

9 Familiar Herbs for Beginners

MINI-MONOGRAPHS AND RECIPES



TABLE OF CONTENTS

<i>What is a Plant Monograph?</i>	4
<i>Lavender</i>	8
<i>Peppermint</i>	10
<i>German Chamomile</i>	12
<i>Thyme</i>	14
<i>Ginger</i>	16
<i>Rosemary</i>	18
<i>Red Clover</i>	20
<i>Nettle</i>	22
<i>Dandelion</i>	24



WHAT IS A *plant monograph?*

As you study the properties and actions of individual herbs, you may consider starting your own materia medica, a body of collected knowledge on plants, often including plant monographs. The word monograph comes from the Greek word, “monographia.” Mono [single] + grapho [to write]. In other words, a monograph is a detailed writing of a single subject — in our case, herbs.

Start small, and introduce yourself in theory and in person to each plant as you begin your journey with the herbs. Ask each plant to impart its wisdom, use your senses, and simultaneously research written resources filled with information about the specific topics covered in each monograph.

We recommend writing a monograph for each herb you encounter as you study herbs, embedding it in your memory using both the physical act of writing about it and the intellectual requirements of research and critical thinking and inquiry.





monographia mono [single] + grapho [to write]

Throughout this ebook, we will highlight several herbs in mini-monographs along with recipes and links for further reading. Each of these herbs are also featured in more detail in **The Herbarium's extensive plant database**.

The Herbarium database includes some of the most beautiful and complete monographs to date, pulling together traditional herbal wisdom, hands-on experience, and modern scientific research to present a multifaceted description of each herb. Along with quick facts, there is detailed information on the medicinal uses of each plant. Multiple images and botanical prints, scientific research, and information on botany, energetics, safety, preparations, and dosage make these monographs wonderful tools for learning for students and curious dabblers.

<http://herbarium.herbalacademyofne.com>



MUMIXAM

LAVENDER

Lavendula officinalis (Lamiaceae) – Unopened Flower Buds

Lavender is a delightfully aromatic nervine that can be taken internally as tea or tincture to uplift the emotions, relieve headache and anxiety, and ease one into sleep. Lavender is used for its relaxing effect - simply smelling the volatile oils of this plant has a calming effect during times of stress and tension. In addition to being used as a nervine, lavender is also carminative (aiding digestion and relieving gas), antispasmodic to the gastrointestinal system (relaxing spasms associated with anxiety and tension), a circulatory stimulant (increases circulation to the periphery of the body—perfect for someone with cold hands and feet), and an antimicrobial and antiseptic useful for disinfecting cuts and wounds. Lavender also soothes the itch and pain of insect bites and soothes and aids healing of burns.



Herbal Steam for Beauty

INGREDIENTS

1/2 cup dried lavender

3-quart pot of boiling water

DIRECTIONS

Set the pot of boiling water on the table. Add lavender buds.

Cover your head with a towel and hold your face over the steaming pot for a few minutes. Be careful not to get too close as the steam can burn your skin!

When you are done, wash your face with a cleanser and then rinse your skin with cool water to close your pores.

MORE ON LAVENDER

Lavender Plant Monograph in The Herbarium

Heaven in a Bottle

Lavender Bath Salts

PEPPERMINT

Mentha piperita (Lamiaceae) – Leaves

Peppermint stimulates digestion and relaxes tension, so is helpful for digestive disorders associated with pain and spasm, from gas and colic and cramps to nausea and vomiting to diarrhea. It has a cooling quality so might be best for someone with too much heat in the gut or in general. The volatile oils in peppermint are antimicrobial and are effective against a range of bacterial, viral, and fungal infections, and peppermint is a traditional treatment for fevers, colds, and flus due to its antimicrobial properties as well as its ability to stimulate the release of heat from the body during a fever. Inhalation of the volatile oils in peppermint oil or tea helps relieve nasal congestion in the most pleasant, aromatic way. As a nervine, peppermint is both relaxing and stimulating to the nervous system, calming anxiety and relieving tension, but can also be used to recharge vital energy, increase mental clarity, and aid concentration. Peppermint's high essential oil content makes it unsafe in high amounts during pregnancy or for young children, and it can also aggravate heartburn.



Peppermint Sun Tea

INGREDIENTS

1/2 cup dried or 1 cup fresh peppermint leaves

1/2 gallon tap water

DIRECTIONS

Place peppermint and water in a 1/2 gallon glass jar.

Set in a sunny place for 2-8 hours.

Refrigerate and enjoy as a cold drink.

A wonderfully cooling pick-me-up
for a hot summer's day.

