



HERBS

Medicinal and Culinary
Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Avena**

Species: **sativa**

Plant Family: **Rubiaceae**

Common Name: **Oats, Cayuse**

Garden Care

Annual, Sun, fertile soil. Sow in fall or spring.

Herbal Actions

Actions Description	Actions Description Detail
Demulcent	A mucilaginous (slimy) herb that soothes and protects irritated mucus membranes.
Emollient	Softens and soothes external tissue.
Hypocholesterolemic	Lowers blood cholesterol levels.
Laxative	Tending to stimulate or facilitate evacuation of the bowels.
Anti-inflammatory	Alleviates inflammation.
Nutritive	Provides nourishment, nutritious.
Nervine	An herb that has a positive effect on the nervous system.
Anxiolytic	Herbs used to reduce anxiety.

Herbal Energetics

Energetics Description
Moistening
Warming

Parts Used

Parts Description
Seeds
Stems
Leaves

Type of Plant

Type Description
Annual
Herbaceous
Self-Sowing

Habitat

Habitat Description
Sun
PH Average 5-7

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.
Can cause irritation to the skin.

Preparations

Preparations Description
Edible - Culinary
Cold Infusion
Warm Infusion
Infused Vinegar
Tincture
Tea