

HERBAL SPOTLIGHT

Bishop's Weed

(*Agropodium podagraria*)

GROUND ELDER, GOUTWEED, SNOW ON THE MOUNTAIN



LEAVES

THE LEAVES ARE BEST WHEN TENDER AND YOUNG, BEFORE THE PLANT FLOWERS. THEY MAY BE USED FRESH OR DRIED.

HERBAL ACTIONS

- ANTI-INFLAMMATORY
- DIURETIC
- NUTRITIVE
- SEDATIVE
- VULNERARY



CUP OF TEA

- ADD 8OZ FRESHLY BOILED WATER OVER THE LEAVES AND ALLOW TO STEEP FOR 3-5 MIN.
- ENJOY THE AROMA AND FLAVOR.
- ALTERNATELY, ENJOY AS A COLD INFUSION, BLENDED WITH CUCUMBER AND LEMON.

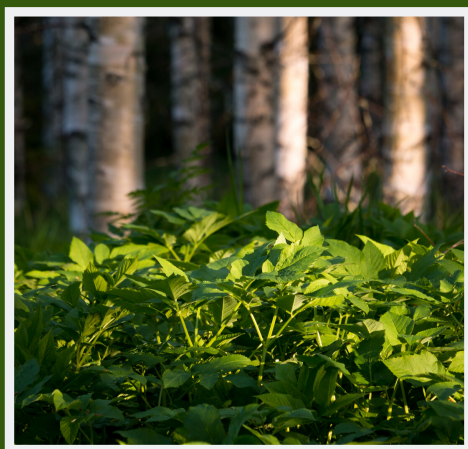
FAVORITE USES

CULINARY:

- TEA/INFUSION
- SALAD GREENS, PESTO, SOUP

MEDICINAL:

- INFUSION
- POULTICE



SPIRITUAL IMPORTANCE

- ASSOCIATED WITH SATURN & MARS,
- NATURE SPIRIT CONNECTIONS
- AGGRESSIVELY BREAKING THROUGH AUTHORITATIVE CONTROL.