO CONTAINERS TO COOL AND SOLIDIFY.

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PLANT ACTIONS

PLANT ACTIONS DESCRIBE THE EFFECTS OF HERBS ON THE BODY. EACH ACTION TARGETS SPECIFIC FUNCTIONS OR IMBALANCES.

A

ADAPTOGENIC

Helps the body adapt to stress and normalize bodily functions.

Examples: American Ginseng, Reishi

ALTERNATIVE

Gradually restores proper function to the body, increasing health and vitality.

Examples: Red clover, Cleavers

ANALGESIC

Relieves pain.

Examples: Willow bark, Arnica

ANTI-INFLAMMATORY

Reduces inflammation.

Examples: Turmeric, Ginger

ANTIBACTERIAL

Inhibits bacterial growth.

Examples: Garlic, St. John's wort

ANTIVIRAL

Inhibits viral activity.

Examples: Elderberry, thyme

ANTIFUNGAL

Inhibits fungal growth.

Examples: Lavender, calendula

ANTIOXIDANT

Protects cells from damage by free radicals.

Examples: Green tea, Rosemary

ANTISPASMODIC

Relieves or prevents spasms, especially smooth muscles.

Examples: Peppermint, Cramp bark

ASTRINGENT

Contracts tissues and reduces secretions.

Examples: Witch hazel, Yarrow

B

BITTER

Stimulates digestive Fluids and appetite.

Examples: Dandelion, wormwood

C

CARMINATIVE

Relieves Gas, Bloating, and soothes the digestive tract.

Examples: Chamomile, Peppermint

CHOLAGOGUE

Promotes the discharge of bile from the system.

Examples: Dandelion, Barberry

D

DEMULCENT

Soothes and protects irritated or inflamed internal tissues.

Examples: Marshmallow root, Solomon seal

DIAPHORETIC

Induces sweating.

Examples: Elderflower, Ginger

DIURETIC

Increases urine production.

Examples: Dandelion, Parsley

E

EMETIC

Induces vomiting.

Examples: Bloodroot, Lobelia (high doses)

EMMENAGOGUE

Stimulates menstrual flow. Examples: Mugwort, Parsley

EMOLLIENT

Softens and soothes the skin. Examples: violet, solomon's seal

EXPECTORANT

expels mucus from the respiratory tract.

Examples: Ginger, Thyme

H

HEPATIC

Supports liver function.

Examples: Burdock, Dandelion root

I

IMMUNOMODULATORY

Regulates and strengthens the immune system.

Examples: Elderberry, echinacea

L

LAXATIVE

Promotes bowel movements.

Examples: Senna, Elderberry (Mild)

LYMPHATIC

promotes the flow of lymph.

Examples: Cleavers, Red clover

N

NERVINE

Supports the nervous system, can be relaxing or stimulating.

Examples: Valerian (relaxing), St. John's Wort (stimulating)

R

RUBEFACIENT:

Increases blood flow to the skin.

Examples: Cayenne, ginger

S

SEDATIVE

Calms the nervous system and induces sleep.

Examples: Chamomile, Wild Lettuce

SIALAGOGUE

Stimulates the production of saliva.

Examples: Ginger, Cayenne

STIMULANT

Increases physical or nervous activity.

Examples: peppermint, Ginseng

STYPTIC

Stops bleeding by contracting tissues.

Examples: Cranesbill, Yarrow

T

TONIC

Strengthens and invigorates Specific organs or the whole body.

Examples: Nettle, Red Raspberry leaf

V

VERMIFUGE

Expels intestinal worms.

Examples: Wormwood, Black walnut

VULNERARY

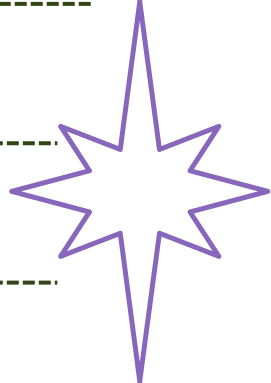
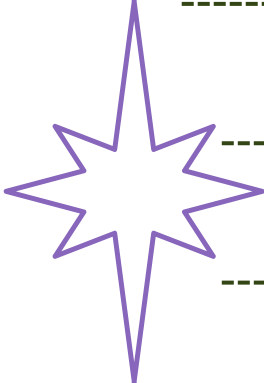
Promotes wound healing.

