HERBARIUM

Youth Exchange

« Digital Detox & Nature Connection for sustainable living »

29/09 - 08/10/20
thank you!

This little herbarium - booklet is a co-creation of 24 young adults from Germany, Slovenia and Italy, that participated in the youth exchange 'Digital Detox & Nature Connection for Sustainable Living' from 29/09 - 08/10/2020 in Sonnenwald community in Germany.

A project organized by Herbal Fairy Stefanie Görisch, Corinna Fech & The Akademie für Angewandtes Gutes Leben e.V.
medicine of the earth

this booklet is a gift for everyone who wants to learn more about the magical power of Wild Healing Plants.
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TARAXACUM OFFICINALE

E: Dandelion
plant family: Asteraceae

Edible Parts: everything !!!
- raw & cooked
- taste: bitter
- you can make a "dandelion honey" with the blossoms, sugar & water!

Bittern art always good for your digestion (stomach & liver)?
(Stomach & liver) ?
Good to know...

Healing Properties:
- diuretic
  - French name: "pisse en l’air"
  - translation: "peeing into the air"
- against inflammation
  - e.g. kidney & bladder diseases
- good for your digestion
- to treat skin diseases (EKAMA)
  - "the white plant juice for treating warts..."
- to detox your body
*Achillea millefolium*

**Plant family:** Asteraceae  
**English name:** Yarrow  
**Edible parts:** everything!! Leaves & blossom  
**Raw & cooked** (taste bitter aromatic)

**Healing properties:**
- Against digestive problems  
- Good for the liver  
- Wound healing  
- Against inflammation  
- Anti-bacterial  
- De-camping  
- Regulate the menstruation  
- Stops bleeding

**How to use:**
- Tea infusion (leaves, blossom, stem, root)
- **Oil extract:**  
  Put olive oil & blossoms in a jar & let it in the sun for 3 weeks.  
  Remove the plant parts & fill the oil extract in a dark bottle.

*Use the oil as massage oil!  
It's de-camping, anti-bacterial, wound healing, against menstruation pain - good for your under-belly &
Plantaago lanceolata

Name in English: Plantain / ribwort
Family: Plantaginaceae
Edible parts: Leaves and blossom

Healing properties:
- anti-inflammatory
- antibacterial
- stops bleeding / against swelling
- lung diseases, cough, expectorant
- cold
- skin burns

How to use:
- eat, raw, cooked, tea, oil, mature, oil...

For insect bites or nettle burns: chew a leaf and put it on the bite/burn! **First Aid**
**PLANTAGO MAJOR**

**Name in English:** broad leaf plantain

**Plant family:** Plantaginaceae

**Edible parts:** leaves & blossoms

**How to use...**
- tea infusion
- tincture
- eat it raw in the salad

**Signature:**
- round leaf reminds on our bladder!

**Healing properties...**
- anti inflammatory
- against insect bites
- cystitis (≤ inflammation of bladder)
- Otitis media (≤ inflammation of ear)

To treat earache crumple a leaf & and form it to a little ball & put it into the ear over night.

- antibacterial
- against skin burns
- against swellings
- haemostatic (stops bleeding!)
**Bellis perennis**

**Name in English:** daisy  
**Plant family:** Asteraceae

**Edible parts:**
- flower
- leaves in very small amounts
- raw or as a tea

**Healing properties:**
- good for the skin
- diuretic - good for kidney and bladder
- helps with stomachache
- wound healing
Trifolium pratense

E: clover

Plant family: Fabaceae

Edible parts:

flowers - they can be purple or white
fresh or for the tea infusion

Healing properties:

- anti-inflammatory
- supports the immune system
- rich with estrogen (female hormone)
- helps with hormonal imbalance
- against cold, cough
- chronic skin diseases
- cleanse the blood
- menopausal complaints
**Potentilla Anserina**

- **E:** silver 'wheat' - silver weed
- **Plant family:** Rosaceae
- **Edible parts:** Flowers and leaves

Grows on wetlands, near water.

The back side is like silver & hairy!

**Healing properties:**
- Heals with muscle cramps & stomach
- Diarrhea
- Anti inflammatory
- Sedative
- Adstringend
- Helps with stomach & intestinal problems
Capsella bursa-pastoris

E: shepherd's purse

Plant family: Brassicaceae

Edible parts:
- Stem, leaves, flowers & seeds
- Fresh, tea infusion

Healing properties:
- Cures the wounds
- Stops bleeding
- Antiseptic - natural antibiotic
- Probiotic properties - helps to balance digestive system after antibiotic treatment
- Helps with candida and vaginal flora imbalances
**Rosa canina**

_E. rox_

Plant Family: Rosaceae

**Edible parts:**
- flower (tea, hydrolates, fresh)
- fruits (rosehip)
  - tea (fresh or dried)
  - marmelade / jam, fermented drink

Fruits are ripe after the first freezing (10°C)

**Rosehip Healing properties:**
- contains vitamin C
- good for heart
- joint:
- rheumatism
- arthrosis

**Fermented drink:**
1 L water
1000 g sugar
Fruits (rosehip, berries, herbs)

Put all things in a jar, you shake and open the jar once a day, for six days. You keep it in a shadowy place. After six days, you filter & store in bottles
Urtica dioica

E: nettle

Plant family: Urticaceae

Edible parts:
* everything!
* heat or smash it before eating

* It says: "TheNettle brings you in the present moment."

Healing properties:
* build up blood, cleanse blood (! ferrum)
* diuretic - good for kidney and bladder
* against inflammation
* good for the digestion, stomach and liver
* good for prostate disease (especially the root)
* connective tissue (hair, nails, bones, skeleton)
* seeds = superfood, fertilization/baby wish
* rich in omega 3, proteins, minerals
**Glechoma Hederacea**

E: Ground ivy

Plant family: Lamiaceae

... the forgotten kitchen herb!

**Edible parts:**
- Leaves
  - can be used as parsley...
  - in the kitchen - for soups, spreads, salads, tea infusions

**We grow like a green carpet :)**

**Healing properties:**
- Anti-inflammatory
- Against viruses
- Against bacteria
- Contains lots of essential oils
- Against infection, cold, etc.
- Good for digestion, liver & bladder
- Contains Vitamin C & Potassium (Kalium/K)

... if you mash us you can smell our essential oils!!!

*Similar blossoms to Salvia, Thymus... same family*
Walk as if you are kissing the earth with your feet.

— Thich Nhat Hanh