

MILKWEED HERBARIUM'S

10

essential herbs



NETTLES - URTICA DIOICA

Highly nourishing and rich in minerals, nettles are like the kale of herbs. Dense in chlorophyll, nettles help to cleanse the blood, which can promote clearer skin.



OAT STRAW - AVENA SATIVA

Also high in minerals, but calming to the nervous system to boot. This one should be in the water supply!



LEMON BALM - MELISSA OFFICINALIS

A great ally for when any life transition has got you feeling blue. Also helpful for cranky kids!



CHAMOMILE - MATRICARIA RECUTITA

Calming and soothing for the mind and the digestive system. Great for those who carry their stress in their stomachs.



GINGER - ZINGIBER OFFICINALE

This familiar kitchen herb is super helpful for indigestion and nausea, as well as promoting better circulation.



DANDELION - TARAXACUM OFFICINALE

Every part of this plant is edible! Roots help to cleanse the liver, leaves act as a diuretic.



BLACK ELDER - SAMBUCUS NIGRA

The flowers and berries of black elder provide amazing immune support, before and during the onset of illness.



ECHINACEA - ECHINACEA PURPUREA

Echinacea root helps to fight infection at the onset. Whether it's a seasonal bug or inflamed boil, echinacea is where it's at.



YARROW - ACHILLEA MILLEFOLIUM

Helpful topically or internally for excessive bleeding (think wounds or heavy menses), yarrow also comes to the rescue when fever strikes.



MARSHMALLOW - ALTHAEA OFFICINALIS

The ultimate slippery, slimy, soothing plant friend, marshmallow works its magic on irritations of the throat, skin, urinary tract, and digestive system.