Examples: Calendula, Comfrey

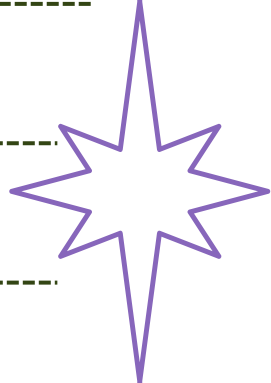
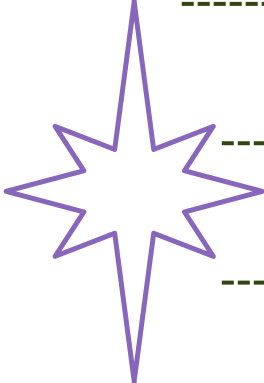
SAFETY PRECAUTIONS

- **ENSURE THAT YOU HAVE POSITIVELY IDENTIFIED A PLANT BEFORE USING IT, AS MANY EDIBLE PLANTS HAVE TOXIC COUNTERPARTS.**
- **USE RELIABLE RESOURCES SUCH AS FIELD GUIDES, PLANT IDENTIFICATION APPS, OR EXPERT ADVICE.**
- **BE AWARE OF POTENTIAL ALLERGIES AND SENSITIVITIES; START WITH SMALL DOSES TO TEST YOUR BODY'S REACTION.**
- **SOME PLANTS CAN CAUSE SKIN IRRITATION OR OTHER ADVERSE EFFECTS, SO ALWAYS HANDLE NEW PLANTS WITH CARE AND WEAR GLOVES IF NECESSARY.**
- **CONSULT WITH A HEALTHCARE PROVIDER OR HERBALIST BEFORE USING MEDICINAL PLANTS, ESPECIALLY IF YOU ARE PREGNANT, NURSING, OR TAKING MEDICATIONS, AS SOME HERBS CAN INTERACT WITH PHARMACEUTICALS.**
- **CONSIDER THE SOURCE OF YOUR PLANTS—AVOID HARVESTING FROM POLLUTED AREAS SUCH AS ROADSIDES OR INDUSTRIAL SITES WHERE PLANTS MAY ABSORB HARMFUL CHEMICALS.**
- **PRACTICE SUSTAINABLE HARVESTING BY TAKING ONLY WHAT YOU NEED AND LEAVING ENOUGH FOR THE PLANT POPULATION TO THRIVE.**
- **EDUCATE YOURSELF ON THE LEGAL ASPECTS OF FORAGING IN YOUR AREA TO MINIMIZE PERSONAL RISK AND AVOID IMPACTING ENDANGERED SPECIES.**

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DOSAGE

PROPER DOSAGE IS ESSENTIAL FOR SAFETY AND EFFECTIVENESS. START WITH THE LOWEST RECOMMENDED DOSE AND INCREASE GRADUALLY.

FOR ADULTS:

T I N C T U R E S

1 DROPPERFUL OR 30 DROPS, 3 TIMES A DAY

INFUSIONS: 1 CUP, 3 TIMES A DAY

D E C O C T I O N S

½ CUP, 2 TIMES A DAY

FOR CHILDREN:

DIVIDE CHILD'S WEIGHT IN LBS BY 150 AND MULTIPLY THE RESULT BY THE ADULT DOSAGE. FOR EXAMPLE, A CHILD WEIGHING 30 LBS WOULD TAKE 6 DROPS IF THE ADULT DOSE IS 30 DROPS.

ALWAYS START WITH SMALLER DOSES AND CONSULT A HEALTHCARE PROVIDER OR HERBALIST, ESPECIALLY FOR CHILDREN UNDER TWO YEARS OLD.

AVOID STRONG OR POTENTIALLY TOXIC HERBS FOR CHILDREN.

