

Healing Botanicals + Bees

wildflowers.farm



Cultivating connection with nature
through gatherings, bees + botanicals













wildflowers
unpasteurized
HONEY
42338 Fruitridge Lane
SAINT THOMAS
©2012

wildflowers
unpasteurized
HONEY
42338 Fruitridge Lane
SAINT THOMAS
©2012

wildflowers
unpasteurized
HONEY
42338 Fruitridge Lane
SAINT THOMAS
©2012

Herbal Medicine: The oldest and still the most widely used system of medicine today, used exclusively from roots, shoots, stems, leaves, flowers, barks and seeds.



Herbal medicine: an ancient practice

Indigenous communities naturally embraced the patterns of nature in order to survive; they knew how to use their regions' biodiversity to find nourishment, maintain health, and treat imbalances. With fluency in plant language, everyone would have had the basic skills of an herbalist.









BEESWAX

Mountain Rose Herbs
LEMON
Citrus limon
CERTIFIED ORGANIC
0.5 FL OZ (15 ML)

Mountain Rose Herbs
LAVENDER
SPIKE
Lavandula latifolia
CERTIFIED ORGANIC
0.5 FL OZ (15 ML)



Chamomile:
Antispasmodic
Laxative
Analgesic

GOLDENSEAL

CAYENNE

Migraine headache
Prevention
Stimulates
the
digestive
tract

Prevention
of cold
and
other upper
respi-
ratory
tract infections

Healing Herbs

DANDELION *Taraxacum officinale*

ALSO KNOWN AS: Pissenlit, piss-in-bed, lion's tooth, fairy clock, pu gong ying, priest's crown, swine snout, wild endive.

USES: Powerful diuretic, laxative and liver detoxifier when taken as tea. Excellent for premenstrual water retention. Helps with acne and eczema. Can be used as an antibiotic



against yeast infections such as candida.

PART USED: Leaves, roots, tops.

TAKEN AS: Tincture, tea made of the leaves.

HARVESTED: Leaves from early spring to summer, roots during the second year.

SHELF LIFE: 1–3 years.

DANDELION

Taraxacum officinale

DESCRIPTION: Perennial herb with deeply lobed leaves, hollow stem and yellow inflorescences. Large tap root.

HABITAT: A widespread weed in temperate climates, thriving on disturbed ground.

PARTS USED: Leaves and root.

PREPARATIONS: Leaves in salads, juice of leaves, infusions.

MEDICINAL ACTION: Diuretic, well-known for its detoxifying and stimulating properties; a nutritious tonic; stimulates kidneys, reduces fluid retention and dissolves gall stones; can be applied externally for acne, psoriasis and eczema.

ACTIVE INGREDIENTS: Bitter glycosides, carotenoids, minerals (iron, potassium), vitamins A, B, C and D.

YARROW

Achillea millefolium

DESCRIPTION: Creeping perennial herb with small white flowers.

HABITAT: Waysides and meadows of Europe.

