



PURSLEY OR PURSLANE:

Good to mix with wild greens / TEA: helps upset stomachs in children

HOPS TEA:

Mixed with honey & lemon for a soothing coughs / Made into a pillow, induces sleep

COMFREY LEAVES:

May be used in salads / Dried leaves made in to a tea, soothing for stomach

BLACKBERRY LEAVES TEA:

Stops diarrhea in children / Young stalks may be pulled and eaten, - called "Goody Briar"

SASSAFRAS ROOT:

Gather in spring before leaves appear for "Spring Tonic"

SPEARMINT TEA:

Soothing for upset stomach / Delightful drink

CATNIP TEA:

Calmative for babies colic and stomach ailments

MULLEIN TEA:

Respiratory ailments - makes a soothing cough syrup / Crushed leaves healing for hemorrhoids

PRINCSS PINE:

Bladder and kidney problems—diuretic

TANSY:

Poultice for boils / Insect repellent / Tea—for menstrual cramps (use sparingly)

HUCKLEBERRY LEAF TEA:

Stimulates blood sugar (low blood sugar causes dropping spells)

CELERY LEAF TEA:

Soothes nerves / Good for soup

PARSLEY TEA:

Diuretic / Chopped into salad / Liver tonic

FENNEL TEA:

Gargle for sore throat / Insect repellent / In Italy, used / pasta cooking

YARROW LEAVES:

Crushed—Stops bleeding from cuts

DILL TEA:

Made from seed or weed / Helps dispel gas from intestines / Stimulates appetite

SAGE TEA:

Relieves headaches / Reduces cold symptoms / Improves fowl and pork roast flavor

SASSAFRAS ROOT:

Gather in spring before leaves appear for "Spring Tonic"

Property of:

Marie Lorella Berry Cross -

Herbalist

The Herb Lady of Meecosta

*Herbs by
Marie*



DANDELION::

Leaves cooked for greens /
Leaves dried for tea as a gall bladder flush / Roots dried and ground—substitute for coffee
Blossoms make a tasty white wine / Blossoms deep fried & dusted with powdered sugar make a Tasty Treat.





Dear Friends

Ralph Waldo Emerson once wrote:

"The tradesmen, the attorney comes off the din and craft of the sweet and in the eternal calm of sky, woods, and fields finds himself and becomes a man again."

I find this therapy to be true. Many years ago, my grandmother taught me the art of gathering herbs, plants, and flowers, when she and I would go out into the fields and woods. No day can be so distraught that a trip through the back 40 can't remedy.

When we were growing up to have a doctor come was a rare occasion. Our childhood illnesses were cured from the supply of dried herbs, that hung from the rafters in the attic.

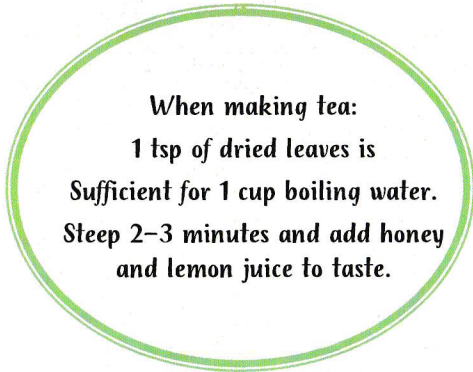
Nothing was more delightful, on a late day in summer or early autumn, to see "Granny", as she was fondly called, lie on her bonnet, with basket over her arm and us children tagging along; head into the field and by-ways to gather our winter's medicine. It was almost automatically that we learned, peppermint was good for stomach; elderberry berries

and blossoms for fever; and yarrow to stop a cut from bleeding.

No loyal herb gatherer would omit that pesky weed call the "dandelion", perhaps the most versatile of all herbs. The roots could be dried and ground up, then used for coffee. The leaves were used for greens and salads. The leaves were also dried and mad into a teas as a gall bladder flush, and not forgetting the lovely blossoms, were used for wine.



The list of herbs you see in this folder were for the ailments found in most households years ago, and in no way do they take the place of a physician. They are, as stated earlier, remedies taught to me by my grandmother 'Lucy Esther Millard Berry'. May your knowledge and enjoyment of herbs give you as much pleasure as they have given me. Remembering too, herbs are not drugs, but were part of the green vegetation of God's creation.



ALFALFA LEAVES TEA:

Helps reduce pain in joints and aid digestion

WATERMELON SEEDS:

Diuretic, used in kidney and bladder problems

RASPBERRY LEAVES:

Relieves menstrual cramps and ease Childbirth

CHICKWEED TEAS:

Induces sweating helps in a weigh loss diet

ELDERBERRY BLOSSOMS TEA:

Reduces fever

PEPPERMINT TEA:

Delightful drink used in cooking / Fresh eaves crushed helps to stop poison ivy

*Marie Loretta Berry Cross, Herbalist
The Herb Lady of Mecosta*