

## Burdock

Family	Compositae
Botanical	Arctium lappa
Parts Used	Leaves, stalks, seeds and roots
USDA Hardiness	2 - 10
Light	Full Sun to Partial Shade
Soil	Light and Sandy
Duration	Biennial



Propagation	Wild crafted or Seeds.
Water	As needed
Growing	Grows in fields and forest edges, roadsides and open woodlands. Thrives in poor soil. Burdock can grow to more than 6' tall, in the second year producing purple flowers which ripen and become the familiar burrs whose tenacity became the inspiration for velcro. Burdock is adaptable to various light levels, from partial shade to full sun.

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Medicinal Uses	Root: Alterative, diaphoretic, diuretic and demulcent. Seeds: Alterative and diuretic. Leaves: Tonic
Benefits	Helps to heal skin eruptions such as acne, psoriasis, eczema, boils, carbuncles and sties. Eases sciatica and gout, female hormonal imbalance and mastitis.
Preparation	Harvest second-year roots for medicine and first-year roots for food. Decoction, tincture or eaten in soups. Great in combination with dandelion for any skin diseases. Decoction of root and seeds: Put 1 teaspoonful of the root into a cup of water. Bring to a boil and simmer for 10-15 minutes. This should be drunk three times a day. Pickled Burdock Root: Wash the root and cut into small rounds. Simmer in water until soft. Strain and put into clean jar. Pour hot cider vinegar over the root. Label and date. Dose: As a tonic, chew a piece first thing every morning. As a digestive, chew a piece 20 minutes before your meals.

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# Fines Herbes

## Culinary Uses

In markets and restaurants, pickled burdock root is often sold as an accompaniment to sushi or rice meals. But in Japanese cookery, burdock is an all-purpose vegetable that's added to stews, stir-fried, and pickled. With a pleasantly crunchy texture, burdock has a sweet flavor that's similar to lotus root. Peel away the skin after the root has been given a preliminary wash. Burdock also discolors easily, so keep a bowl of ice water with a splash of vinegar on hand so that all prepped and cut portions can be kept refreshed in the bowl.

## Classic Japanese soup with Burdock

Peel and slice fresh burdock root into thin rounds, then saute in olive oil for 5 minutes. Add sliced carrots, onion, and bok choy. Add about 1 cup of rehydrated hiziki or wakame seaweed to the vegetables, then stir in 1 1/2 cups of water per serving of soup. Simmer until all vegetables are tender. Strain off 2 tablespoons of broth for each serving and combine with 1 heaping tablespoon of miso in a bowl. Remove soup from heat and stir in miso/broth mixture. Serve hot.



## Historical Facts

Herbs are God and nature's gifts to us. While the use of herbs and herb remedies has brought excellent results for many people, do note that their health benefits may be limited when they are used in isolation. However, when combined with some basic dietary and lifestyle good health habits, such as a full body detox and a proper understanding and application of nutrition, the impact on one's health will be greatly magnified.

In natural health and healing, we believe that the body has the ability to heal itself of any disease, even supposedly incurable diseases. We also believe in holistic health and healing, as we realize that different parts of the human body are highly interlinked, often beyond Mans understanding. It is thus a good idea to apply these fundamental health steps no matter how remote or unrelated a health condition may seem.

## Additional Tips

The seed clusters, called burrs, cling to your clothing and hair.

## Nutrition Facts

Burdock root contains good amounts of electrolyte potassium and low in sodium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. This herb root contains small quantities of many vital vitamins, including folic acid, riboflavin, pyridoxine, niacin, vitamin-E, and vitamin-C that is essential for optimum health. Both vitamin C and E are powerful natural antioxidants help the human body stave off infections, cancer and neurologic conditions.

Furthermore, it also contains some valuable minerals such as iron, manganese, magnesium; and small amounts of zinc, calcium, selenium, and phosphorus.