

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 11: Herbs & Plants VII

- **PEPPER** (*Capiscum Annuum*)
- **PEPPERMINT** (*Mentha Piperita*)
- **PLANTAIN, COMMON** (*Plantago Major*)
- **PLUM TREE** (*Prunus Domestica*)
- **POTATO** (*Solanum Tuberosum L.*)
- **PUMPKIN** (*Cucurbita Pepo*)
- **REDCURRANT** (*Ribes Rubrum*)
- **ROSEMARY** (*Rosmarinus Officinalis*)

50. PEPPER (*Capiscum Annuum*)



- **Introduction:**

The Pepper originated in America. It is a plant that can grow up to 30cm in height. There are several varieties of peppers: red, green, yellow, light green, orange etc. In addition to variations in color, peppers range in taste from sweet to spicy and they also vary in shape.

- **Remedial Properties:**

Peppers are a very good source of vitamin C; containing even more than citrus fruits like lemon and orange. This vitamin is very important for the absorption of Iron and Calcium. When peppers are mature and red they contain lycopene, which is one of the best antioxidants, and is capable of decontaminating the body and freeing it from the negative influences of free radicals. Additionally, peppers contain beta-carotene and although the quantity of beta-carotene is less than in carrots, it has a greater quantity than most vegetables. Beta-carotene, like lycopene is a very good antioxidant. Eating raw peppers is preferable, as quite a lot of vitamins are lost during cooking. Raw peppers are also much more digestible than their cooked equivalent.

51. PEPPERMINT (*Mentha Piperita*)



- **Introduction:**

Peppermint is a herb that can be found in the wild as well as in gardens. It has a square shaped stem, which is covered in tiny hairs. Its leaves are egg shaped, with serrated edges. They are glossy and dark green in color on the underside and light green on the upper side.

- **Remedial Properties:**

Remedial properties in peppermint can be found in the whole herb, but particularly in its leaves.

Peppermint tea is recommended for flatulence, and indeed this was a factor in the development of the after-dinner mint. It is also effective for various other conditions such as anxiety, headache, influenza and coughing. Peppermint tea is a very good remedy for light colds, as it induces perspiration without causing distress. An infusion of equal parts of peppermint, elder flowers and yarrow will remedy influenza within a couple of days, without a risk of causing damage to the heart.

52. PLANTAIN, COMMON (*Plantago Major*)



- **Introduction:**

Plantain is a low growing herb that can be found wild in fields. Its leaves are smooth, wide and egg shaped and there are usually seven veins visible on each leaf.

- **Remedial Properties:**

Remedial properties of plantain can be found in the leaves. The leaves are gathered and dried in thin layers and the drying out process should be carried out in a dry, draughty place.

The juice from plantain leaves is used for treating open wounds and skin ulcers, as it has anti-inflammatory properties. If plantain juice is mixed with lemon, it makes an excellent diuretic. Additionally its leaves can be eaten fresh in salads, together with dandelion leaves as a kind of inner "spring cleaning". A decoction of plantain leaves is helpful for treating respiratory tract infections.

53. PLUM TREE (*Prunus Domestica*)



- **Introduction:**

The Plum tree can reach 10m in height. Its leaves are oval shaped with serrated edges and small white flowers, which have short stems and are usually in pairs. Its fruit is egg shaped and dark blue in color with a kernel in the centre. There are many different types of plums, with the main variation being in their size and color of the fruit.

- **Remedial Properties:**

Remedial properties can be found in the plum i.e. the fruit. Plums are a very important element in the everyday diet. They are very effective for people suffering from kidney problems, liver problems and the early stages of rheumatism. It has a very good effect on the digestive tract and also regulates the bowel. The plum can also be dried, so it can be preserved and used over a longer period of time. Dried plums are also known as prunes.

54. POTATO (*Solanum Tuberosum* L.)



- **Introduction:**

Potatoes are herbs which have been used in the human diet for a very long time. The origin of the potato plant is America and it was brought to Europe by Christopher Columbus, where initially it was used as a decorative plant. It took quite a long time for potatoes to be adopted as a food, since the plant was toxic. The potato plant and fruit contains an alkaloid named Solanine, which can be toxic. Solanine appears in all external parts of the plant (stems, leaves, flowers and fruit) and also in the tender parts of the tubers when they germinate. In Europe potatoes began to be used as a food in the 17th century. The reason for the change being the shortage of food at that time forced people to try new things.

