

## Echinacea, Coneflower

Family	Asteraceae
Botanical	Echinacea angustifolia
Parts Used	Cone flower and roots
USDA Hardiness	2A - 10B
Light	Full Sun to Partial Shade
Soil	Well Drained
Duration	Perennial



Propagation	Soil pH requirements: 6.1 to 6.5 (mildly acidic) 6.6 to 7.5 (neutral) 7.6 to 7.8 (mildly alkaline). Start from seed or root division.
Water	As needed, do not overwater
Growing	It will grow well in most conditions with the exceptions of very dry or very soggy soil. This plant is attractive to bees, butterflies and/or birds. Squirrels love to dig them out of the pots on my deck and eat them. Use chickenwire to cover the soil.

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Medicinal Uses	Alterative, antiseptic, lymphatic, parasiticide and sialagogue.
Benefits	Eases colds and flus, fevers, lymphatic congestion, excessive coldness, dizziness, mental confusion, boils, skin eruptions, sores, infections and viruses. All inflammatory conditions. Stimulates the immune system.
Preparation	Infusion, decoction and tincture. The roots should be unearthed in the fall. Fresh extract is more effective than the dried root. Decoction: Put 1-2 teaspoons of the root in 1 cup of water and boil. Simmer for 10-15 minutes and drink 3 times a day.

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# Fines Herbes

Culinary Uses

A pleasant tea.

## Coneflower Tea

### Infuse Leaves and Flowers

1. Gather the leaves and flowers from the purple cone flower, or purchase high-quality dried herb. Between 1 and 2 tbsp. is sufficient for an 8-oz. serving. Place the herb in a glass jar.
2. Boil 8 ozs. of water. Don't bring to a roaring boil. At the first sign of bubbles, remove the water from the heating source.
3. Pour the water over the echinacea leaves and flowers in the glass jar. Cover and steep for 15 to 30 minutes, depending on the strength you want for your medicinal tea.
4. Strain the herbs and add honey for taste, if desired. The medicinal echinacea tea will keep for 24 hours if refrigerated or up to a week if frozen.



### Historical Facts

For hundreds of years, the Plains Indians used it as an antiseptic, an analgesic, and to treat poisonous insect and snakebites, toothaches, sore throat, wounds and communicable diseases such as mumps, smallpox, and measles. It was also used by the Cheyenne, Choctaw, Comanche, Dakota, Meskawaki Fox, Pawnee, Sioux, and Omaha tribes.

### Additional Tips

### Nutrition Facts

Echinacea contains several chemicals that play a role in its therapeutic effects. These include polysaccharides, glycoproteins, alkaloids, volatile oils, and flavonoids. The chemicals contained in the root differ considerably from those in the upper part of the plant. For example, the roots have high concentrations of volatile oils (odorous compounds) while the above-ground parts of the plant tend to contain more polysaccharides (substances known to trigger the activity of the immune system). The combination of these active substances is responsible for echinacea's beneficial effects, though research suggests that the above ground portion of Echinacea purpurea is the most effective.