COMMON AILMENTS AND HERBAL REMEDIES

INDIGESTION, BLOATING, NAUSEA:

- **GINGER:** KNOWN FOR ITS ANTI-NAUSEA PROPERTIES, CAN BE USED AS A TEA OR ADDED TO FOOD TO SOOTHE THE STOMACH AND PROMOTE APPETITE.
- **CHAMOMILE:** A GENTLE HERB THAT HELPS WITH INDIGESTION AND GAS. DRINK AS A TEA OR TINCTURE.
- **DANDELION:** BOTH THE ROOT AND LEAVES AID DIGESTION, PROMOTE APPETITE, AND ACT AS A MILD DIURETIC. USE IN TEAS OR SALADS.
- **PEPPERMINT:** EFFECTIVE FOR RELIEVING GAS AND BLOATING. ENJOY AS A TEA OR CHEWED FRESH.

COUGH, CONGESTION, SORE THROAT:

- **MULLEIN:** AN EXCELLENT HERB FOR RESPIRATORY HEALTH, MULLEIN HELPS CLEAR MUCUS AND DRY, PERSISTENT COUGH. USE IN TEAS OR TINCTURES.
- **THYME:** HAS ANTIBACTERIAL PROPERTIES AND SOOTHES COUGHS AND SORE THROATS. USE IN TEAS, OIL, OR AS A STEAM INHALATION.
- **LAVENDER:** HELPS RELIEVE CONGESTION AND CAN BE USED AS A TEA, ESSENTIAL OIL IN A DIFFUSER OR AS A STEAM INHALATION.
- **EUCALYPTUS:** OFTEN USED IN TEAS AND STEAM INHALATIONS TO CLEAR NASAL PASSAGES.

WOUNDS, BURNS, RASHES:

- **CALENDULA:** KNOWN FOR ITS SKIN-HEALING PROPERTIES, IT HELPS WITH WOUNDS, BURNS, ECZEMA, AND RASHES. USE IN TEAS, OILS OR CREAMS.
- **YARROW:** HAS ANTISEPTIC, STYPTIC, AND ANTI-INFLAMMATORY PROPERTIES, USEFUL FOR CUTS AND BRUISES. APPLY AS A POULTICE, TEA, OR IN SALVES.
- **RED CLOVER:** HELPFUL FOR SKIN CONDITIONS LIKE ECZEMA, CYSTS, AND PSORIASIS. USE IN TEAS OR AS A TOPICAL WASH.
- **ALOE VERA:** SOOTHES BURNS AND PROMOTES WOUND HEALING. APPLY THE GEL DIRECTLY TO THE SKIN.

NERVOUSNESS, INSOMNIA, RESTLESSNESS:

- **LAVENDER:** CALMING AND HELPS REDUCE ANXIETY. USE IN TEAS, AS AN ESSENTIAL OIL, OR IN A RELAXING BATH.
- **CHAMOMILE:** A GENTLE SEDATIVE THAT HELPS WITH ANXIETY AND PROMOTES SLEEP. DRINK AS A TEA OR TINCTURE.
- **LEMON BALM:** KNOWN FOR ITS CALMING EFFECTS, UPLIFTS MOOD AND HELPS REDUCE STRESS. USE IN TEAS OR TINCTURES.
- **PASSIONFLOWER:** EFFECTIVE FOR ANXIETY AND INSOMNIA. USE IN TEAS OR TINCTURES.

JOINT PAIN, MUSCLE ACHES, INFLAMMATION:

- **TURMERIC:** HAS STRONG ANTI-INFLAMMATORY PROPERTIES. USE IN FOOD OR AS A SUPPLEMENT.
- **GINGER:** ANTI-INFLAMMATORY AND HELPS WITH MUSCLE PAIN. USE IN TEAS OR ADDED TO FOOD.
- **CINNAMON:** HELPS REDUCE INFLAMMATION AND CAN BE USED IN TEAS OR FOOD.
- **WILLOW BARK:** CONTAINS SALICIN, WHICH IS SIMILAR TO ASPIRIN. USE AS A TEA FOR PAIN RELIEF.

