

Six Herbs To Forage in Summer in Glasgow

Dog Rose, *Rosa canina*, Rosacea

Appearance: Shrubby, often growing in hedgerows; large flowers with 5 petals, often white or pink; thorny; bright red rosehips in autumn.

Parts Used: Flowers, Rosehips (in autumn)

Uses: Rose petals are soothing for the nervous system and can help with insomnia and when feeling sad. They are also anti-viral and boost the immune system. Rosehips in autumn are full of Vitamin C.



Ribwort Plantain, *Plantago lanceolata*, Plantaginaceae

Appearance: Long, ribbed leaves with parallel veins; long flower stalks with brown seed heads; often grows on path edges, in meadows and urban habitats.

Parts Used: Leaves and Flowers

Uses: Plantain is great for bites, stings, splinters and general skin irritations. It has a drawing and soothing effect. It can also be used internally for hayfever, sinusitis or catarrh. The seedheads taste like mushrooms.

Comfrey, *Symphytum officinale*, Boraginaceae

Appearance: Droopy, purple, pink or white flowers; bees love it - listen out for buzzing; hairy stems and leaves, slightly jaggy; large delicately ribbed dark green leaves.

Parts Used: Leaves and flowering tops

Uses: Comfrey used to be known as “bone-knit” for its tissue healing effects. It can be used externally for fractured bones, arthritis, inflamed joints, cuts and wounds. You can eat the leaves fried in batter - just don’t eat too many as they can damage the liver in large quantities.





Meadowsweet, *Filipendula ulmaria*, Rosacea

Appearance: Creamy white clusters of flowers on tall stems; often grows near rivers and waterways; dark green leaves which have silvery undersides; smells of watermelon when snapped off.

Parts Used: Flowering tops and leaves

Uses: Meadowsweet is great for heartburn, indigestion, gastritis and peptic ulcers. It is anti-inflammatory and contains similar compounds to Aspirin. It has traditionally been used for aches and pains and to reduce fevers. Tastes great in a cordial or iced tea.

Dandelion, *Taraxicum officinale*, Asteraceae

Appearance: Jaggy, toothed leaves; white sap comes out when you snap a stem; bright yellow flowers; for true dandelions, for each rosette of leaves, there is only one flower stem emerging from it.

Parts Used: Leaves, Roots (in autumn and winter), Flowers

Uses: Dandelion leaves are full of potassium and other minerals and vitamins. Their bitter taste aids our digestion so they are great in a salad or a pesto.

Dandelions are diuretic plants, which means they can make you pee more and help with water retention.

Dandelion flowers can be used to make a honey

substitute. Dandelion roots, gathered in winter, are delicious as tea or can be roasted and ground into a coffee substitute.



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Yarrow, *Achillea millefolium*, Asteraceae

Appearance: Tall stalks with clusters of small white flowers; feathery leaves small (millefolium means a thousand leaves); the flowers can have a pink tinge; aromatic smell when leaves are crushed.

Parts Used: Flowers and leaves

Uses: Yarrow is famous as a haemostatic which means it can stop bleeding. It also encourages sweating and relieves congestion so is good for colds and flus. It can be eaten in salads, pesto or fermented in a sauerkraut. It is not recommended in pregnancy because it can have a stimulating effect on the uterus.