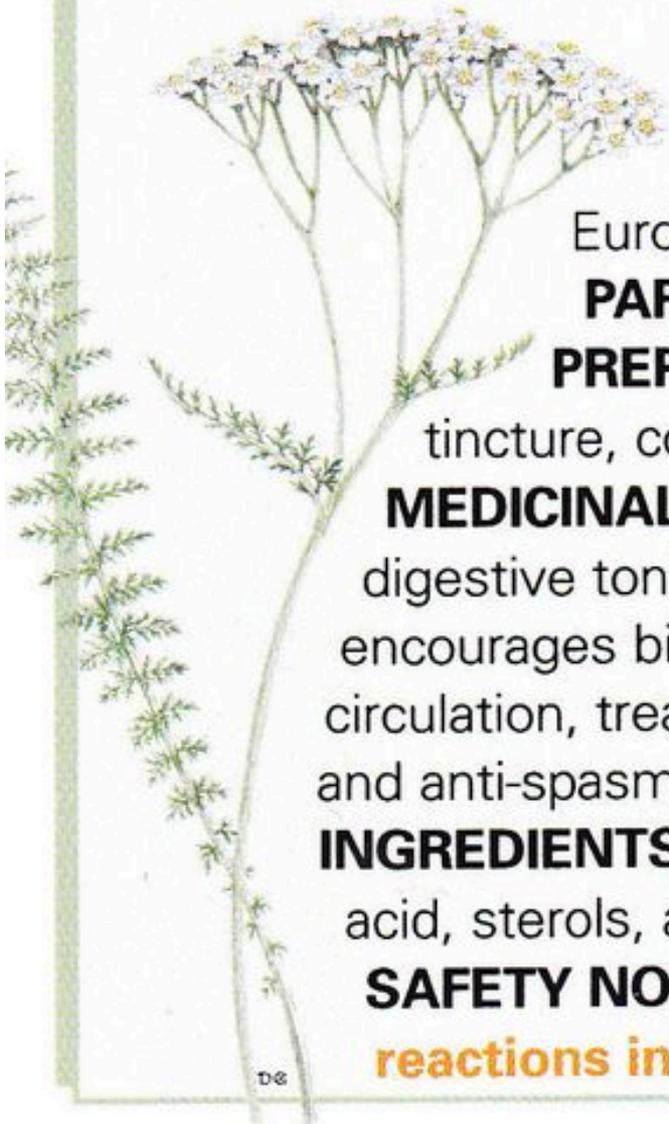
PARTS USED: Aerial.

PREPARATIONS: Infusion or tincture, compress, poultice.

MEDICINAL ACTION: Is a digestive tonic and diuretic, encourages bile flow, stimulates circulation, treats hay fever, astringent and anti-spasmodic. **ACTIVE**

INGREDIENTS: Volatile oils, salicylic acid, sterols, alkaloids.

SAFETY NOTE: **May cause allergic reactions in some people.**



LEMON BALM *Melissa officinalis*

DESCRIPTION: Perennial herb with lemony-scented leaves and tiny white flowers.

HABITAT: Sun-loving herb, native to southern Europe, Asia and Africa.

PART USED: Aerial.

PREPARATIONS:

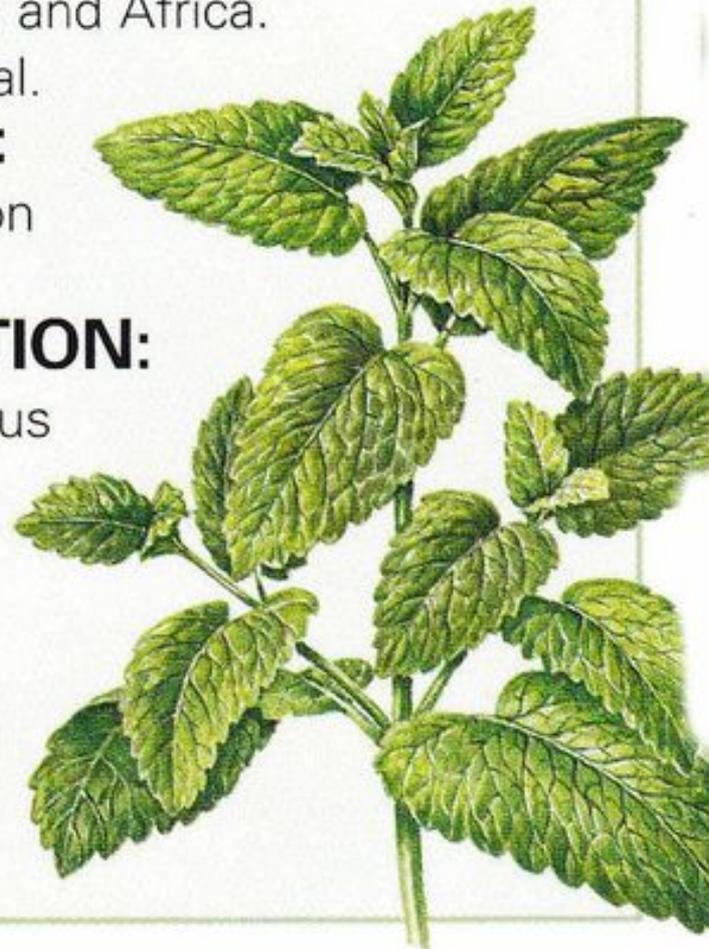
Infusion, tincture, lotion and essential oil.

