

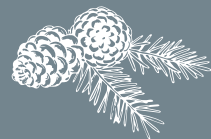
Through the year with medicinal plants and herbs

Whether in salads, tinctures or teas - medicinal plants and herbs enrich our lives in many ways. In this issue, we focus on the treasures of nature that unfold their special power all year round. Starting with the powerful fir tree, through delicate heralds of

spring such as violets and daisies, our colourful list also includes important protective plants such as elder, mullein and juniper. 12 fascinating medicinal plants encourage you to immerse yourself in a world full of little wonders and be inspired.

"Every weed is a flower to the cheerful; every flower is a weed to the sorrowful."

JANUARY *Fir*



Flowering time: May to June
Collection time: spring to autumn
Properties: antitussive, disinfectant, expectorant, nerve tonic;

In nature:
A fir tree can live up to 600 years. It digs its roots deep into the ground. It is often confused with spruce, but its needles have white stripes on the underside.

Superstition & ancient traditions:
The fir tree is described as sacred in many legends. The fir tree attached to the gable during the topping-out ceremony protects the house and its inhabitants from future adversity.

APRIL *Cowslip*



Flowering time: April to May
Collection time: May to June
Properties: expectorant, diuretic and diaphoretic, cardiotonic and calming;

In nature:
Cowslip grows mainly in unfertilised meadows, riparian forests and sparse deciduous forests. They also feel at home in your own garden.

Superstition & ancient tradition:
Cowslips picked before sunrise help sick cattle. The flowers must be fed at Walburgis (30 April).

FEBRUARY *Viola*



Flowering time: March to April
Collection time: March to April
Properties: antihypertensive, expectorant, blood purifying;

In nature:
The fragrant viola is still often found in hedges, along fences, by woodland edges and on shady lawns and can be recognised immediately by its scent. In midsummer, viola bloom once again, but this time inconspicuously so that you hardly notice them.

Superstition & ancient tradition:
Whoever finds the first three violets of the year and swallows them will be spared illness all year round.

MAY *Dandelion*



Flowering time: April to May
Collection time: herb always, root in spring and autumn
Properties: strengthens the kidneys and liver, produces bile, anti-rheumatic, stimulates the metabolism;

In nature:
Dandelion can be found in rich meadows, pastures and gardens.

Superstitions & ancient traditions:
There are a number of superstitions surrounding the dandelion and the mature version of the plant known as the dandelion flower. If you manage to blow away all the dandelion seeds at once, a wish will come true. If some seeds remain, they indicate how many children you will have.

MARCH *Daisy*



Flowering time: April to late autumn
Collection time: April to September
Properties: blood-purifying, expectorant, diuretic;

In nature:
Daisies can be found practically everywhere, next to fields, in meadows, by the wayside and, of course, in your own garden. They are hardy and can survive even the hardest frost. They can also be found in sheltered places in winter.

Superstition & ancient tradition:
The flowers are reliable weather indicators. If they remain closed in the morning, there will hardly be any sun during the day, but certainly rain.

JUNE *Black Elderberry*



Flowering time: June to July
Collection time: petals during flowering - but as early as possible, berries when they are black
Properties: blood-purifying, cough-relieving, diaphoretic;

In nature:
The black elderberry is common in hedgerows, damp woods, scree, quarries and farms.

Superstition & ancient tradition:
There is a common saying that you have to take your hat off to the elder. If you want to trim the elder's branches, you have to ask its permission first.



More about
Mullein

JULY *Alchemilla*



Flowering time: May to September
Collection time: spring to autumn
Properties: anti-inflammatory, blood purifying, menstrual regulating, wound healing;

In nature:
Alchemilla grows in meadows and pastures, along streams and ditches.

Superstition & old traditions:
The dewy leaves are rubbed on the face to banish freckles.

OKTOBER *Pimpinella saxifrage*

Flowering time: June to October
Collection time: young leaves in spring, roots in spring or autumn
Properties: appetising, digestive, antispasmodic;

In nature:
The small but also large burnet is found on banks, in meadows and on slopes. The umbelliferous plant is also popularly known as pepperwort.

Superstition & old traditions:
If you have a sad mind, burnet makes you happy, it heals your eyes and makes them clear again. [Hildegard of Bingen]

➤ Medicinal plants are natural helpers for strengthening the immune system and promoting health, rich in bioactive substances that have an anti-inflammatory effect and can help prevent diseases. **It is important to use them in addition to, not as a substitute for, professional medical treatment, especially in the case of serious illnesses.** Quality and origin as well as possible interactions should always be taken into account.

➤ Depending on the region, location and climate, the flowering and collection time of the respective plants may vary.

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AUGUST *Mullein*



Flowering time: July to September
Collection time: July to August
Properties: soothing, antispasmodic, skin cleansing, diaphoretic;

In nature:
Mullein feels at home on stony slopes and embankments, on gravel and by the wayside, always in full sun. In the garden, it settles where it wants to.

Superstition & ancient traditions:
The mullein should be approached with reverence. Carelessness and ingratitude will be punished. Before collecting the flowers, hold a dialogue and give thanks for nature's bounty.

SEPTEMBER *Juniper*



Flowering time: April to May
Collection time: needles in spring, berries in autumn, bark in late autumn or early spring
Properties: detoxifying, blood-purifying, stomachic, eye-strengthening;

In nature:
Juniper grows as undergrowth in sparse forests and on mountain slopes. Picking its medicinal berries is a prickly affair.

Superstition & ancient traditions:
Juniper incense was used in places where epidemic diseases had taken hold. Today we know that the antiseptic effect of juniper actually eliminates germ centres.



More about
juniper

NOVEMBER *Rosehip*



Flowering time: June
Collection time: flowers in June, fruits in September to November
Properties: diuretic and diaphoretic;

In nature:
The rose hip is often found on forest edges, bushes and hedges as well as on sunny slopes.

Superstition & ancient tradition:
The rose hip is also popularly known as the dog rose. The Celts and Germanic tribes regarded it as a symbol of fertility.

DECEMBER *Angelica*



Flowering time: July to August
Collection time: root in spring and autumn, seeds before they fall off
Properties: stimulates menstruation, promotes expectoration, purifies the blood;

In nature:
Angelica is found in damp meadows and along streams. In Central Europe, its occurrence has become quite rare.

Superstition & ancient tradition:
Angelica drives away demons and evil spirits. It enlightens the spirit and warms the soul. Smoking angelica purifies the air.