

Chickweed (*Stellaria media*)



Properties:

Emollient, demulcent, mucilaginous, emulsifier, nutritive, mild diuretic, toning, cooling drawing, spring tonic.

Medicinal Uses:

- Canker, mouth sores and abscesses
- Sore Throat - gargle
- Lung support - aids in healing respiratory conditions bronchitis, asthma and dry coughs
- 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
- Inflammation - both internal and external
- 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 chickweed's gentle nature



Annie's Place

- Nutrient dense - high in Vitamins A and C, saponins (increase absorption on a cellular level) lots of minerals such as iron, magnesium and calcium to name a few.
- Stimulates metabolism which can help in weight loss
- Fresh herb contains saponins which give it a soap like quality, rub in your hands with a little water and hands will be cleansed and moisturized.

Methods of Use:

- Poultice/Compress
- Herbal Infusion (tea)
- Bath
- Tincture
- Herbal Infused Oil
- Salves, Ointments, Balms
- Can be frozen for future use
- Consuming fresh leaves - add to salads, smoothies, pesto or wherever else you would use greens (has a spinach like flavor so this is not a bitter one like most spring greens).

In the Yard:

- Search around your yard or neighborhood for this very common "weed".
- Likes shady, cool areas so look under shrubs and bushes in the spring.
- Because of the shallow roots chickweed can actually provide a living type of mulch for your garden, in fact if you have chickweed growing it usually indicates fertile soil.
- Chickweed is actually 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.