MEDICINAL ACTION:

Relaxant, treats nervous digestive upsets, insect bites, bruises and toothache.

ACTIVE INGREDIENTS:

Polyphenols.



LEMON BALM

- ❖ Lemon balm is a great healer for melancholy. It lifts you out of yourself and refreshes your spirit
- ❖ Drink tea made with lemon balm to generate enthusiasm if you are feeling tired or jaded
- ❖ Add a sprig of lemon balm to the bathwater to soothe away stress and dispel nightmares
- ❖ Drink a lemon balm infusion to ease stomach cramps due to stress.



NETTLE

Urtica dioica

DESCRIPTION: Perennial herb.
Inconspicuous flowers.

HABITAT: Widespread weed in
wasteland or unshaded places.

PARTS USED: New leaves
flowering in spring, root.

PREPARATIONS:

Soups, vegetable, infusion,
ointment or decoction.

MEDICINAL ACTION:

Nourishing, anti-
allergenic, anti-
inflammatory. For hay
fever, arthritis, eczema,
gout and sprains.

ACTIVE INGREDIENTS: Flavonoids,
histamine, acetyl choline.



NETTLE

Urtica dioica

Nettle leaves, as a vegetable or in a soup, are a natural, nourishing food. They are rich in vitamins and minerals, including vitamins A and C, iron, potassium and silica, and are a restorative for anaemics and convalescents.

Nettle's diuretic properties cleanse the urinary tract, giving relief from fluid retention, cystitis and kidney stones. It is astringent for the respiratory system, clearing nasal congestion from viruses, hay fever and asthma.



ST JOHN'S WORT

Hypericum perforatum

DESCRIPTION: Slender perennial herb with elliptical leaves and yellow flowers.

HABITAT: Dry grasslands in Europe and western Asia.

PART USED: Aerial.

PREPARATIONS:

Infusion, tincture, oil and lotion.

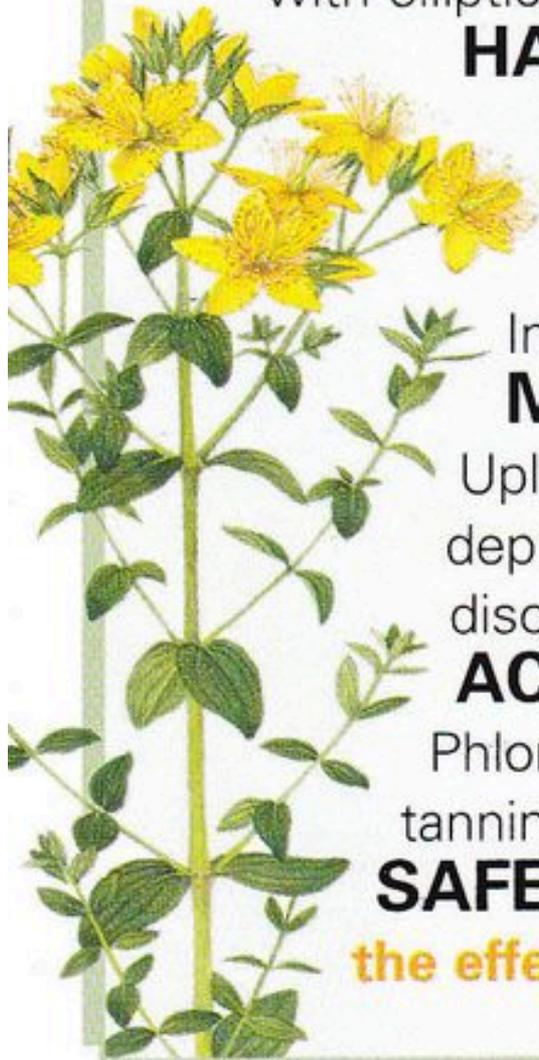
MEDICINAL ACTION:

Uplifting tonic used to treat depression, seasonal affected disorder and insomnia.