MENSTRUAL CRAMPS, PMS, MENOPAUSE SYMPTOMS

- **RED RASPBERRY LEAF:** UTERINE TONIC, HELPS ALLEVIATE MENSTRUAL CRAMPS. DRINK AS A TEA.
- **BLACK COHOSH:** HELPS WITH MENOPAUSE SYMPTOMS LIKE HOT FLASHES. USE IN TINCTURES OR CAPSULES.
- **LADY'S MANTLE:** UTERINE TONIC, ALLEVIATES HEAVY BLEEDING AND ABNORMAL VAGINAL DISCHARGE, USE IN TEAS OR TINCTURES.
- **CHASTE TREE BERRY (VITEX):** REGULATES MENSTRUAL CYCLES, ALLEVIATES PMS AND MENOPAUSE SYMPTOMS. USE IN TINCTURES OR CAPSULES. AVOID IF TAKING HORMONAL BIRTH CONTROL.

URINARY TRACT INFECTION (UTI), BLADDER ISSUES

- **CRANBERRY:** PREVENTS BACTERIA FROM ADHERING TO THE URINARY TRACT WALLS. EAT, DRINK JUICE OR TAKE SUPPLEMENTS.
- **DANDELION:** ACTS AS A DIURETIC AND HELPS CLEANSE THE URINARY TRACT. USE IN TEAS OR DECOCTION.
- **BEARBERRY, KINNIKINNICK:** ANTISEPTIC PROPERTIES THAT HELP TREAT UTI. USE IN TEAS OR CAPSULES.
- **CORN SILK:** SOOTHES THE URINARY TRACT AND REDUCES INFLAMMATION. USE IN TEAS.

HIGH BLOOD PRESSURE, HIGH CHOLESTEROL

- **HAWTHORN:** SUPPORTS CARDIOVASCULAR HEALTH AND HELPS REGULATE BLOOD PRESSURE. USE IN TEAS OR TINCTURES.
- **GARLIC:** LOWERS CHOLESTEROL AND IMPROVES HEART HEALTH. USE RAW, IN COOKING, OR AS SUPPLEMENTS.
- **OLIVE LEAF:** HELPS REDUCE BLOOD PRESSURE AND SUPPORTS HEART HEALTH. USE IN TEAS OR SUPPLEMENTS.

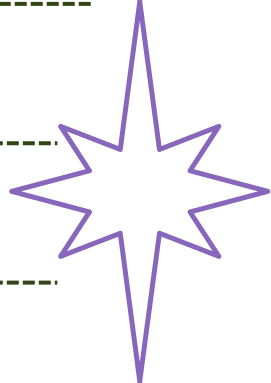
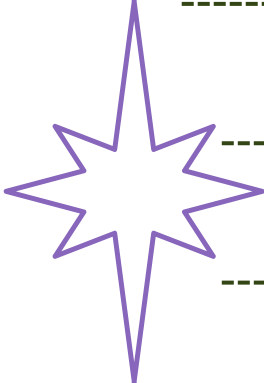
PROSTATE HEALTH, BENIGN PROSTATIC HYPERPLASIA (BPH), PROSTATITIS

- **SAW PALMETTO:** HELPS REDUCE SYMPTOMS OF BPH AND SUPPORTS OVERALL PROSTATE HEALTH. USE IN TINCTURES OR CAPSULES.
- **NETTLE ROOT:** KNOWN FOR ANTI-INFLAMMATORY PROPERTIES, HELPS MANAGE BPH SYMPTOMS. USE IN TEAS OR SUPPLEMENTS.
- **PYGEUM:** REDUCES INFLAMMATION AND IMPROVES URINARY SYMPTOMS ASSOCIATED WITH BPH. USE IN TINCTURES OR CAPSULES.

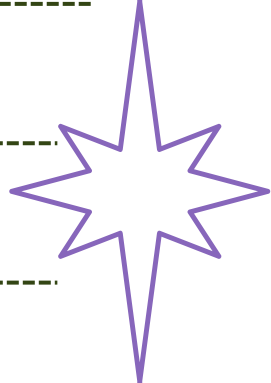
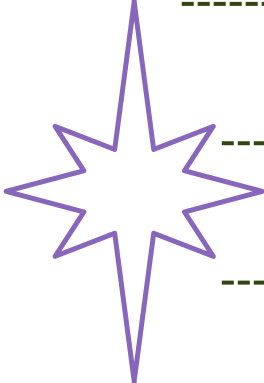
PREGNANCY SUPPORT

