



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.

~~88%~~
TABLE OF CONTENT

- * TARAXACUM OFFICINALE
- * ACHILLEA MILLEFOLIUM
- * PLANTAGO LANCEOLATA / MAJOR
- * BELLIS PERENNIS
- * TRIFOLIUM PRATENSE
- * ANSERINA ← POTENTILLA
- * CAPSELLA BURSA - PASTORIS
- * ROSA CANINA
- * URTICA DIOICA
- * GLECHOMA HEDERACEA

TARAXACUM OFFICINALE

E: Dandelion
plant family: Asteracea



Edible Parts; everything !!!

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

Bittern are always good for your digestion (stomach & liver) !!

GOOD TO KNOW...

Healing Properties:

- diuretic & ! French name: "pisse en lit" & translation: "peeing into the bed"
- against inflammation
 - ↳ eg. 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 bacteria
- decamping
- 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 decamping, antibacterial, wound healing, against menstruation pain - good for your underbelly &



eye brow of the Yarrow





Plantago lanceolata

Name in English: Plantain / ribwort

Family: Plantaginaceae

Edible parts: leaves and
seeds



Taste like mushrooms!

Healing properties:

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

How to use:

eat, raw, cooked, tea, tincture, oil...

For insect bites or nettle burns chew a leaf and put it on the bite/burn!

First Aid



PLANTAGO MAJOR

~~88888~~

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!



↑ natural
wound
plaster!

The young leaves are
usually the most
delicious ones 😊

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 estrogens (female hormone)
↳ helps with hormonal imbalance.
- against cold, cough ↳ menopausal complaints
- chronic skin diseases
- cleanse the blood



Potentilla Anserina

E: silver 'wheat' - silverweed

Plant family: Rosaceae

Edible parts:

• flowers and leaves

— 5' in soft like velvet



↳ the back side is like silver & hairy!



Healing properties:

• helps with - muscle
- menstrual cramps
& stomach

- diarrhea
- anti-inflammatory
- sedative
- astringent
- helps with stomach & intestinal problems