ACTIVE INGREDIENTS:

Phloroglucinols, polycyclic alones, tannins, flavonoids.

SAFETY NOTE: Can counteract the effects of the contraceptive pill.



HOLY BASIL *Ocimum sanctum*

DESCRIPTION: Holy basil is an aromatic annual member of the mint family that contains tiny purple-red flowers.

HABITAT: The herb is native to the regions of India, but can be found in other locations that have a tropical climate.

PART USED: Aerial parts when in flower.

PREPARATIONS: Juice and decoction.

MEDICINAL ACTION: Protects the heart from experiencing too much stress and lowers the body's blood pressure and cholesterol levels. The juice and decoction can stabilise blood sugar levels and reduce the fever brought on by respiratory infections.

ACTIVE INGREDIENTS: Contains volatile oils such as eugenol.

BORAGE

Borago officinalis

DESCRIPTION: Annual herb with large rough leaves, hairy stem and blue flowers.

HABITAT: Native to the Mediterranean.

PART USED: Leaves, flowers and seeds.

PREPARATIONS:

Poultice and infusion.

MEDICINAL ACTION:

Decongestant for the respiratory system. Regulates the menstrual cycle.

ACTIVE INGREDIENTS:

Pyrrrolizidine alkaloids, mucilage, saponins.

SAFETY NOTE: Before using, consult a herbalist.



CATNIP *Nepeta cataria*

ALSO KNOWN AS: Cat-mint.

USES: Catnip added to an eyewash relieves inflammation caused by hayfever, flu and colds; tea alleviates symptoms of fever and hayfever. Promotes sweating. A poultice made from the leaves relieves teeth and gum pain. Tea made from the freshly cut herb is a useful cure for



insomnia, stress, tension headaches and is good for general relaxation.

PART USED: Leaves and flowering tops.

TAKEN AS: Tea, poultice, infusion.

HARVESTED:

Summer.

SHELF LIFE: Lasts for 1–3 years.

Who are our Pollinators?

Honey bees: Brought to North America in the 1600's with the early colonists for pollinating their crops and of course, for the honey.

Native bees: We have more than 4,000 different species. These include mason bees and bumblebees. One species of bumblebees was just added to the endangered species list in the last few months!

Who are our Pollinators?

Bumblebees fly in cooler weather and in less daylight than honeybees, giving them the ability to pollinate earlier and later in the day.

Moths: When the sun goes down the moths come out and take over. Between all of the various pollinators, pollination goes on 24-7!

Butterflies: Have you noticed their numbers dwindling—especially the monarchs? I have. I leave milkweed in my yard and wild areas hoping to entice them back.

Plants to Include in Your Pollinator Gardens

Anise Hyssop (*Agastache foeniculum*)

Common Milkweed (*Asclepias syriaca*)

Butterfly Milkweed (*Asclepias tuberosa*)

Purple Coneflower (*Echinacea* spp.)

Blazing Star (*Liatris pycnostachya* or *L. spicata*)

Wild Bergamot (*Monarda fistulosa* or *didyma*)

Sedums (especially Stonecrop)

Goldenrods (*Solidago* spp.)

New England Aster (*Symphyotrichum* spp.)

Globe Thistle (*Echinops bannaticus*)

False Solomon's Seal (*Maianthemum racemosum*)

St. John's Wort (*Hypericum perforatum*)

Serviceberry (*Amelanchier* spp.)

