



HERBAL CALENDAR 2019

Happy Holidays and a Lovely New Year!
from Henriette Kress, herbalist, Helsinki

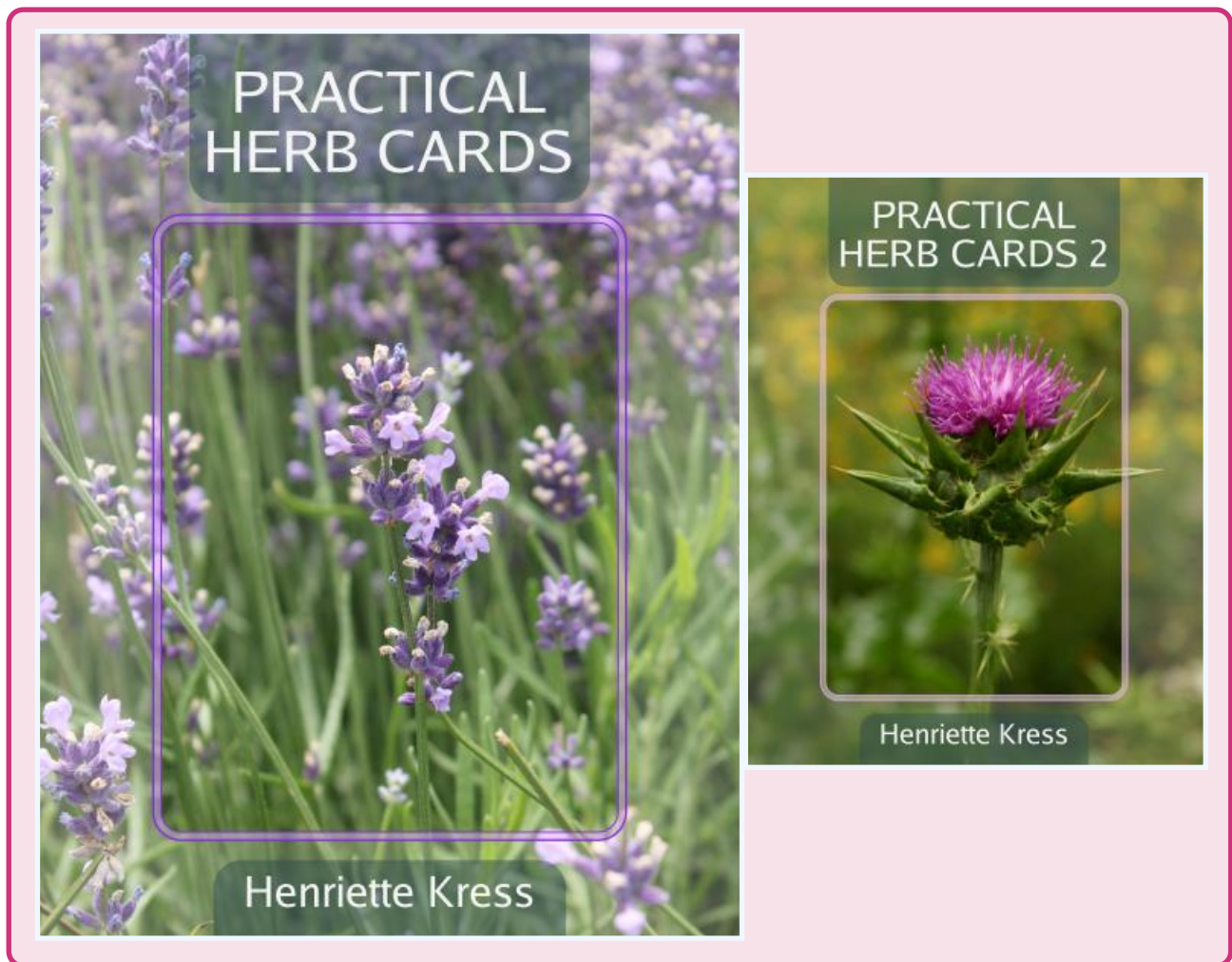
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<http://www.henriettes-herb.com/articles/herbcards.html>

