

Spring Medicinals

Look for these early spring herbs in your yard and garden!

Make sure to harvest from areas that haven't been sprayed with chemicals



Violet

Viola odorata

Cooling and moistening, high in vitamin C
Wound healing, lymphatic supporting, calming
Eat fresh, dry for tea or preserve in tincture



Dandelion

Taraxacum officinale

High in nutrients
Liver support, overall tonic
Eat fresh, dry for tea or preserve in tincture



Nettle

Urtica dioica

High mineral content
Kidney and hormone support, anti-histamine
Cook like spinach, add to recipes, dry for tea or
preserve as tincture (it stings while fresh!)



Plantain

Plantago major

Anti-microbial
Wound healing, soothes scrapes and bug bites
Drink as tea, use fresh on skin, make into salve



Ground Ivy

Glechoma hederacea

Relieves sinus pressure, ear/nose/throat
problems, ringing in ears
Drink as tea or preserve
in tincture

