



*Stellaria media*

**Family:** *Caryophyllaceae* (pinks/carnation)

**Parts:** leaves and blossoms (aerial parts)

Chickweed has very tiny flowers that close when overcast. It is one of the first plants to appear in early spring and full of nutrients and first aid healing properties. She is also known as Starweed because of her beautiful tiny, and I mean tiny, white flowers that resemble little stars.

**Energetics:** cooling, moistening, salty/sweet

**Systems Affected:** skin, lung, respiratory, urinary, lymph, circulatory, digestive

## Properties:

alterative, anti-inflammatory, antimicrobial, antirheumatic, antitussive, astringent, carminative, demulcent, diuretic, discutient, depurative, drawing, febrifuge, emollient, emulsifier, expectorant, galactagogue, lymphatic, emmenagogue, mucilaginous, nutritive, ophthalmic, vulnerary

## Uses:

- Canker, mouth sores and abscesses
- Sore throat – gargle
- Lung support - aids in healing respiratory conditions bronchitis, asthma, dry coughs, etc.
- Conjunctivitis (pink eye) – poultice, compress, salve can even be rubbed around outside of the eyelid
- Eye inflammation and sties - same as above, can be used cooled or warmed
- Tired, sore, dry, irritated eyes
- First aid – cuts, scrapes, abrasions, wounds, bruises, splinters - can be used immediately as an emergency herb by chewing up or crushing with hands and placing over wounds
- Burns, including sun burn
- Skin ailments – eczema, psoriasis, dry, chapped, itchy skin, rashes, boils, sores, irritation (use both inside and out)
- Blisters and warts
- Diaper rash
- Hives and heat rash
- Chicken pox and shingles (bath, salve)
- Bug bites and stings
- Sore and tired muscles – (bath, salve)
- Soothes and cools Inflammation - both internal and external, all tissues
- Kidney, liver, gallbladder support, aids the body to heal blocks and inflammation
- Internal healing and support for ulcers, urinary tract, stomach, and intestines
- Constipation - especially for children due to chickweed's gentle nature

- Nutrient dense - high in vitamins A and C, saponins (increase absorption), minerals such as iron, magnesium, and calcium to name a few
- Nutritive, all-purpose herb for restoration, relief, clearing, protection and nourishment – releases blockages and removes waste
- Blood cleansing and regenerating, blood poisoning, toxic conditions, etc.
- Infection, congestion, inflammation, weakness, illnesses, recovery, etc.
- Stimulates metabolism which can help in weight loss

## Methods of Use:

- Poultice, compress
- Tea, juice, drinks
- Baths, soaks, washes, gargle, douche, enema, eye wash
- Extract, glycerine, vinegar, alcohol (glycerine pulls more vitamins, vinegar more minerals)
- Herbal oil
- Salves, balm, creams
- Can be frozen for future use
- Powder, sprinkle, capsules (although fresh is best)
- Food - add to salads, smoothies, pesto or wherever else you would use greens (has a spinach like flavor)

## Care/Harvesting:

- Search around your yard or neighborhood for this very common “weed”. Likes shady, cool areas so look under shrubs and bushes in the spring and fall. Likes cooler weather.
- Because of the shallow roots chickweed can provide a living type of mulch for your garden, in fact if you have chickweed growing it usually indicates fertile soil.
- Chickweed is an annual plant but self-seeds readily which is how she comes back year after year.
- Aerial parts can be harvested anytime, both leaves and flowers.