



DANDELION

Taraxacum officinale

- Grows in areas of human disturbance
- Stimulates liver function and overall bile production, supports detoxification and elimination through the kidneys and bowels
- High in vitamins and minerals, especially potassium
- Filters toxins from the blood and also has a diuretic action, flushing out the urinary system and addressing fluid retention
- Improves overall functioning of both digestive and urinary systems





BURDOCK

Arctium lappa

Stimulating to the digestion and helps digest fats and oils

Traditionally known as a “blood purifier” and helps to detoxify the body and blood – stimulates the release of waste products from the cells

Useful for skin issues – acne, rashes, eczema

Contains inulin — a storage carbohydrate present in certain plants; acts as a prebiotic and helps feed beneficial gut flora

Helps to slowly restore energy, overcome depletion and nourish depleted bodies





CHICKWEED

Stellaria media

Traditional spring tonic; very nutritious and high in chlorophyll, minerals and vitamins A & C

Has an overall strengthening action on all the body's organs

Contains saponins that help the body to absorb more nutrients and also break down waste products in the body

Has a cooling and soothing action

Use on itchy or inflamed skin conditions; useful for stings, bites, burns, bruises and sunburn, eye infections





NETTLES

Urtica dioica

Highly nutritive food plant

High in vitamins (A and C) and minerals, iron, chlorophyll

Traditionally eaten in the springtime to supplement the diet after a long winter

Helps balance the body's histamine reaction: useful for environmental allergies, hay fever, rheumatism, gout, inflammation

Diuretic action; stimulates the kidneys and clears the blood of toxins

Enhances immunity, increases energy, supports the adrenals, useful for anemia





VIOLET

Viola sororia

Edible leaves and flowers high in
Vitamins A & C

Has a mucilaginous quality that is
soothing for irritated & inflamed tissues

Traditionally believed to comfort the
heart and to support sound sleep

Used to support the lymphatic system, to
and remove toxins from the system

Has a cooling effect on the body, which is
soothing for inflammation





MUGWORT

Artemisia vulgaris

Used as a digestive bitter and to eliminate parasites

Considered to be an herb for childbirth; used by midwives

A warming herb for stiff joints and cold stagnant areas of the body

Well known for its ability to stimulate dreams and promote creative meditation

Traditionally held an affiliation with the moon



"The plants that grow spontaneously in the urban environment make our cities more livable."
-Peter del Tredici

Resources:

Wild Urban Plants of the Northeast
by Peter del Tredici

Wild Plants I Have Known and Eaten
by Russ Cohen

A City Herbal
by Maida Silverman

Weeds of the Northeast
by R.H. Uva, J.C. Neal & J.M DiTomaso

Steph Zabel: Flowerfolk Herbal Apothecary
www.flowerfolkherbs.com

