

Not Quite Ricola

Presented by
Lula Miller, Master Herbalist

Echinacea

Echinacea purpurea, *E. spp.*

- Description: *E. purpurea* is a tall plant bearing conical flowers surrounded by ovate petals ranging in color from rose pink to dark purple, with dark-green leaves.
- Status: Native
- Parts used: Entire herb, root after 3+ years
- Medicinal properties: Immunostimulant; anti-inflammatory; antiseptic; anti-catarrrhal; anti-microbial; antibacterial; antiviral; carminative
- Preparations: Dried; tinctured; tea
- Interesting notes: Swiss Dr. Vogel received *E. purpurea* seeds in the 1950s from Lakota Chief Ben Black Elk, leading to their cultivation in Switzerland.



Lula Miller

"Welcome to New Glarus! You're not Swiss?
Don't worry, you will become New Swiss."

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- Bachelor of Science: Kansas State University
- Area's of interest:
 - Local medicinal plants
 - Swiss herbalism
 - Herbalism for auto-immune conditions
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*Notice: I am not an M.D. Information is for educational purposes only. Please consult a trained medical doctor before choosing to add any herbs or supplements to your healthcare routine.



Yarrow

Achillea millefolium

- Description: Yarrow is a 2-3' tall perennial herb with long, slender, upright stems and umbrella-shaped canopies of tiny white flowers. Long, green, feathery leaves give the plant a fernlike appearance.
- Status: Native
- Parts used: Aerial parts
- Medicinal properties: Styptic; wound healing; insect repellent; allergies; nose bleeds; improves digestion; relieves UC symptoms
- Preparations: Dried; powder; tincture; infused oil; salve; spray lotion; dream pillow
- Interesting notes: Believed to provide protection and ward off bad dreams.



Rose

Rosa rugosa, *R. spp.*

- Description: Hardy, deciduous shrubs, thorny rose bushes feature flowers in many colors. A long bloom period makes them ideal plant for garden interest.
- Status: Native (and non-native)
- Parts used: petals; buds; hips
- Medicinal properties: mood lifting; calming; anti-inflammatory; heart tonic; restful sleep; bile production; trauma; grief; menstrual pain; skin health; burns; coughs; colds; immunity booster; soothe digestion
- Preparations: tea; food; tincture; infused oil; salve; infused vinegar; hydrosol; toner; cold long-infusion (hips); syrup; dream pillow
- Interesting notes: The leaves can be eaten, too. Try them candied!



Violet

Viola odorata, *V. spp*

- Description: An excellent groundcover, violets bloom in both spring and fall tolerating heavy foot-traffic.
- Status: Native (and non-native)
- Parts used: false flowers; leaves
- Medicinal properties: cough; sore throat; headache; hangover; anti-cancer (breast); joint pain; eczema; restful sleep; colds; cooling; wounds; bruises; insect bites/stings
- Preparations: Food; tea; long-infusion; infused oil; salve; syrup; poultice; fomentation; toner
- Caution: Root and seeds are toxic
- Interesting notes: The showy flowers are false- they don't produce seed. Tiny and green, the true flowers hang below the leaves in fall.



Viola odorata

Western Mugwort

Artemisia ludoviciana

- Description: This is an erect, aromatic, silvery-white, shrub-like perennial with barely noticeable yellow flowers.
- Status: Native
- Parts used: Aerial parts
- Medicinal properties: Stomach aches; digestive issues; colds; menstrual cramps; headaches; divination; vivid dreams; lucid dreaming; repel mosquitoes; sleep aid; deodorant; nose bleeds
- Preparations: Tea; smudge; infused oil; salve; wash; food; dream pillow; powder (shoe deodorant)
- Caution: Poisonous in large doses or very frequent usage (thujone)
- Interesting notes: Retains its color throughout much of winter.