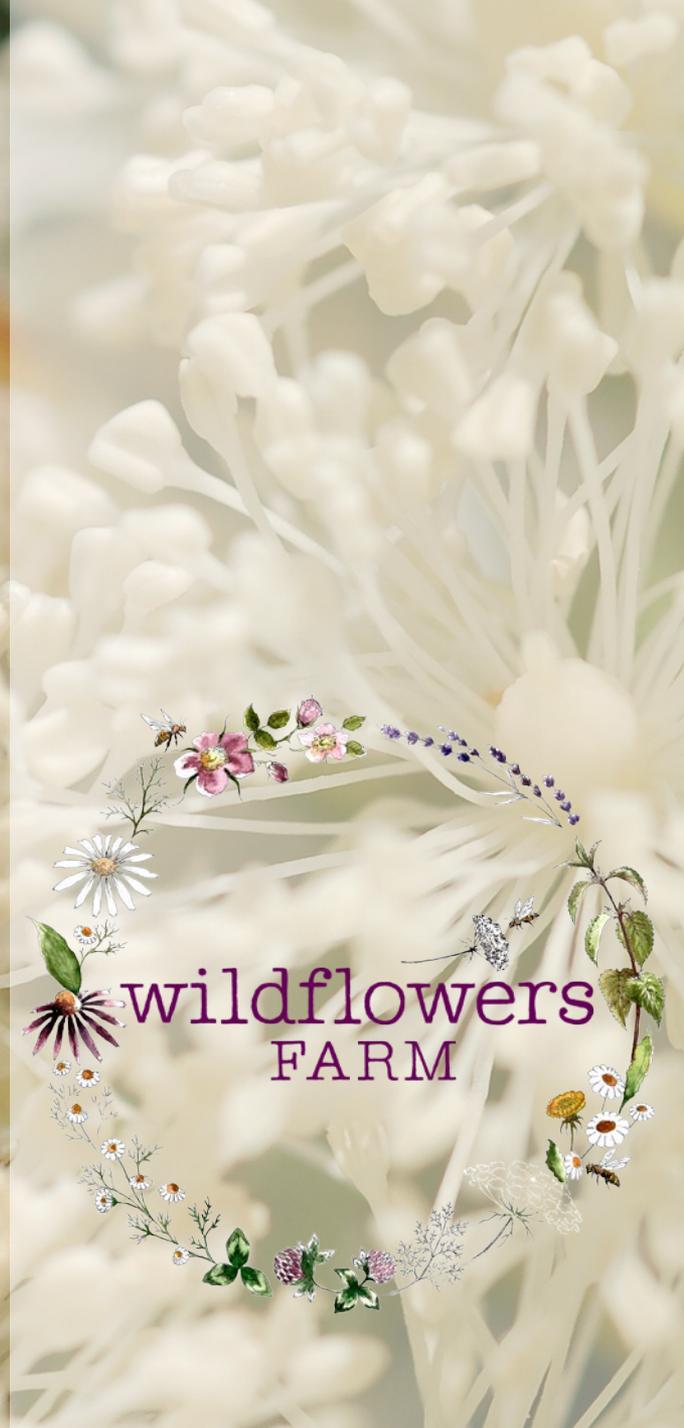
Sage (*Salvia* spp.)

Mints (*Mentha* spp.)

References

- Bennett, R. (2014). *The gift of healing herbs: Plant medicine and home remedies for a vibrantly healthy life*. Berkeley, CA: North Atlantic Books.
- Boehme, J.S. (1912). *Signatura rerum: The signature of all things (Forgotten Books)*. New York, NY: E.P. Dutton.
- Copenhaver, B.P. (1995). *Hermetica: The greek corpus and the latin asclepius in a new english translation*. Cambridge, UK: Cambridge University Press.
- Culpeper, N. (1975). *Culpeper's complete herbal: Consisting of a comprehensive description of nearly all herbs*. London, UK: W. Foulsham & Co.
- Graves, J. (2012). *The language of plants: A guide to the doctrine of signatures*. Great Barrington, MA: Lindisfarne Books.
- Grieve, M. (1971). *A modern herbal volume II*. New York, NY: Dover.
- Maurer, S. (2013). *Sacred plant medicine apprenticeship class handouts*. Gaia School of Healing and Earth Education.

wildflowers.farm



wildflowers
FARM