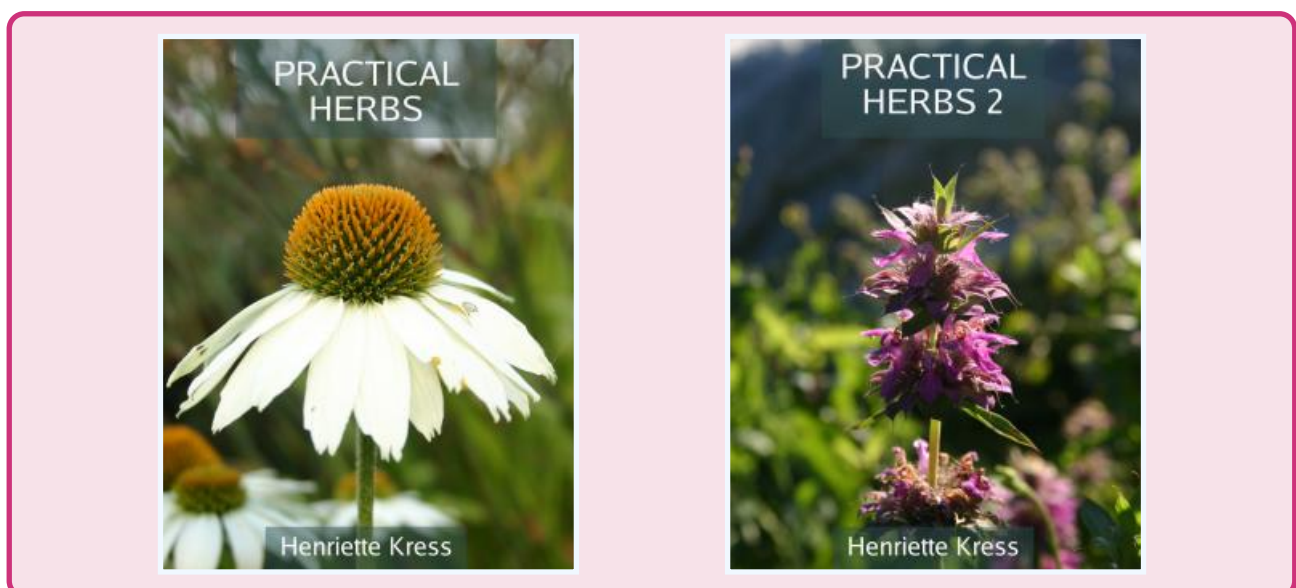
Henriette Kress' book "*Practical Herb Cards*" will get a companion volume in 2019: "*Practical Herb Cards 2*" is in the works.

If everything goes according to plan, there'll be 100 new cards in the new volume.

Look for more information here: <http://www.henriettes-herb.com/articles/herbcards2.html>



Also check out Henriette's other books, "*Practical Herbs 1*" and "*Practical Herbs 2*". They're described here: <http://www.henriettes-herb.com/articles/pract-herbs.html> and <http://www.henriettes-herb.com/articles/pract-herbs2.html>



<http://www.henriettes-herb.com/articles/herbcards.html>

Coffee



Coffea L. *Rubiaceae*, madder family.



Use: roasted seed.

Coffee is bitter and aromatic. It's among the few remaining bitter foods in our daily diet.

Coffee strengthens the digestion, but it is cooling. It is diuretic.

Research has shown that the risk to get demented or type II diabetes is lower, the more coffee we drink.

Too much coffee can cause insomnia. If a coffee addict tries to do without, they might get a bad headache. Card # 54

cultivated • bush

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JANUARY 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Garlic



Allium sativum L. Amaryllidaceae, amaryllis family.



Use: bulb, green parts.

Fresh garlic is hot and drying. Fried, it's only mildly warming and can even be a bit moistening. Use garlic for headcolds and the flu. Used regularly, garlic strengthens the heart and blood vessels. An infused garlic oil works nicely for earaches. Garlic oil is really stinky though, so only make what you need. Non-stinky products help the heart and circulatory system, but won't do much for lung grunges or the flu.

Card # 88

cultivated • annual

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FEBRUARY 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

5						1	2
6	3	4	● 5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	○ 20	21	22	23
9	24	25	26	27	28		

Thuja



Thuja L. Cupressaceae, cypress family.



Use: green parts.

Thuja is aromatic, bitter and a nicely strong antifungal.

It's my go-to herb for foot rot; give it as a salve, a vinegar and/or as a foot bath. (Also give B vitamins for fungal problems!)

A steam inhalation works for chronic sinusitis. It's also nice in smudges.

Avoid thuja if you're pregnant or have kidney problems.

Card # 70

cultivated/wild • tree

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MARCH 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Feverfew



Tanacetum parthenium (L.) Sch. Bip. Asteraceae, daisy family.



Use: leaf, aerial parts.

Feverfew is very bitter and thus helps both the appetite and the digestion. A hot tea drives heat to the surface; a poultice on the stomach helps with gut upset.

It has a reputation as a migraine herb, and it does work for that, but I think it's better to give vitamin B and magnesium in large enough doses there. Migraine sufferers also have other symptoms of Mg and B deficiencies.

Don't take feverfew in pregnancy.

Card # 67

cultivated • annual

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APRIL 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

Thyme



Thymus vulgaris L. *Lamiaceae*, mint family.