- **Remedial Properties:**

Potato is a vegetable that contains starch, a product with soothing properties that can effectively be used for soothing the skin. The raw potato juice can be used externally as an ointment on painful areas, to reduce inflammation or to heal wounds. In addition to applying juice, sliced raw potatoes can be applied to the affected areas to give a similar effect.

Potato tubers are rich in potassium, which is a component considered to be a very good remedy for high blood pressure, as it has diuretic properties. Additionally, potassium is considered to be very beneficial in treating depression and rheumatic problems, as well as inflammation of the urinary bladder or prostate inflammation.

Potato is also rich in carbohydrates, so people with weight problems and diabetics should not use excessive amounts of potato in their diet. Vitamin C can also be found in potatoes, which gives them anti-scurvy and detoxifying properties. Because vitamin C is located beneath the potato's skin, many of its beneficial properties are lost during cooking. Additionally potatoes contain calcium, phosphorous and small quantities of beta-carotene.

For the correct assimilation of all these properties the best way to cook potatoes is either boiled or steam-cooked. It is advisable to slow cook potatoes to keep the destruction of vitamin C to a minimum. It is very appropriate to drink the water used to boil the potatoes, because most of the minerals are found in it.

The majority of the remedial properties of this food are found in the skin and whenever possible they should be cooked "in their jackets" i.e. without peeling them. It is important to know that this applies only to newly harvested potatoes early in the season, colloquially known as "new potatoes".

- **Conservation Of Potatoes:**

In order to ensure that the maximum possible benefits are gained from potatoes, the following guidelines should be adhered to regarding storing them:

- Do not pile them excessively, thus avoiding germination. The heaps should not be over 30cm (one foot) high.
- Store the potatoes at a temperature between 5 and 10 deg C if possible.
- Ensure they are exposed to good ventilation
- Avoid storing them in a totally dark place, as darkness causes potatoes to germinate. The most suitable state of light for storing potatoes is relatively dim conditions

- **Poultice To Reduce Inflammation**

Ingredients:

Raw potatoes
Leaves of cabbage or spinach or any other green vegetable
All purpose flour

Step 1:

Peel and grate the potatoes

Step 2:

Puree leaves of the chosen vegetable in a food processor or mortar

Step 3:

Make mixture from:

6 parts of grated raw potato
3 parts of green vegetable
1 part of all purpose flour

Step 4:

Add a few drops of ice water to make a paste.

Step 5:

Apply to the affected area and cover with a piece of cloth.

Leave it to work for 3 hours.

If required, apply hot water compress to soften the poultice in order to remove it more easily.

Step 6:

Rub a little olive oil over the skin to re-hydrate

- **Poultice To Reduce Bruises And Sunburn**

Ingredients:

Raw potatoes

Step 1:

Grate a peeled raw potato

Step 2:

Apply directly to the affected area and cover with a piece of cloth

Step 3:

Leave it to work for one hour.

If required, apply hot water compresses to soften the poultice in order to remove it more easily.

Step 4:

Rub a little olive oil over the skin to re-hydrate

55. PUMPKIN (*Cucurbita Pepo*)



- **Introduction:**

Pumpkin is an annual vegetable which is known all over the world. Pumpkin has various uses in the human diet. They can weigh over 10kg and are orange in color with big green leaves. Its flower is a bright yellow color.

- **Remedial Properties:**

Remedial properties are contained in the flesh and in the seeds. In addition to containing some fats and carbohydrates the pumpkin also contains some vitamins, e.g. vitamin A, B1, B3, and B6. It also contains folic acid, potassium, calcium and iron. The calorific value of pumpkin flesh is approximately 30 Kcal or 126kJ.

Pumpkin seeds have over 20 times more calorific value than its flesh, as it is packed with proteins, carbohydrates, minerals, vitamins and fats. Pumpkin can be consumed roasted or boiled.