- **GINGER:** ALLEVIATES MORNING SICKNESS AND NAUSEA. USE IN TEAS, CAPSULES, OR AS CANDIED GINGER.
- **RED RASPBERRY LEAF:** TONES THE UTERUS AND AIDS DIGESTION, SUPPORTING A HEALTHY PREGNANCY. USE AS A TEA.
- **CHAMOMILE:** CALMS ANXIETY AND PROMOTES SLEEP WHILE SOOTHING DIGESTIVE ISSUES LIKE HEARTBURN. USE AS A TEA IN MODERATION.
- **DANDELION:** SUPPORTS LIVER FUNCTION AND REDUCES WATER RETENTION AND SWELLING. USE IN TEAS OR ADD TO SALADS.

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ETHICS

Ethical and sustainable harvesting of medicinal plants is essential not only for environmental conservation but also for respecting and honoring the cultures that have relied on these plants for generations. The Dakota and Ojibwe peoples of Minnesota have a profound connection to the land and its plants, which are integral to their traditions, health, and cultural practices.

Historical displacement, Brutalization, and habitat destruction have deeply affected these communities, threatening cultural heritage and the health of their home lands.

A part of sustainable harvesting is prioritizing cultural sensitivity and respect for Indigenous rights. Recognize the traditional territory and sovereignty of the Dakota and Ojibwe peoples on this land.

When benefitting from traditional knowledge, give credit to the Indigenous communities that have preserved these practices through generations.

**BY HONORING AND SHARING IN THEIR WISDOM
AND STEWARDSHIP, WE ENSURE THE
SUSTAINABILITY OF MEDICINAL PLANTS WHILE
RESPECTING THE DIGNITY AND RIGHTS OF THE
FIRST PEOPLES ON THIS LAND.**

PLANTS FOUND IN MINNESOTA



CHAMOMILE

BOTANICAL NAME: MATRICARIA CHAMOMILLA

DESCRIPTION: A SMALL, DAISY-LIKE FLOWER WITH A SWEET AROMA.

USES: KNOWN FOR ITS CALMING AND ANTI-INFLAMMATORY PROPERTIES. USED TO TREAT DIGESTIVE ISSUES, ANXIETY, AND SKIN IRRITATIONS.

OFTEN PREPARED AS A TEA OR TINCTURE.

WHILE SPECIFIC USES BY DAKOTA OR OJIBWE PEOPLE ARE NOT WELL-DOCUMENTED, VARIOUS INDIGENOUS PEOPLES, SUCH AS THE TSALAGI, HAVE LONG USED CHAMOMILE FOR DIGESTIVE AILMENTS AND AS A CALMING TEA.



YARROW

BOTANICAL NAME: ACHILLEA MILLEFOLIUM

DESCRIPTION: A HARDY PERENNIAL WITH FEATHERY LEAVES AND CLUSTERS OF WHITE FLOWERS.

USES: ANTISEPTIC, HEMOSTATIC, AND ANTI-INFLAMMATORY PROPERTIES. USED FOR CUTS, BRUISES, AND TO REDUCE FEVER. COMMONLY APPLIED AS A POULTICE OR IN TEAS.

INDIGENOUS USES: THE OJIBWE HAVE LONG USED YARROW FOR ITS PAIN-RELIEVING PROPERTIES AND TO TREAT WOUNDS. THEY KNOW THE MEDICINE TO REDUCE INFLAMMATION AND UTILIZE AS A POULTICE FOR BRUISES.



DANDELION

BOTANICAL NAME: TARAXACUM OFFICINALE

DESCRIPTION: A COMMON WEED WITH YELLOW FLOWERS AND DEEPLY TOOTHED LEAVES.

USES: DIURETIC AND DIGESTIVE AID. USED TO PROMOTE LIVER HEALTH AND STIMULATE APPETITE. CONSUMED AS TEA OR IN SALADS.

INDIGENOUS USES: THE DAKOTA HAVE LONG USED DANDELION FOR ITS DIURETIC PROPERTIES AND TO TREAT DIGESTIVE ISSUES.