Use: leaf, flowering top.

Thyme is fiery, if the summer is hot. If it's rainy and cold, it's still quite aromatic.

Use thyme for coughs and hoarseness. Take it as a tea, syrup, honey, tincture or steam inhalation.

It's excellent for nausea, provided that the sufferer is "hot". It's also very good for the digestion.



Use: leaf. A common spice, found in *Bouquet Garni* and *Herbes de Provence*, among others.

Card # 53

cultivated • perennial

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MAY 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Hops



Humulus lupulus L. Cannabaceae, hemp family.



Use: cone, leaf.

Hops is very bitter and therefore cooling and drying. It's not suitable for those who are always cold, but it's a great soothing and sleepytime herb for hot people. Use it as a tincture or tea, or why not as beer.

Female plants produce the cones. If you have a male plant, you can use its leaves instead of cones.



Use: young shoots can be boiled and eaten.

Card # 87

cultivated • perennial

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JUNE 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

22/23	2	3	● 4	5	6	7	1/8
24	9	10	11	12	13	14	15
25	16	17	○ 18	19	20	21	22
26	23	24	25	26	27	28	29
27	30						

Corn, Maize



Zea mays L. *Poaceae*, grass family.

Use: stigma ("corn silk"), green parts.
 The white or brown hair (silk) of corn is cooling and, as it makes you pee, it's drying. It helps moisten the urinary tract mucosa, so it is also locally moistening. As a tea, it's very soothing for all kinds of bladder and kidney problems.
 See a doctor if your problem is severe.
 The green parts of corn are rich in minerals. Use them as a tea or vinegar when you're recuperating.

Card # 86

cultivated • annual

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JULY 2019

To do

Notes

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

Rowan



Sorbus aucuparia L. Rosaceae, rose family.



Use: berry, leaf, flowerbud.
 Rowan (mountain ash) berries are bitter and sour, which makes them drying and cooling. The flowerbuds and young leaves contain amygdaline, which tastes of bitter almonds (amaretto).
 Use a tea from the berries as a gargle for sore throats and take teaspoons of the jam or juice for rheumatism. The fermented leaf makes a tasty tea. It's astringent, so useful for diarrhoea.

Card # 92

wild • tree • common

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AUGUST 2019

To do

Notes

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

Bilberry



Vaccinium myrtillus L. Ericaceae, heath family.



Use: berry.

Bilberries are sour and thus cooling. They strengthen the capillaries and are especially good for the eye problems that come with diabetes. Dried bilberries work for diarrhoea, fresh are good for gas, constipation and hemorrhoids. Boiled bilberries can be very helpful for severe gut problems.

Use: leaf. Bilberry leaf works much like bearberry leaf (*uva ursi*), but it's a lot milder.

Card # 55

wild • small shrub • common

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SEPTEMBER 2019

To do

Notes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14 ○
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28 ●
40	29	30					

Black currant



Ribes nigrum L. Grossulariaceae, gooseberry family.

Use: berry.
 Blackcurrant berries are aromatic and sour. The hot juice helps with respiratory tract infections, such as headcolds and influenza.
 It's antiinflammatory and strengthens capillaries.
Use: bud. A tincture made from fresh buds helps with allergies and hay fever.
Use: the berry as juice, jam etc. The leaf is a tasty addition to salads and sandwiches.

Card # 83

cultivated/wild • bush

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OCTOBER 2019

To do

Notes

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

Garden sage




Salvia officinalis L. Lamiaceae, mint family.



 **Use:** leaf.

Garden sage is both bitter and aromatic. It strengthens the digestion, especially the fat digestion.

It helps stop milk production and excess sweating if taken cold (as in a cold tea or drops of tincture in cold water). If taken hot, it enhances both sweating and milk production. Sage is great for various colds and similar lung problems. Take it long-term for chronic coughs.

 **Use:** sage is a nice spice for greasy foods. Card # 57
cultivated • perennial

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NOVEMBER 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Fennel



Foeniculum vulgare Mill. Apiaceae, parsley family.



Use: seed, green parts.

Fennel seed can be used like caraway for stomach aches, colic and gas. The taste is aromatic and resembles that of aniseed. Use the greens the same way. Fennel seeds have been used for menopausal problems in the middle East. Recent research confirms its effectivity. You'll often find fennel seed in tea blends to help with milk production.

Use: fennel is a vegetable and a spice.

Card # 63

cultivated/wild• perennial

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DECEMBER 2019

To do

Notes

Week Sunday Monday Tuesday Wednesday Thursday Friday Saturday

49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	19	20	21
52	22	23	24	25	26	27	28
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IMPORTANT TASKS

To do

Notes

Task

Task

Task

Task

WEEKLY

To do

Notes

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