

PRACTICAL HERB CARDS 2



52 new
herbal
collecting
cards!

Henriette Kress

Garden sage



Salvia officinalis L. Lamiaceae, mint family.



Use: leaf.
Garden sage is both bitter and aromatic. It strengthens the digestion, especially of fats.
It helps stop milk production and excess sweating if taken cold (as in a cold tea or drops of tincture in cold water). If taken hot, it enhances both sweating and milk production. Sage is great for various colds and similar lung problems. Take it long-term for chronic coughs.

Use: sage is a nice spice for greasy foods. Card # 57
cultivated • perennial

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Oregano



Origanum vulgare L. Lamiaceae, mint family.



Use: leaf, flowering top, aerial parts.
Oregano is a spicy sweetish herb that's best known as a pizza spice.
In Finland, wild oregano is very prolific, but all too mild in taste. Use stronger species to strengthen the digestion and for coughs and head colds.

Oil of oregano often contains cheap essential oils with scents that resemble that of oregano. It shouldn't be used for all ills, as it's a concentrate.

Card # 58
cultivated • perennial

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Barberry



Berberis L. Berberidaceae, barberry family.



Use: the yellow parts of the wood, bark and root.
The bitter parts of barberries are their yellow wood, bark and root. The flowers, berries and sometimes the leaves are tart or sour.
The bitter parts strengthen the digestion and an underactive liver. I give them as a tea or tincture to clients without a gall bladder. I also use them for allergies, eczemas, low blood pressure and difficulty to endure heat.

Card # 59
wild/cultivated • bush • common

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Red Raspberry



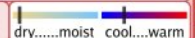
Rubus idaeus L. Rosaceae, rose family.



Use: leaf, berry.
Red raspberry leaf contains a lot of minerals.
The leaf is astringent and strengthens male and female pelvic organs. Strain a raspberry leaf tea through a coffee filter, as the leaves' thorns can irritate mucous membranes. Avoid the leaf in the first trimester of pregnancy.
The berry is sour and thus cooling. Use it for fevers and for summer heat waves.

Use: berry. Tasty in jams, jellies etc. Card # 60
wild • perennial • common

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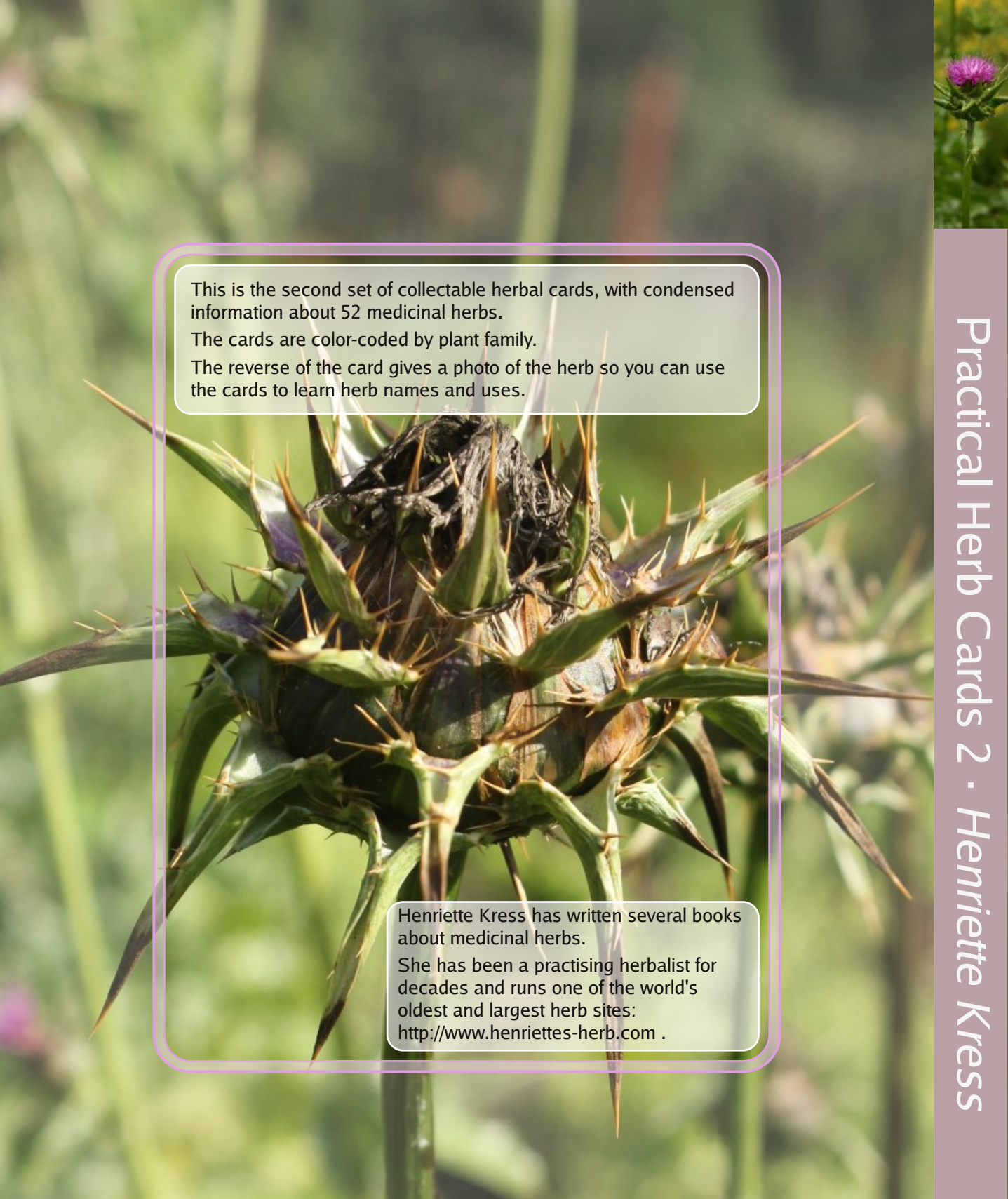
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This is the second set of collectable herbal cards, with condensed information about 52 medicinal herbs.

The cards are color-coded by plant family.

The reverse of the card gives a photo of the herb so you can use the cards to learn herb names and uses.

Henriette Kress has written several books about medicinal herbs.

She has been a practising herbalist for decades and runs one of the world's oldest and largest herb sites:

<http://www.henriettes-herb.com> .