PEPPERMINT

BOTANICAL NAME: MENTHA X PIPERITA

DESCRIPTION: A FRAGRANT HERB WITH SQUARE STEMS AND GREEN, SERRATED LEAVES.

USES: CARMINATIVE AND ANTISPASMODIC. USED TO RELIEVE GAS, BLOATING, AND DIGESTIVE DISCOMFORT. ENJOYED AS A TEA OR CHEWED FRESH.

INDIGENOUS USES: THE DAKOTA AND OJIBWE BOTH HAVE LONG USED PEPPERMINT TO TREAT DIGESTIVE ISSUES AND RESPIRATORY AILMENTS, OFTEN PREPARED AS A TEA.



LAVENDER

BOTANICAL NAME: LAVANDULA ANGUSTIFOLIA

DESCRIPTION: A SMALL SHRUB WITH PURPLE FLOWERS AND A STRONG, PLEASANT AROMA.

USES: CALMING AND ANTISEPTIC. USED TO REDUCE ANXIETY, PROMOTE SLEEP, AND TREAT MINOR BURNS AND INSECT BITES. APPLIED AS AN ESSENTIAL OIL OR IN TEAS.

INDIGENOUS USES: WHILE NOT NATIVE TO NORTH AMERICA AND NO SPECIFIC DAKOTA OR OJIBWE USES ARE DOCUMENTED, VARIOUS INDIGENOUS PEOPLES HAVE ADOPTED LAVENDER FOR ITS SOOTHING AND MEDICINAL PROPERTIES.



NETTLE

BOTANICAL NAME: URTICA DIOICA

DESCRIPTION: A PERENNIAL PLANT WITH SERRATED LEAVES AND TINY STINGING HAIRS.

USES: ANTI-INFLAMMATORY AND DIURETIC. USED TO TREAT JOINT PAIN, ALLERGIES, AND SUPPORT URINARY HEALTH.

PREPARED AS TEA OR COOKED TO NEUTRALIZE THE STING.

INDIGENOUS USES: THE OJIBWE HAVE LONG USED NETTLE FOR ITS NUTRITIVE PROPERTIES, TO ALLEVIATE PAIN, AND FOR URINARY ISSUES. IT IS ALSO A SPRING TONIC TO BOOST ENERGY AND OVERALL HEALTH.



HAWTHORN

BOTANICAL NAME: CRATAEGUS SPP.

DESCRIPTION: A THORNY SHRUB WITH SMALL WHITE FLOWERS AND RED BERRIES.

USES: CARDIOVASCULAR SUPPORT. USED TO REGULATE BLOOD PRESSURE AND IMPROVE HEART HEALTH. CONSUMED AS TEA, TINCTURE, OR BERRIES.

INDIGENOUS USES: NUMEROUS INDIGENOUS NATIONS INCLUDING THE OJIBWE HAVE LONG KNOWN HAWTHORN BERRIES AS A FOOD SOURCE AND SUPPORT FOR HEART AND GUT HEALTH.



CRANBERRY

BOTANICAL NAME: VACCINIUM MACROCARPON

DESCRIPTION: A SMALL, TRAILING VINE WITH PINK FLOWERS AND RED BERRIES.

USES: URINARY TRACT HEALTH. PREVENTS BACTERIA FROM ADHERING TO THE URINARY TRACT WALLS. CONSUMED AS JUICE, DRIED BERRIES, OR SUPPLEMENTS.

INDIGENOUS USES: THE OJIBWE HAVE LONG USED CRANBERRIES TO TREAT BLADDER AND KIDNEY ISSUES, OFTEN CONSUMING THE BERRIES DIRECTLY OR AS A JUICE.

MULLEIN

**BOTANICAL NAME: VERBASCUM
THAPSUS**

**DESCRIPTION: A TALL PLANT WITH
FUZZY LEAVES AND YELLOW
FLOWERS.**

**USES: RESPIRATORY HEALTH, HELPS
CLEAR MUCUS AND DRY, PERSISTENT
COUGH. USED IN TEAS OR
TINCTURES.**

**INDIGENOUS USES: THE OJIBWE
KNOW MULLEIN AS A HEART
STIMULANT. VARIOUS INDIGENOUS
PEOPLES HAVE LONG USED MULLEIN
FOR RESPIRATORY ISSUES.**





THYME

BOTANICAL NAME: THYMUS VULGARIS

DESCRIPTION: A LOW-GROWING HERB WITH SMALL, FRAGRANT LEAVES AND PURPLE FLOWERS.

