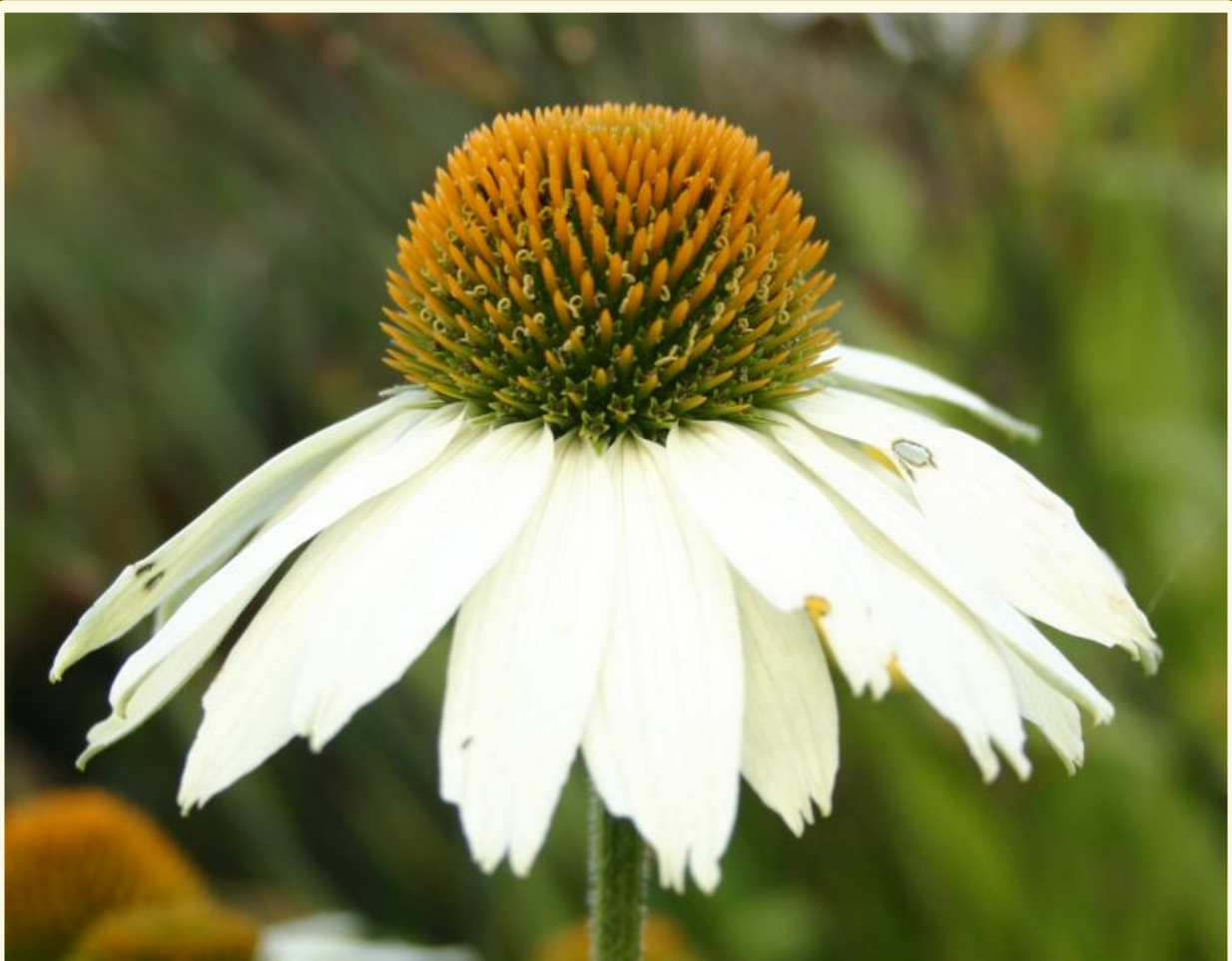


HENRIETTE'S HERBAL WALL CALENDAR 2011

Urtica dioica, stinging nettle

brought to you by
Henriette Kress, herbalist, Helsinki
<http://www.henriettesherbal.com>