MORE ON PEPPERMINT

Peppermint Plant Monograph in The Herbarium

Real Peppermint Hot Cocoa

Homemade Calamine Lotion





GERMAN CHAMOMILE

Matricaria recutita (Asteraceae) – Flowers

Chamomile is a gentle, soothing nervine that eases anxiety and tension and cools stress-related anger and inflammation. It is well loved by adults and children for calming the nervous system in preparation for sleep. Chamomile is a great digestive aid due to its carminative, antispasmodic, and anti-inflammatory actions. It eases digestion by relaxing muscles in the digestive tract and relieving cramping. As a mild bitter, it stimulates appetite and the liver. It is also used for the treatment of stomach ulcers, colic, and menstrual cramps, as well as the emotional symptoms associated with PMS.

Soothing Bedroom Spray

INGREDIENTS

8 ounces glass or stainless steel spray bottle (avoid putting essential oils in plastic containers)

4 ounces witch hazel extract

4 ounces distilled water

5-10 drops chamomile essential oil

3-7 drops cedar wood essential oil

3-5 drops vanilla essential oil

3-5 drops palo santo essential oil*

* Be sure to choose only ethically gathered palo santo, as this is an endangered plant

DIRECTIONS

Combine all ingredients in your bottle.

Shake well before use and spray in the bedroom or on the bed or pillow before going to bed to help enhance a good night's sleep.

You can also use this in the house when there is a lot of stressed energy, aggression, and anger associated with stress to help people calm down, breathe, and reconnect.

Recipe by Amanda Klenner, on the Academy Blog

MORE ON CHAMOMILE

Chamomile Plant Monograph in The Herbarium

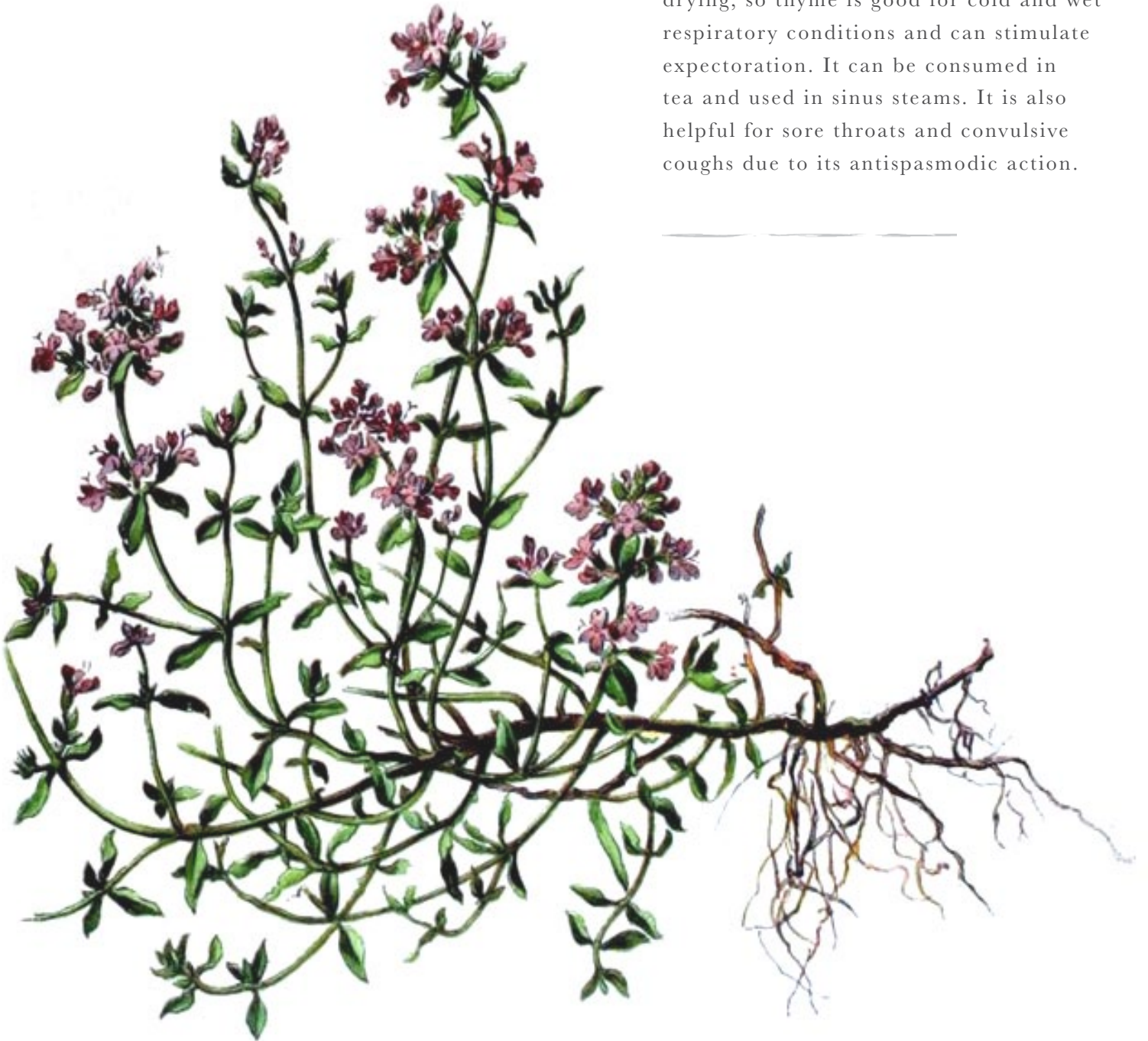
Soothing Nighttime Tea and Bedroom Spray