Pumpkin flesh is recommended as a diuretic, for releasing excess water from the body. It is especially effective for people suffering from rheumatism, gout, kidney inflammation or urinary tract problems. It is also a very useful food for people prone to obesity, diabetics (providing sugar is not used in the preparation of the pumpkin based meal) and also for people with stomach problems. For all the above conditions, it is recommended to consume the pumpkin either roasted, boiled or to drink juice from the fresh pumpkin. Pumpkin seeds can help people with prostate problems and should be consumed daily. It is important when buying pumpkin seeds in a health food shop to ensure the seeds still have green-grey colored skin, as most of the remedial qualities are contained the skin.

- **Pumpkin Seeds (Preparation)**

Ingredients:

Fresh pumpkin seeds

Step 1:

Wash seeds thoroughly in lukewarm water (ensure pumpkin flesh is removed)

Step 2:

Dry the seeds thoroughly and store them in a cold and dry location.

When dry, the outer skin becomes brittle and easy to peel. When peeled, ensure that the green-grey colored inner skin remains on the seeds. If this does not happen, it is usually a sign that the seeds are not yet dry enough.

- **Worm Remedy**

Ingredients:

Dried and peeled pumpkin seed
Honey (optional)

Step 1:

Crush the pumpkin seed

Step 2(Optional):

Add enough honey to form a paste

Note: The paste should be consumed first thing in the morning.

Dosage:

Children 30-50g

Teenagers 30-150g

Adults 300-400g

It is recommended that half an hour after consumption, one spoonful of castor-oil should be consumed. For maximum benefit, the recipient should then abstain for eating for the next few hours.

- **Varicose Veins**

Ingredients:

Fresh ripe pumpkin

Step 1:

Grate the flesh of the pumpkin.

Apply to the effected areas and cover it with clean cloth. Keep it applied for as long as possible.

- **Wart remedy**

Ingredients:

Pollen sticks from the centre of the flower

Step 1:

Carefully collect the pollen sticks from the centre of the flower, trying to lose as little pollen as possible.

Step 2:

Lightly crush the sticks between your fingers and apply onto the wart.

This procedure should be repeated until the wart has been removed.

56. RED CURRANT (*Ribes Rubrum*)

- **Introduction:**

Red currant is a bush that can grow up to 2m in height, depending on the soil and location. Some types of red currant grow like small trees with very brittle branches, so it is important to be careful when harvesting this type of red currant. Its berries are red and 5-7mm in size. They have a sweet-sour taste and are very refreshing. It is believed that origin of the red currant is the Mediterranean. It can be found growing wild in the wilderness, or alternatively can be cultivated in gardens.

Remedial properties:

Remedial properties can be found in the berries when ripe. Red currant increases appetite and because the berries contain a large number of small pips it is very effective for regulating bowel movements.

57. ROSEMARY (*Rosmarinus Officinalis*)

- **Introduction:**

Rosemary is an evergreen herb with green leaves and small blue flowers. Its leaves are usually 2-3cm long and needle shaped. The upper side of the leaves is dark-green in color and the underside is grey-white. Its flowers have a strong scent which is similar to camphor. It can be found growing wild in Mediterranean regions, particularly in coastal sun drenched areas. It is very susceptible to damage from frost and if cultivated in gardens it needs to be protected.

- **Remedial Properties:**

Remedial properties in Rosemary can be found in its flowers, leaves and new shoots. The flowers and shoots should be collected at the beginning of the blooming period in springtime. The leaves should be collected in the springtime prior to the blooming period and also in autumn. They should be dried in the shade, away from direct sun light. When dry, it should be stored in jars with sealed lids, to prevent the loss of aromatic oils stored within the herb.

Rosemary is a very effective remedy for blood circulation problems, digestive problems and anemia. Rosemary improves liver and gall functions and consequently it improves the well being of the body. Herbal tea prepared from Rosemary is used as a remedy for rheumatism, headaches and tiredness. Alcohol tincture prepared from this herb can be used effectively for giving massages.

CERTIFIED ADVANCED HERBALISM COURSE - SESSION 11 – QUESTION & ANSWERS

NAME: _____

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Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at 425-955-4639 (US) or at +353 1 647 5705 (EU) or e-mail it to us at joyful@best.com (US) or at answers@med-herbs.com (EU). We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Describe Peppermint

2. List some of Potato's remedial properties

3. List some of Pumpkin's remedial properties

4. Describe Redcurrant

5. List some of Rosemary's remedial properties