



*Avena sativa*

I am a tough lady. I bring nourishment, peace and contentment for spirit, hearth, community and earth. I have been here since the beginning of time to fortify and make you strong. I am the staff of life. I go deep inside you. I am strong and forceful and will help to calm you.

*Avena* eases spasms and inflammation allowing inflamed cells to relax – a good nerve tonic. Put in a hot bath and relax – good for Osteoporosis, bone cancer and skin ailments.

I am high in calcium and low in calories. I help to build strong bones and bring good enriching fibre to your diet.



*Artium lappa*

*I am the mighty Burdock... and don't you mistake it!*

*I like rundown neighbourhoods. They make me feel at home...but don't mistake me. I am not a good-for-nothing. I pack a mean punch. I do rough work that nobody else wants to do. I cut the garbage out, clean up your messes and give your liver, kidneys and lymphatic system heavy duty nourishment.*

*My root is good for soup.*

*Stellaria media*

Hi!

I am the coolest chick... very inconspicuous. I am a little star - Stellaria. Feel my energy. I am slippery like soap. Slipping and sliding and replacing fat with protein and mineral salts. These are my Saponins that I offer to you. They help absorb minerals which in turn break down bacteria.

I am smooth and cool and on rainy days, I lay close to the earth. I grow out rather than up. I am sharp. Look at my petals - like little stars. I grow everywhere and offer nourishment and healing. Cool off those fevers and infections.

My leaves are good for salads. They have an exciting taste and are a bit salty.





# Nettle

*Urtica dioica*

Pay attention with your senses to your surroundings - my green, especially green, my lushness reved-up with energy.

Pay Attention! You are going to have a big surprise. I am sharp! The stinging hairs are my hidden surprise, under my leaves and down my stalk. They are an energy changer. I give a herbal treatment to the entire energetic system - nerves, neurons, chakras and subtle bodies.

I can change energy with my stings but my green leaves give sharp energy cuts. They help loose old patterns and start new ones. They can produce gradual healing of chronic conditions such as allergies, high blood pressure, rheumatism and many others.



## Dandelion

*Taraxacum officinale*

*I am a show off, very attractive, bright, in your face and also in the public eye. I am zest for life. You will love my bright yellow. I am intense, sharp and on the edge. I can help with everything. Wake up and enjoy life! I am a lioness. I spread my goodness around for everyone to enjoy.*

*My smooth leaves are good in a salad or cooked as a mess of greens.*

*My root is a supreme liver ally and an elixir of life.*



## Violet

*Viola odorata*

People call me 'little violet'. Come and sit beside me in the cool moist woods, where the air is clean. I won't have it any other way. Lean in and relish my sweet scent. I prefer to stay in the background. That is why they call me 'shrinking violet'. I am the harbinger of spring with my lovely little petals and my heart shaped leaves. I comfort and strengthen the heart.

My leaves are a cancer cure and very good for breast tissue healing.  
I grow by your doorstep to offer you powerful psychic protection and ease for your heart.