



Shepherd's Purse

Capsella bursa-pastoris

Shepherd's Purse is found abundantly in spring all over the United States, forming large patches in waste grounds. It is one of the most common plants in the world. The basal leaves are small and pinnately lobed, and often enjoyed in the spring as greens and accenting salad with their peppery taste. By late spring the stem dies, and the plant entirely disappears by the middle of summer.

Shepherd's Purse plant has hemostatic properties. It is used to stop bleeding from internal organs and control profuse menstruation. It may be useful as a remedy for endometriosis and is said to be helpful for fibroids. For

these uses, Shepherd's Purse is best tinctured immediately

after picking. As a decoction, it has been used to treat hemorrhoids, diarrhea, and bloody urine.

Shepherd's Purse may be sedating or toxic if overused or used with some prescription medications or anesthesia. Use with caution.

Speedwell

Veronica spp.

Speedwell was once highly regarded in England as a healthy, relaxing, herbal tea and tonic. As with most astringent, bitter herbs, an infusion of speedwell can be used as a wash for troubled skin. It is most often used been used for coughs and congestion.

The somewhat bitter and astringent taste and smell of speedwell led to its use as a tea substitute in 19th-century France, where it was called the d'Europe, or "Europe tea." The French still use this term as a name for speedwell.

Use 1-2 tsp dried herb per cup of hot water for a tea, or use a tincture. Mixed with plantain, it may help to ease pain from ulcers or even help prevent them from occurring.

