

## St. Johnswort, Goatweed

Family	Clusiaceae
Botanical	Hypericum perforatum
Parts Used	Aerial parts
USDA Hardiness	4 - 9B
Light	Full Sun to Light Shade
Soil	Dry gravelly soils
Duration	Perennial



Propagation	Soil pH requirements: 6.1 (mildly acidic) to 7.8 (mildly alkaline). Seed or stem cuttings. To help seeds germinate more quickly, soak them in warm water for a few hours or overnight.
Water	As needed, do not overwater
Growing	In the garden, keep a close watch over it. Given a chance, it'll crowd out more delicate herbs. You may even want to consider growing it in a pot and then burying the pot in the soil to overwinter in cold areas. It likes sun (but will tolerate partial shade) and thrives in poor soil. Plants grow to about three feet and produce lots of bright, yellow flowers in summer.

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Medicinal Uses	Anti-inflammatory, antidepressant, sedative, astringent, antiviral, nervine and antibacterial.
Benefits	Facilitates the body receiving sunlight, eases nervous exhaustion, nerve pain, depression, anxiety, feeling of being disconnected with the world, shingles, hemorrhoids, ulcers, muscular pain, diaper rash and cradle cap.
Preparation	Tincture, infusion, capsule, herbal oil and salve. Use flowers, stems and leaves. St. Johns Wort Oil Pick flowers and crush with mortar and pestle in a small amount of oil (sunflower). Transfer to glass jar and cover with more oil so that all of the herb is well covered. Cover and shake well. Put in windowsill or leave outside in direct sunlight for 20 days. The oil will turn red when it is ready. Use for skin, healing nerve damage and as a base for massage oils or as a salve. You will need to use this for a few months.

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# Fines Herbes

## Culinary Uses

St. John's wort is generally not used for culinary purposes however in the past disturbed people were given St. John's wort tea as the herb's odour was supposed to be so repugnant to evil spirits that one smell would cause them to vanish. When rubbed together, the flowers and leaves have a turpentine-balsam aroma.

St. Johns Wort tea offers the synergistic benefits of the whole herb. The taste is not unpleasant but rather woody with a slightly bitter undertone which can be improved with the addition of sweeter herbs. Drink St. Johns tea as a daily nerve tonic and as a nightcap to calm the bladder.

## Ingredients:

St. John's Wort leaves and flowers

Additions: honey, lemon

Variations: Add a pinch a cinnamon or ginger to taste

Recipe Instructions: Herbal Tea : Make it as a standard infusion by pouring boiling water over the herb, and leaving to steep until cool enough to drink. Use 1 to 2 teaspoons of herb for each cup of water. Make a strong decoction if using for herpes lesions and apply as a compress.



## Historical Facts

From the time of the ancient Greeks down through the Middle Ages, this herb was considered imbued with magical powers and was used to ward off evil and protect against illness. Dioscorides, the most famous herbalist of the ancient Greeks, mentions the use of it for sciatica and other nerve problems. The word "wort" is an ancient Anglo-Saxon word for herb.

When the petals of the yellow St. John's wort flowers are rubbed together, a resin is released, leaving a red stain. Legend says that this is because the plant sprang up from the blood of John the Baptist when he was beheaded.

## Additional Tips

For centuries, St. John's wort was thought to have the power to drive out devils and evil spirits. Branch

## Nutrition Facts

N/A