



Portula oleracea

Family: *Portulacaceae*

Parts Used: whole plant

Properties: antioxidant, antimicrobial, antibiotic, antifungal, antiparasitic, anti-inflammatory, diuretic (increases urine flow), demulcent, emollient, febrifuge (fever reducer), tonic, nutritive, cooling, noradrenaline (hormone that reduces bleeding).

Medicinal Uses:

- Rich in omega-3 fatty acids supporting brain and heart health.
- Can lower cholesterol and high blood pressure.
- Can help with chronic fatigue syndrome.
- Useful for fungal infections such as athlete's foot, jock itch and ringworm.
- Supports and strengthens the lungs and aids in respiratory conditions, opening airways.
- Aids in digestion, helpful for diarrhea and stomach ache.
- Soothes inflammatory conditions throughout the body, including the gut.
- Urinary tract infections and dysentery.
- Strengthens the immune system.
- Earache (use leaf juice).
- Soothes and helps heal bruises, burns, skin conditions and sores (poultice or juice).
- Insect bites and stings (poultice).
- Intestinal worms (ingest crushed seeds).
- Rich in vitamins and minerals.

Methods of Use:

- Food: the best way to utilize this plant is to pick it and eat it. The leaves have a citrus taste. Add to salads, stir fry, soup or just pop leaves in your mouth and eat.
- Juice
- Poultice
- Tea or tincture

Wild Crafting:

Purslane is a common weed found in disturbed areas, lawns, and gardens. It has succulent leaves with red stems. The plant can be harvested at any time. Pick the leaves as you need them, or you can pull up the entire plant. It is best used fresh but can be dried for future use.

Caution:

Hairy stemmed spurge looks similar to purslane. The differences would be that spurge has hairy stems, while purslane has smooth. If the stem is broken spurge will have a milky sap, where purslane does not.



Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.