



HERBS

Medicinal and Culinary

Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Inula**
Plant Family: **Asteraceae**

Species: **helenium**
Common Name: **Elecampane, official**

Garden Care

Plant prefers rich, sodden to moist garden or wayside soil in the sun to part shade. Sow in spring, directly in a prepared garden bed or in pots. Barely cover seed, tamp in firmly and keep warm, moist and in the light until germination, which occurs in about 12 days. Thin or transplant to 1 to 2' apart, clumping to 5'.

Herbal Actions

Actions Description	Actions Description Detail
Expectorant	Aids in the removal of mucus (along with trapped debris and pathogens) from the lungs.
Antibacterial	Inhibits the growth and production of bacteria.
Antifungal	Inhibits the excess growth and production of fungal infections.
Diaphoretic	Stimulates perspiration through peripheral vasodilation or stimulation of sweat glands.
Alterative	Supports the body in healthy cellular metabolism and its natural process of detoxification, cleansing and elimination. Also known as a blood cleanser.
Carminative	Aids the release of gas from the intestines and reduces the production of gas.
Emmenagogue	Helps bring on menses.
Diuretic	Increase secretions and elimination of urine from the body.
Bitter	An herb known for its positive effects on digestive and liver function due to its bitter taste.

Herbal Energetics

Energetics Description
Warming
Dry

Parts Used

Parts Description
Root

Type of Plant

Type Description
Herbaceous
Perennial
Self-Sowing

Habitat

Habitat Description
Water High
Sun
Part Sun/Shade

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.
Can cause irritation to the skin.
Not recommended for pregnant women.

Preparations

Preparations Description
Tincture
Tea
Infused Vinegar
Infused Honey
Edible - Culinary