

# Herbal Medicine Club Newsletter

## April 2018

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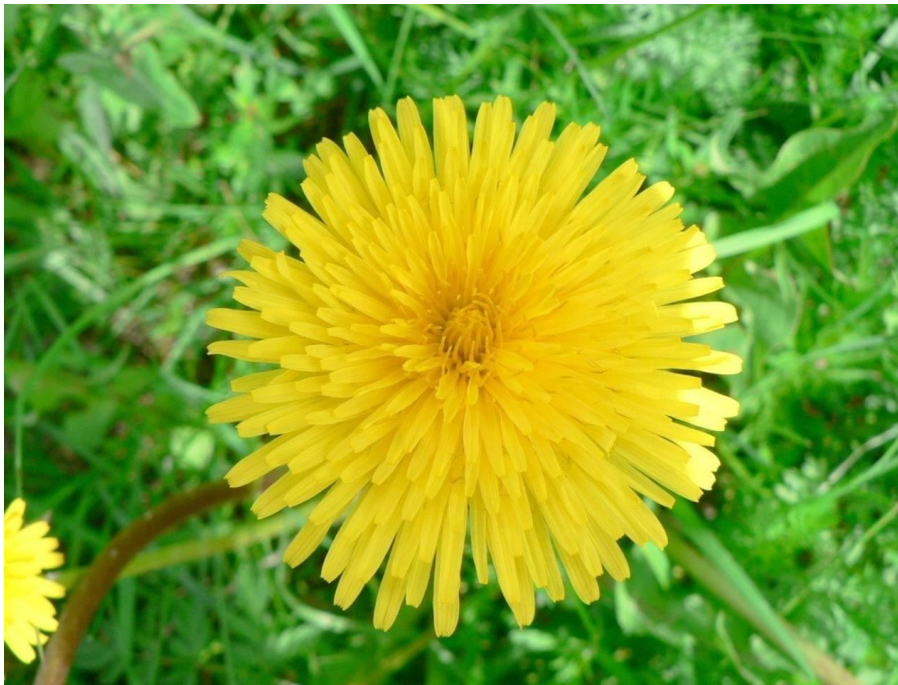
Website:

[blogs.evergreen.edu/herbalmedicineclub/](http://blogs.evergreen.edu/herbalmedicineclub/)

**We will meet at the Organic Farm Wed. April 25th  
3:30-4:30pm**

### **Herbal Spotlight: Dandelion tops**

*Taraxacum officinale*



**Medicinal benefits:**[\(source- Alchemy of Herbs\)](#)

<b><i>Supports circulation</i></b>	<b><i>Used for skin eruptions</i></b>
<b><i>Cholagogue (promotes bile discharge)</i></b>	<b><i>Diuretic</i></b>
<b><i>Cooling &amp; Drying</i></b>	<b><i>Rich in vitamins and minerals</i></b>

### **Herbal Recipe Corner**

#### ***Relief for sore joints with Dandelion oil***

Harvest dandelion tops from unsprayed fields.

Fill a glass jar half full with dandelion tops.

When you get home, wash with water and spread them out to dry, then wilt overnight.

The next day put dandelion tops back in jar and cover with olive oil or (almond, jojoba, grapeseed, apricot oil etc...)

Leave oil/dandelion mixture in sunny window and shake everyday for 10 days up to 2 weeks (oil will go rancid if you keep tops in longer).

Strain flower tops.

Oil is ready for use.

### **Enjoy!**

By Kathy Lapcevic

of Homespun Seasonal Living