<http://www.henriettesherbal.com>

JANUARY 2011



Potentilla fruticosa, bush cinquefoil

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
52/1	2	3	4 ●	5	6	7	1/8
2	9	10	11	12	13	14	15
3	16	17	18	19	20 ○	21	22
4	23	24	25	26	27	28	29
5	30	31					



FEBRUARY 2011

Calendula officinalis, marigold

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5			1	2	3 ●	4	5
6	6	7	8	9	10	11	12
7	13	14	15	16	17	18 ○	19
8	20	21	22	23	24	25	26
9	27	28					



MARCH 2011

Rosa rugosa, rugosa rose

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9			1	2	3	4 ●	5
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19 ○
12	20	21	22	23	24	25	26
13	27	28	29	30	31		

APRIL 2011



Tragopogon pratensis, goat's beard

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13						1	2
14	3	● 4	5	6	7	8	9
15	10	11	12	13	14	15	16
16	17	○ 18	19	20	21	22	23
17	24	25	26	27	28	29	30

MAY 2011



Veronica chamaedrys, germander speedwell

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	1	2	3 ●	4	5	6	7
19	8	9	10	11	12	13	14
20	15	16	17 ○	18	19	20	21
21	22	23	24	25	26	27	28
22	29	30	31				

JUNE 2011



Filipendula ulmaria, meadowsweet

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22				1 ●	2	3	4
23	5	6	7	8	9	10	11
24	12	13	14	15 ○	16	17	18
25	19	20	21	22	23	24	25
26	26	27	28	29	30		

JULY 2011



Trifolium pratense, red clover

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26						1 ●	2
27	3	4	5	6	7	8	9
28	10	11	12	13	14	15 ○	16
29	17	18	19	20	21	22	23
30/31	24/31	25	26	27	28	29	30 ●

AUGUST 2011



Achillea millefolium, yarrow

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31		1	2	3	4	5	6
32	7	8	9	10	11	12	13 ○
33	14	15	16	17	18	19	20
34	21	22	23	24	25	26	27
35	28	● 29	30	31			

SEPTEMBER 2011



Bidens radiata, greater bur-marigold

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
35					1	2	3
36	4	5	6	7	8	9	10
37	11	12	○ 13	14	15	16	17
38	18	19	20	21	22	23	24
39	25	26	27	● 28	29	30	

OCTOBER 2011



Taraxacum officinale, dandelion

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
39/40	2	3	4	5	6	7	1/8
41	9	10	11	○ 12	13	14	15
42	16	17	18	19	20	21	22
43	23	24	25	26	● 27	28	29
44	30	31					

NOVEMBER 2011



Thymus vulgaris, thyme

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
44			1	2	3	4	5
45	6	7	8	9	10	○ 11	12
46	13	14	15	16	17	18	19
47	20	21	22	23	24	● 25	26
48	27	28	29	30			



DECEMBER 2011

Echinacea purpurea, purple coneflower

To do _____

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
48				1	2	3	4
49	5	6	7	8	9	10	○ 11
50	12	13	14	15	16	17	18
51	19	20	21	22	23	24	● 25
52	26	27	28	29	30	31	

IMPORTANT TASKS



Eschscholzia californica, California poppy

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____

Task _____

Why do it _____

To do next _____

And then _____

Need these _____

Notes _____



Epilobium angustifolium, fireweed, great willowherb

To do _____

Notes

Daily

06:00 _____
07:00 _____
08:00 _____
09:00 _____
10:00 _____
11:00 _____
12:00 _____
13:00 _____
14:00 _____
15:00 _____
16:00 _____
17:00 _____
18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____

Monday

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20:00 _____
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22:00 _____

Tuesday

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19:00 _____
20:00 _____
21:00 _____
22:00 _____