Chamo-Berry Banana Smoothie

THYME

Thymus vulgaris (Lamiaceae) – Aerial parts

The high volatile oil content of thyme contributes to its strong antimicrobial and diaphoretic action. It is warming and drying, so thyme is good for cold and wet respiratory conditions and can stimulate expectoration. It can be consumed in tea and used in sinus steams. It is also helpful for sore throats and convulsive coughs due to its antispasmodic action.



Thyme Honey for Respiratory Support

INGREDIENTS

1 cup raw honey

1/4 cup dried powdered thyme

Sterilized, dry jar and lid

DIRECTIONS

Place honey and herbs into sterilized, dry jar and place into a double boiler over low heat.

Heat gently for 15 to 20 minutes, being sure not to let the honey boil or scorch.

Stir, then remove from heat and cool.

When completely cooled, seal and store.

Honey can be used immediately, but for a stronger honey, leave plant material in honey for two weeks before using.

MORE ON THYME

Making Herb Paste

Lice Home Remedies

5 Easy Herbs to Grow



GINGER

Zingiber officinale (Zingiberaceae)– Rhizome

Pungent and warming, this tropical rhizome is antimicrobial, relieves nausea, aids digestion, and is a general anti-inflammatory. Ginger is a potent antiviral ally for colds, flu, and respiratory infections; thins mucus and supports expectoration, and as a diaphoretic helps the body move heat toward the exterior of the body to progress through fever. Its antimicrobial action is also helpful in the case of GI tract infections. Ginger is well known as a carminative and digestive aid, relieving gas while its antispasmodic action alleviates cramping and griping as well as nausea, motion sickness, and morning sickness. Ginger stimulates circulation and brings warmth to the extremities, nice for warming a body chilled by weather or flu.

Basic Cold & Flu Tea

INGREDIENTS

3-4 slices fresh ginger with skin

1 clove chopped garlic

1 cup water

Cayenne powder

Tea of choice (black, green, oolong, herbal)

Honey to taste

Milk/milk alternative, optional

DIRECTIONS

Simmer 3-4 slices of fresh ginger (skin on) and one clove of chopped garlic in one cup of water for approximately 20 minutes.

Use ginger water to steep tea (black, green, oolong or herbal tea).

Add cayenne powder as hot as can be tolerated to induce sweating.

Add honey to taste.

Add milk or dairy alternative (almond, soy or other) if desired.

Drink 3-4 cups per day.

Drink before bed and bundle up to induce sweat.

MORE ON GINGER

Ginger Plant Monograph in The Herbarium

3 Reasons to Eat Ginger During Wintertime

Warming Ginger Cayenne Salve for Natural Pain Relief



ROSEMARY

Rosmarinus officinalis (Lamiaceae) – Leaf

Warming and drying, pungent and bitter, rosemary is an ally for the digestive, nervous, and circulatory systems. Rosemary increases circulation to the brain, improving focus and memory, and reducing nervous tension that may cause headaches. It's a folk remedy for anxiety, depression, insomnia, fatigue, and stress. A well-known digestive tonic, its antispasmodic and carminative actions are good for digestive upset resulting from stress, anxiety, and tension. As a nervine, rosemary relaxes and uplifts the spirit. Its volatile oils are antiseptic, antibacterial, and antifungal, making rosemary an important ally for fighting infection. It stimulates blood flow throughout the body, moving heat outward to reduce a fever or warm the extremities, or bring on menstrual flow. Only culinary amounts of rosemary should be used during pregnancy.



Fresh Carpet Powder

INGREDIENTS

2 cups baking soda

5 drops rosemary essential oil

5 drops lemon essential oil

Quart mason jar

DIRECTIONS

Put baking soda and essential oils into jar, and close.

Shake it up to mix in the oils.

If you have an old spice jar or powder container you can use that to make it a little easier to sprinkle, but it is not necessary.

MORE ON ROSEMARY

Rosemary Plant Monograph in The Herbarium

5 Kitchen Herbs for Cold Season

Making Bouquet Garni

RED CLOVER

Trifolium pratense L. – Flower head

Red clover is a diuretic and alterative with an affinity for the lymphatic system and liver, helping the body to assimilate nutrients and remove metabolic waste products. It is helpful for conditions resulting from the build up of toxins in the body such as eczema, psoriasis, and lymphatic swelling. Red clover contains high levels of phytoestrogens called isoflavones, the building blocks for hormones which can dock onto receptors that could otherwise be occupied by the unnatural chemical estrogens we are exposed to in our daily lives. The isoflavones in red clover help balance hormones to alleviate premenstrual and menopausal symptoms.