USES: ANTIBACTERIAL PROPERTIES, SOOTHES COUGHS AND SORE THROATS. USED IN TEAS, OIL, OR AS A STEAM INHALATION.

INDIGENOUS USES: NO SPECIFIC INDIGENOUS USES ARE DOCUMENTED ON TURTLE ISLAND.





RED CLOVER

BOTANICAL NAME: TRIFOLIUM PRATENSE

DESCRIPTION: A FLOWERING PLANT WITH PINKISH-RED BLOSSOMS AND TRIFOLIATE LEAVES.

USES: HELPS WITH SKIN CONDITIONS LIKE ECZEMA, CYSTS, AND PSORIASIS. USED IN TEAS OR AS A TOPICAL WASH.

INDIGENOUS USES: THE OJIBWE HAVE LONG KNOWN RED CLOVER FOR ITS BLOOD-CLEANSING PROPERTIES AND TO TREAT SKIN CONDITIONS.



RED RASPBERRY LEAF

BOTANICAL NAME: RUBUS IDAEUS

DESCRIPTION: A SHRUB WITH RED BERRIES AND SERRATED LEAVES.

USES: UTERINE TONIC, HELPS ALLEVIATE MENSTRUAL CRAMPS. DRUNK AS A TEA.

INDIGENOUS USES: THE DAKOTA AND OJIBWE KNOW RED RASPBERRY LEAF AS A UTERINE TONIC AND AID FOR MENSTRUAL PAIN, PREPARED AS A TEA.



CORN SILK

BOTANICAL NAME: ZEA MAYS

DESCRIPTION: THE LONG, SILKY THREADS THAT GROW ON EARS OF CORN.

USES: SOOTHES THE URINARY TRACT AND REDUCES INFLAMMATION. USED IN TEAS.

INDIGENOUS USES: THE OJIBWE HAVE LONG USED CORN SILK TO TREAT URINARY TRACT ISSUES AND REDUCE INFLAMMATION, OFTEN PREPARING IT AS A TEA.

MARSHMALLOW ROOT

**BOTANICAL NAME: ALTHAEA
OFFICINALIS**

**DESCRIPTION: A PERENNIAL WITH
SOFT, VELVETY LEAVES AND PALE PINK
FLOWERS.**

**USES: SOOTHES AND PROTECTS
IRRITATED OR INFLAMED INTERNAL
TISSUES. USED IN TEAS, DECOCTIONS,
OR AS A POULTICE.**

**INDIGENOUS USES: MANY INDIGENOUS
EUROPEAN TRIBES ARE FAMILIAR WITH
MARSHMALLOW ROOT AS A SOOTHING
AGENT.**





SOLOMON'S SEAL

BOTANICAL NAME: POLYGONATUM SPP.

DESCRIPTION: A PERENNIAL PLANT WITH ARCHING STEMS AND TUBULAR, HANGING FLOWERS.

USES: REDUCES INFLAMMATION AND PROMOTES HEALING OF JOINTS AND TISSUES. USED IN TINCTURES OR TEAS.

INDIGENOUS USES: THE OJIBWE KNOW THE MEDICINE OF SOLOMON'S SEAL TO TREAT COUGHS, HEADACHES, JOINT PAIN, AND INFLAMMATION. PREPARED AS A TEA OR TINCTURE. THE TSALAGI HAVE UTILIZED SOLOMON'S SEAL FOR LUNG DISEASE, BREAST DISEASE, AND DYSENTERY.



BLACK COHOSH

BOTANICAL NAME: ACTAEA RACEMOSA

DESCRIPTION: A TALL PLANT WITH LARGE, COMPOUND LEAVES AND LONG, WHITE FLOWER SPIKES.

USES: HELPS WITH MENOPAUSE SYMPTOMS LIKE HOT FLASHES AND MENSTRUAL CRAMPS. USED IN TINCTURES OR CAPSULES.

