



GET OUT AND ABOUT WITH SUMMER REMEDIES

The first aid kit in your garden

Jenni McDonnell MBE

- I am not a qualified herbalist. I am self taught
- I have been a gardener my whole life. It is my passion.
- I grow vegetables, flowers and herbs in my garden in Long Buckby
- 10 years of using the healing properties of plants, grown and foraged



Important notice

Herbal medicine uses the natural properties of plants to heal minor ailments. It should never replace a trip to the doctors if you don't feel well.

You should always seek professional advice before using herbal remedies if you have an existing medical condition. Some of the herbs can be quite potent and might interfere with the medicine you have been prescribed so always check with a qualified doctor.

You should always research the plants to make sure they are safe for you to use – everyone reacts differently to plants so do your own research before use.

In all cases do not take these herbal remedies for extended periods of time. They are designed for short term relief. Some plants can cause serious damage if you take them for more than 6 weeks at a time.

Why don't we use herbal remedies anymore?



They can taste
awful



They take longer to
work

Yes, you're in pain and you want it to stop but the pain is your body telling you that something is wrong.

Foraging for medicine

If in any doubt don't use it – you need to be 100% certain that the plant is the plant that you think it is when you pick it.

Forage sustainably – wild foods are there for all of nature to enjoy and wildlife needs it more than we do so follow the rule of ten.

Think about pollution – it doesn't matter how juicy the fruits might look, pay attention to where they are growing.

Private property – it is against the law to pick wild plants on private land without the landowner's permission.



Herbal preparation

There are lots of different ways of preserving the goodness from herbs and plants to turn them into herbal remedies.

Internally

- Herbal Teas
- Tinctures
- Oxymels

Externally

- Infused oils
- Salves
- Creams



Summer remedies

Immune boost tonic

Nettle soup, a great way to get iron and vitamin C back into your body and help you to absorb vitamin D from the sun.



Hay fever

Feverfew and mint tincture, Feverfew and mint are a great expectorant and anti-inflammatory so they will help to open up your airways and dry things up a bit (Caution: Ragwort family)

Borage tea, borage is an anti-inflammatory and takes away the itchiness.



Summer remedies

Athlete's foot

Honey and garlic poultice, Garlic has anti-fungal properties and honey has anti-inflammatory and anti-bacterial properties.

Stings and insect bites

Basil and mullein salve, They are both analgesic and soothe the area.

Insect repellent

Rosemary infused oil, bugs hate the smell



Summer remedies

Cuts and bruises

Plantain or Yarrow poultice, Yarrow is particularly good at stopping bleeding and plantain is great at drawing out foreign objects from a wound e.g. splinters, gravel. They have antiseptic properties



Sunburn

Comfrey and witch hazel spray, Comfrey and witch hazel have anti-inflammatory properties to soothe the burn.

NOTE this is for minor sunburn.



Other common hedgerow plants to use

Dandelion – cleanses the blood by stimulating the liver

Hawthorn – reduces blood pressure and risk of heart disease

Mullein – leaves help to treat asthma flare up, flowers treat ear ache

Meadowsweet – contains salicin so is a great painkiller (natural aspirin)

Selfheal – treats sore throats

St John's wort – treats depression and seasonal adjustment disorder

Angelica – stimulates blood circulation to the extremities

Red clover – eases the symptoms of menopause (natural oestrogen)

Great reference books

- Knowledge to forage, Dane de Luca Moulandie
- The Gardeners companion to medicinal plants, Kew Gardens
- Edible and medicinal wild plants of Great Britain and Ireland, Robin Harford
- The Garden apothecary, Christine Iverson
- The Hedgerow apothecary, Christine Iverson
- Forgotten home apothecary, Nicole Apelian



That's all folks

Thank you for your attention. I hope you have enjoyed learning about the benefits of the plant life around us.

Any Questions?

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