grows on wetlands, near water



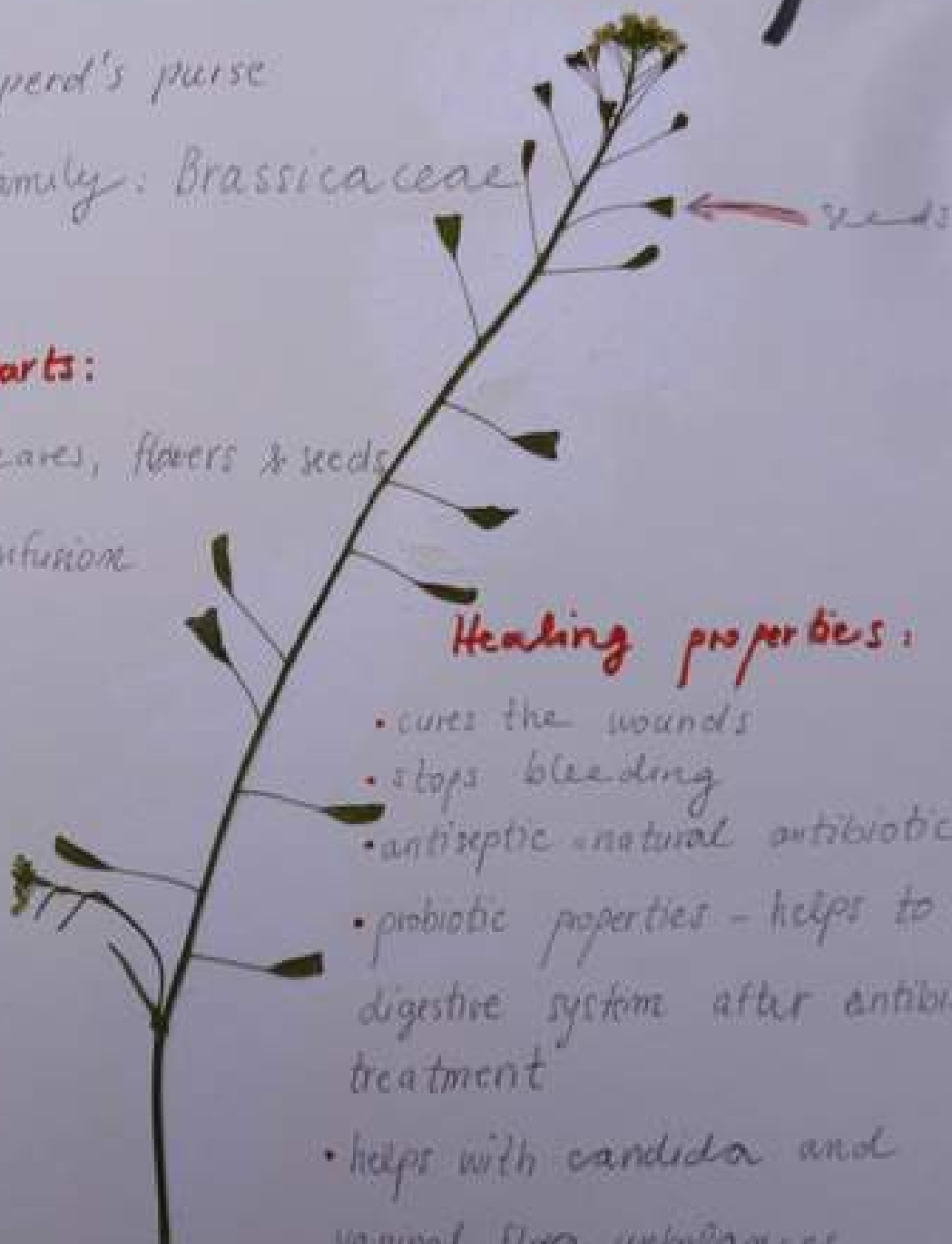
Capsella bursa-pastoris

F: 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. rose

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 ($< 0^{\circ}\text{C}$)



Rosehip

Healing properties:

- contains vitamin C
- good for heart
- joints
- rheumatism
- arthritis

* fermented drink:

1L water
1000g sugar

fruits (rosehip, berries, herbs)

put all things in a jar,
you shake and open the jar once a day, for six days. After six days you filter & store in fridge
to give it oxygen
you keep it in a shadow



Urtica dioica

E: nettle

Plant family: Urticaceae

Edible parts:

• everything!

heat or smash it before eating



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, fertilisation / babywish
- rich in omega3, proteins, minerals

It says:
The nettle brings
you in the present
moment. >>



GLECHOMA HEDERACEA

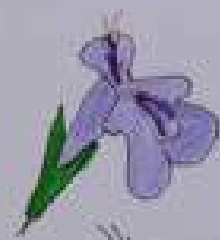
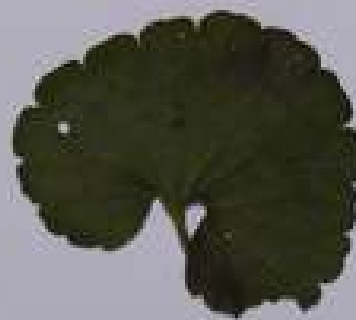
E: Ground ivy

Plant family: Lamiaceae

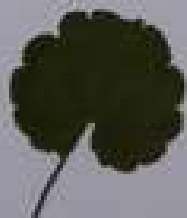
... the forgotten
kitchen herb!

Edible parts:

- leaves
- can be used as parsley...
in the kitchen - for soups,
spreads, salads, tea infusion



Similar
blossoms to Salvia,
Thymus... same family



We grow
like a
green carpet :)



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

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)
- The oil extract is for
wound healing very good!!!



Walk as if
you are
kissing the
earth with
your feet.

– Thich Nhat Hanh