INDIGENOUS USES: THE TSALAGI AND OTHER SOUTHEASTERN INDIGENOUS NATIONS HAVE LONG USED BLACK COHOSH TO TREAT COUGHS, MENOPAUSE SYMPTOMS, RHEUMATISM, AND AS A GENERAL TONIC FOR WOMEN'S HEALTH.



CALENDULA

BOTANICAL NAME: CALENDULA OFFICINALIS

DESCRIPTION: A BRIGHT, ORANGE-YELLOW FLOWERING PLANT WITH A MILD, PLEASANT FRAGRANCE.

USES: KNOWN FOR ITS SKIN-HEALING PROPERTIES. USED FOR WOUNDS, BURNS, ECZEMA, AND RASHES. COMMONLY USED IN TEAS, OILS, OR CREAMS.

INDIGENOUS USES: VARIOUS INDIGENOUS PEOPLES, INCLUDING THE TSALAGI, KNOW CALENDULA FOR ITS HEALING PROPERTIES, ESPECIALLY TO TREAT SKIN AILMENTS AND PROMOTE WOUND HEALING.



LADY'S MANTLE

BOTANICAL NAME: ALCHEMILLA VULGARIS

DESCRIPTION: A PERENNIAL HERB WITH FAN-SHAPED, SERRATED LEAVES AND SMALL, YELLOW-GREEN FLOWERS.

USES: UTERINE TONIC, HELPS ALLEVIATE HEAVY BLEEDING AND ABNORMAL VAGINAL DISCHARGE. USED IN TEAS OR TINCTURES.

INDIGENOUS USES: WHILE SPECIFIC DAKOTA OR OJIBWE USES ARE NOT DOCUMENTED, MANY EUROPEAN INDIGENOUS PEOPLES HAVE LONG KNOWN THE MEDICINE OF LADY'S MANTLE FOR ITS USE IN WOMEN'S HEALTH.



LEMON BALM

BOTANICAL NAME: MELISSA OFFICINALIS

DESCRIPTION: A PERENNIAL HERB WITH LEMON-SCENTED LEAVES AND SMALL, WHITE FLOWERS.

USES: CALMING EFFECTS, UPLIFTS MOOD, AND HELPS REDUCE STRESS. USED IN TEAS OR TINCTURES.

INDIGENOUS USES: WHILE SPECIFIC DAKOTA OR OJIBWE USES ARE NOT DOCUMENTED, VARIOUS INDIGENOUS PEOPLES IN EUROPE KNOW THE CALMING PROPERTIES OF LEMON BALM, USING IT TO TREAT ANXIETY AND INSOMNIA.



KINNIKINNICK/BEARBERRY

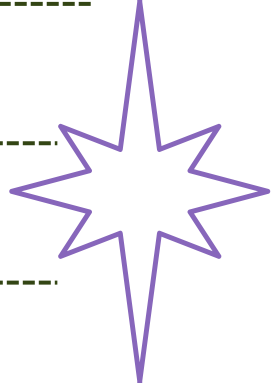
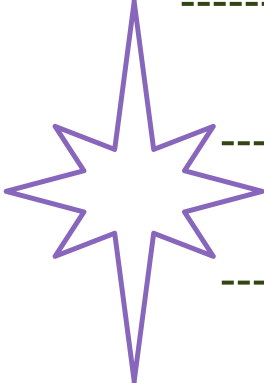
BOTANICAL NAME: ARCTOSTAPHYLOS UVA-URSI

DESCRIPTION: A LOW-GROWING EVERGREEN SHRUB WITH SMALL, LEATHERY LEAVES AND RED BERRIES.

USES: URINARY TRACT HEALTH AND AS A CEREMONIAL MEDICINE. LEAVES USED IN TEAS FOR THEIR ANTISEPTIC PROPERTIES.

INDIGENOUS USES: THE DAKOTA, OJIBWE, AND MANY OTHER INDIGENOUS PEOPLES HAVE LONG KNOWN KINNIKINNICK (BEARBERRY) AS A PAIN RELIEVER, BLOOD MEDICINE, KIDNEY AND BLADDER TONIC, AND CEREMONIAL PLANT.

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