



FARM DAY 2014 ~ “Fun with FOREST Food”

HERBAL MEDICINE



Douglas-Fir Uses

The young shoot tips have a subtle woody, slightly astringent flavor, can be eaten raw, and have been used as a flavoring in cooked foods. A refreshing tea is made from either the young or mature needles that is rich in vitamin C and has been used in the treatment of colds, and is said to have expectorant qualities as well.

Douglas-Fir Tea

Harvest the bright green tips of Douglas-fir needles in the springtime - March through May, depending on micro-climate. The darker mature needles may be used as well, and have a slightly more potent flavor. Remove the needles from the stems and finely chop or thoroughly bruise them, to release the essential oils. Alternatively, dry or dehydrate the needles and store for later use. Steep the needles in boiling water for 15 - 30 minutes, strain, and serve.

Medicinal Uses of Yerba Buena

Native to North America, this ground-creeping understory member of the tanoak ecosystem is now found growing throughout the world, and is especially abundant coastally. Yerba Buena has been used medicinally for centuries; the experience of its positive health effects inspired the Spanish to refer to it as the “good herb.” A member of the mint family, Yerba Buena shares many of the medicinal qualities and applications of other mints, including the ability to counteract harmful microbes. Yerba Buena tea is praised for treating coughs and colds due to its expectorant qualities. However, it is perhaps best known for its use as a digestive aid due to its stimulating effects on digestive fluids such as bile, as well as its soothing effects on digestive membranes, and has long been used to treat cramps, diarrhea, constipation, gas and colic.

Direct application of the herb as well as the juice of the crushed herb has also been employed as a body pain reliever for maladies such as headache, toothache, and insect bites, due to its analgesic qualities.

Yerba Buena Tea

Tea can be made from either fresh or dry leaves; today’s tea was brewed with dried leaves. Dry Yerba Buena leaves for about two weeks in a warm dry area, or in a dehydrator. Steep in boiling water for up to 30 minutes.

