Apple (Malus spp.)

Poultice – stings, scrapes, etc.

Constipation, diarrhea

Tooth, gum cleaner/toner

Blackberry (Rubus armeniacus, R. fruticosus)

Astringent – fruit syrup

Antioxidant

Root – highly astringent: diarrhea classic remedy (suppression)

Bones

Marrow produces most blood cells, both red and white

Enhances core immunity

Provide nutrients needed to make immune cells

Nutrient-rich extracellular matrix secreted by connective cells

High in minerals, collagen, proteins – rebuild bones and marrow

Cayenne (Capsicum annuum)

Very warming

Drying – sinus congestion

Respiratory, digestive, circulatory stimulant

Can reduce platelet aggregation

Highly antioxidant

Vasodilator

Capsaicin blocks substance P

Stimulating expectorant

Useful for cold and stagnation

Moderate to large amounts can cause stomach upset, but also large endorphin release – “rush”

Antimicrobial

diaphoretic

Styptic

Rubefacient

Topical – arthritis, sore muscles, poor circulation

Cinnamon (Cinnamomum cassia, C. zeylanicum, C. aromaticum)

Warming

Astringent – combines well w/ blackberry syrup for diarrhea, also helpful for hemorrhage

Good for mouth and gums, can brush with it

In therapeutic doses – effective blood thinner

lowers blood sugar (cassia in studies)

Antimicrobial

Relieves arthritic pain, esp. combined with honey (1 tsp. each 1x/day)

Helps warm interior and clear stagnation – menstrual cramps (combine w/ crampbark)

Mild emmenogogue

Clove (Syzygium aromaticum)

Slightly warming

Aromatic

Strongly antimicrobial

Analgesic oil

Cranberry (Vaccinium macrocarpon)

UTIs

antioxidant

Dill (Anethum graveolens)

Carminative

Calming – sometimes used in sleep pillows, Norwegian dilla, meetin’ seeds

galactogogue

Fennel (Foeniculum vulgare)

Gas/bloating, colic (can be done via breastmilk – mother drinks tea)

Decoct: 5 min + 15 min

Galactogogue

Can be combined with warm milk and honey as bedtime drink

Mild antispasmodic (may be mixed with laxatives to ease griping)

Relaxing and opening to airways, mild expectorant

Helps relieve upset stomach

Slightly warming

Combine w/thyme and sage in resp. honey/elixir

Garlic (Allium sativum)

Oil for ear infections – no perforation!

Colds/flus

Immune stimulant?

Antimicrobial

Warms the blood

Helps balance blood sugar and blood pressure

Alliin + Allinase = Allicin

Honey good for coughs, colds

Digestive aid

Topical – skin infections

Stimulates production of WBCs

Vermifuge/antiparasitic

Supports the liver

Antifungal

Chop or crush and let sit 15 minutes to 3 hours for best effect

Inhibits platelet aggregation

Ginger (Zingiber officinale)

Carminative

Enhances gut motility – settle stomach

Warming

Anti-nausea (morning sickness, preventatively for motion sickness)

Increases blood flow to abdomen + peripheral circulation

Immune stimulant

Colds/flu

Diaphoretic

Anti-inflammatory

Helps repair damaged joints and cartilage

Antimicrobial, helpful for gut infections

Eases menstrual cramps as tea or compress/poultice

Honey

Burns

Antimicrobial

Hydrophilic

Emollient/demulcent

Horseradish (Armoracia rusticana)

Lymphatic stimulant

Clears sinuses

Sinus infections

Aids digestion, particularly of fats

Bitter – appetite stimulant

“produces a kind of orgasm to the sinuses” - Shababy

Mild circulatory stimulant

Lemon (Citrus limon)

Alkalizing – tonic to liver and pancreas

Peel: High in bioflavonoids (strengthens blood vessels), vitamin C, and antimicrobial volatile oil

Slight antihistamine and anti-inflammatory effects

Colds/flu – how?

Peppermint (Mentha x piperita)

Carminative

Mild decongestant

Anti-nausea

local anesthetic to nerves of GI

relieves stomach and uterine cramps

facial steam – cleansing and stimulating

bath – soothes sore muscles, irritations like chicken pox (…?)

Aromatic

Anodyne (blocks substance P)

Stimulating diaphoretic

Stimulating and relaxing

Mental/emotional: stimulating, clarifying, brightening

Can be irritating to GI (esp. oil)

Mustard (Sinapsis alba)

Mushrooms – shiitake (Lentinula edodes)

Immune nourishing

Healthful properties recognized by Chinese medicine for >5000 years.

High in all 8 essential amino acids

polysaccharides

Onion (Allium cepa)

Antimicrobial

Poultice for chest congestion – even pneumonia

Mild, sweet onions are weaker medicine, but this may be good for kids or sensitive types

Expectorant

Circulatory stimulant

Diaphoretic

Anti-inflammatory

Onion honey/syrup

Can be useful for ppl who find garlic “too hot” – not a substitute, but substantial overlap

Hot poultice for ear infections and congestion

Specific to cold, damp conditions but good for coughing and copious phlegm even w/ heat signs

Called for when cough prevents sleep and causes exhaustion – syrup and/or poultice

Syrup in moderate doses is soothing, too much can upset stomach

 Kiva: 1 tsp. every 3-4 hours for kids 7-11, 1 tbsp. every 3-4 hours for avg. adult

Raw poultice for bites, stings, bruises, sprains, etc.

Mildly beneficial to cardiovascular system

Phenolic compounds (antimicrobial) break down w/ heat – use raw for stings, etc. and syrup

Oats (Avena sativa)

Tonic to NS

Emollient

Gently nourishing – high in minerals

Oregano (origanum vulgare)

Antioxidant

Antimicrobial

Rosemary (Rosmarinus officinalis)

Antioxidant

Antiseptic mouthwash, wash for wounds

Bath: invigorating

Mentally stimulating, “brain tonic”

Helps ease headaches

Enhances cellular uptake of oxygen

Mild analgesic (rosmaricine)

Sage (Salvia officinalis)

Antiviral

Gargle for sore throat, thrush

Grounding

Respiratory

Dries up breast milk – drink a cup in very small amounts throughout the day

Mastitis – poultice (reduces pressure, soothing)

Can help with hot flashes and night sweats

May be helpful for mild anxiety or “blues”

Thyme (Thymus vulgaris)

Coughs, chest colds

Antioxidant

Good for endocrine system, particularly thymus gland (thymus thump, thyme oil)

Immune stimulating

Thyme honey

Vinegar

Fermented – probiotic

Softens skin and hair

High in minerals

Cooling, soothing to sunburn

Helps extract minerals when used in soups, acetums, etc.