Nourishing Weedy Tea

INGREDIENTS

- 1 quart water
- 1 tablespoon red clover blossom
- 1 tablespoon nettle leaf
- 1 tablespoon peppermint
- 1 tablespoon dandelion leaf

DIRECTIONS

To one-quart hot water, add your herbs.
Steep for 20 minutes to four hours, strain, and enjoy drinking
your weeds!

We like to make a quart
and drink one cup at a
time throughout the day.
This recipe uses dried herb
proportions.

MORE ON RED CLOVER

Red Clover Plant Monograph in The Herbarium
Red Clover, Red Clover, Bring Healing on Over!
Red Clover Wine

NETTLE

Urtica dioica (Urticaceae) – Aerial Parts, Roots

While their prickly sting is considered a nuisance by hikers and farmers, nettle is the popular, cool kid of the herbal world—herbalists love nettles! Nettle is a quintessential nourishing herbal tonic, rich in calcium, magnesium, iron, and other vitamins and minerals, and can be drunk in tea or eaten daily. Nettle nourishes, supports and energizes the whole body, is richly nourishing to the blood, purifies the blood and assists the body in nutrient and protein assimilation, and relieves fatigue. It aids elimination of waste and toxins from the body, helping to alleviate arthritis, gout, and skin problems like eczema. Nettle is anti-allergenic and anti-inflammatory, and can be useful in cases of hay fever and allergies. If stung by nettle, you can squeeze a little of the leaf juice or tea on the sting for relief. Nettle is also astringent and can be slightly drying.



Nettle Vinegar

INGREDIENTS

Dried nettle

Raw, unpasteurized organic apple cider vinegar

DIRECTIONS

Fill the jar $\frac{1}{4}$ full with nettles.

Pour enough apple cider vinegar to fill the jar, ensuring all nettles are covered by a couple inches.

Cover the jar with lid or a layer of wax paper and then the lid.

Let sit in a cool dark place for 3-6 weeks and shake occasionally.

The dried nettle may soak up vinegar. Check jar and add vinegar as needed.

Strain and get creative.

If stored properly in a cool, dark cabinet, it should last a year.

*Incorporate nettle vinegar into
marinades and dressings*

MORE ON NETTLE

Nettle Plant Monograph in The Herbarium

Harvesting and Cooking Nettles

Nettle Hair Rinse



DANDELION

Taraxacum officinale (Asteraceae) – Leaf and Root

Dandelion leaf and root are an excellent mild bitter tonic to offset the sweet tastes typical for the Western diet and help to stimulate appetite and activate digestion and metabolism. Dandelion has an affinity for the liver and gallbladder, and increases the amount of bile secreted by the liver to aid digestion. As a supreme liver tonic and diuretic, dandelion reduces inflammation and congestion in the liver, and encourages proper elimination of metabolic wastes and toxins - thus its reputation as a detox herb. It is helpful for urinary and prostate infections, gout, arthritis, and rheumatism. Harvested in spring, the root will have more of a bitter quality. In fall, the root will be a little sweeter with a higher percentage of a prebiotic called inulin that feeds beneficial gut bacteria. Dandelion is a cooling remedy that works particularly well for those with warmer constitutions or disease processes.



Herban Root Coffee

INGREDIENTS

4 cups water

2 tablespoons dandelion root, roasted and ground

2 tablespoons chicory root, roasted and ground

½ tablespoons cinnamon powder

Natural sweetener to taste

Ground cinnamon, for dusting

DIRECTIONS

Add the water, dandelion root, chicory root, and cinnamon to your coffee maker or French press.

Add boiling water and allow the herbs to steep for 5 minutes.

Strain and add sweetener to taste. Serve dusted with cinnamon.

Makes two 16 oz. servings

MORE ON DANDELION

Dandelion Plant Monograph in The Herbarium

Dandelion Flower Syrup

Dandelion: The Dandiest Weed of All





With roots in greater Boston, the **Herbal Academy** is an educational resource offering **online herbalism programs**, **The Herbarium membership**, and local workshops. The Academy is committed to researching and gathering information and tools to help support a lifestyle of self-awareness and whole body care. It is the Herbal Academy's desire to encourage individuals and society to make sustainable and meaningful changes so as to use Earth's resources with greater wisdom and respect.

Check in on the Academy blog for articles covering herbalism, real food recipes, and healthy living. Learn more about The Herbarium membership and online programs:

<http://theherbalacademy.com>



THE HERBARIUM