Wednesday

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08:00 _____
09:00 _____
10:00 _____
11:00 _____
12:00 _____
13:00 _____
14:00 _____
15:00 _____
16:00 _____
17:00 _____
18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____



PLANNER

Epilobium angustifolium, fireweed, great willowherb

To do _____

Notes

Thursday

06:00 _____
07:00 _____
08:00 _____
09:00 _____
10:00 _____
11:00 _____
12:00 _____
13:00 _____
14:00 _____
15:00 _____
16:00 _____
17:00 _____
18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____

Friday

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19:00 _____
20:00 _____
21:00 _____
22:00 _____

Saturday

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15:00 _____
16:00 _____
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18:00 _____
19:00 _____
20:00 _____
21:00 _____
22:00 _____

Sunday

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07:00 _____
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14:00 _____
15:00 _____
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17:00 _____
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20:00 _____
21:00 _____
22:00 _____



Rosa, rose

The book ***Käytännön lääkekasvit*** is a wonderful addition to the multitude of herb books out there.

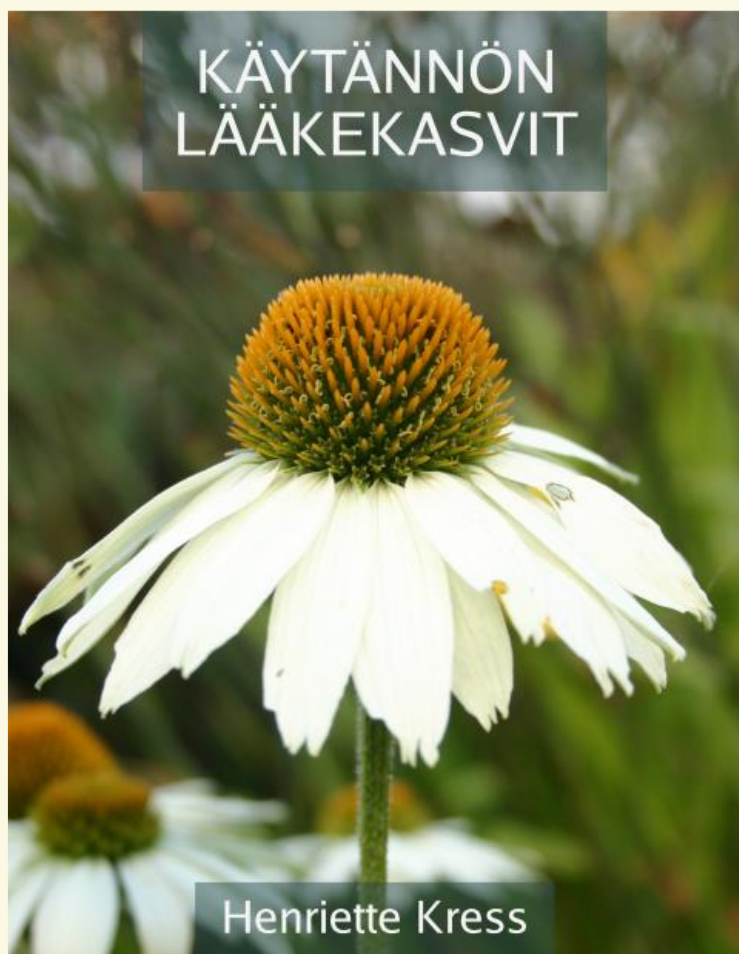
It was published in November 2010. It costs € 26.00 (the .pdf costs only € 7.00).

Details: ISBN 978-952-92-7813-8, soft cover, bound, 150 pages.

Get it at Finnish book stores or here: <http://www.henriettesherbal.com/fi/kayt-laak.html>

Henriette's previous two books, *Mintusta voikukkaan* (Edita 2000) and *Hanhikista kissanminttuun* (Edita 2001) have been sold out for years.

Buy this one before it, too, is all sold out!



<http://www.henriettesherbal.com>