



HERBS

Medicinal and Culinary

Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Echinacea**

Species: **purpurea**

Plant Family: **Asteraceae**

Common Name: **Coneflower, Purple**

Garden Care

Plant prefers moist but well-drained, fertile soil in the full sun. This species is the most adaptable of all and is the most dependable choice for gardeners and medicine makers. Sow in the spring, directly in a prepared garden bed or in pots. Germination may take up to 30 days. Thin or transplant to 1 to 2' apart. Cultivate frequently.

Herbal Actions

Actions Description	Actions Description Detail
Alterative	Supports the body in healthy cellular metabolism and its natural process of detoxification, cleansing and elimination. Also known as a blood cleanser.
Lymphagogue	Moves lymph fluids through the lymphatic system.
Anti-inflammatory	Alleviates inflammation.
Vulnerary	Helps heal tissue both when applied topically or taken internally.
Immunostimulant	An herb that is typically used in short term infections to stimulate the immune system.
Antimutagenic	These herbs interfere with the mutagenicity of a substance.
Sialagogue	Promotes saliva production.

Herbal Energetics

Energetics Description

Cool
Dry

Parts Used

Parts Description

Floral Buds
Flowers
Stems
Leaves
Stock
Root
Seeds

Type of Plant

Type Description

Herbaceous
Perennial
Self-Sowing

Habitat

Habitat Description

Water Medium
Sun
Part Sun/Shade
PH Average

Contraindications

Description

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
If you have a know allergy to members of the Asteracea family, exercise caution before consuming this herb.

Preparations

Preparations Description

Tincture
Salve
Compress
Tea
Edible
Powder