Anise Hyssop

Agastache foeniculum

- Description: Purple-tinged leaves and blue-purple flowers make this perennial mint family herb a keeper in the flower garden.
- Status: Native
- Parts used: Leaves; stems; flowers
- Medicinal properties: Antibacterial; antiviral; anti-inflammatory; sedative; digestive; cough; fever; sore throat; decongestion; expectorant; respiratory infections; burns; wounds; anti-depressant; itching, esp. poison ivy.
- Preparations: Tea; cold-infusion; poultice; infused oil; salve; smudge; wash (poison ivy)
- Interesting notes: Native pollinators love it, too!



Linden

Tilia americana, *Tilia* spp.

- Description: With heart-shaped leaves and distinctive flowers, Linden trees are attractive to people and pollinators alike.
- Status: Native (and non-native)
- Parts used: Flowers and bracts
- Medicinal properties: anxiety; sedative (very strong); calmative; cold; flu; respiratory issues
- Preparations: Tea; long-infusion; tincture; infused honey; lozenge
- Interesting notes: AKA Basswood. All above ground parts are edible. *T. americana* is native and can be found in the New Glarus woods; *T. cordata*, native to Europe, is more compact, is found in many parkways around New Glarus village.



Tilia cordata

Passionflower

Passiflora incarnata

- Description: Passionflower is an incredibly ornamental and edible medicinal vining herb.
- Status: Native
- Parts used: Flower; vine; leaves
- Medicinal properties: Nervine; sedative; promote sleep; alleviate pain; menstrual cramps; headaches; lowers blood pressure; anxiolytic; antidepressant
- Preparations: Tea; tincture
- Caution: Not all passionflower species have been used traditionally and some may be toxic.
- Interesting notes: AKA Maypop. Fruits edible when yellow-orange. USDA rated for zone 6, but does very well near a south facing brick wall and heavily mulched. It also overwinters well indoors.



Wild Bergamot

Monarda fistulosa, *M. didyma*

- Description: Bergamot is a popular and showy perennial. Clusters of lavender, fuchsia, or white flowers looking like ragged pompoms top tall, stiff stems.
- Status: Native
- Parts used: Petals; leaves
- Medicinal properties: Headaches; head colds; congestion; insect repellent; food; sore throat; cough; bronchitis; respiratory relaxant; kidney tonic; gastric disorders; wounds; anti-inflammatory; antimicrobial
- Preparations: Tea; steam; oxymel; throat spray; tincture; infused vinegar; poultice
- Interesting notes: Attractive to butterflies, bees, and hummingbirds. There are 12 native species.



Monarda fistulosa

M. didyma

Wild Strawberry

Fragaria virginiana

- Description: Strawberries make a delightful, yet delicate groundcover. Their green summer foliage turns spectacular shades of red in the fall. Small white flowers give way to tiny, super sweet red berries.
- Status: Native
- Parts used: Leaves; flowers; fruit
- Medicinal properties: Antiseptic; astringent; emmenagogue; galactagogue; toothache; digestive; diarrhea (leaves); stomachache (leaves); diuretic (leaves); anti-rheumatic (leaves); acne; anti-inflammatory; bloating
- Preparations: Tea; mouthwash; food
- Interesting notes: The berries are smaller than those found in the grocery store, but are more flavorful and sweet.



Herbal Preparations

- Tincture
 - Fill a glass jar with fresh plant material (bark, berries, roots work well dried); top with 100proof vodka; remove any air bubbles; cap and let infuse in a dark cupboard for min. 6-8 weeks. Strain plant material and bottle up in a dark glass dropper bottle. Best for strongly medicinal plants.
- Infused vinegar
 - Same as above, but use apple cider vinegar without the mother in place of vodka and top with a plastic lid or wax paper between lid and jar. Best for strongly nutritional plants.
- Infused oil
 - Fill a glass jar with fresh plant material harvested mid-morning 2-3 days following the last rain; top with extra virgin olive oil leaving no headspace; remove any air bubbles; cap and let infuse in a dark cupboard for min. 6-8 weeks. Strain plant material and bottle up in a dark glass dropper bottle.

Herbal Preparations

- Syrup
 - Make a long-infusion. Simmer on stove to reduce liquid by half. Stir in an equal part honey. Store in fridge.
- Spray lotion
 - Make a tincture. Add an equal part of filtered water. Fill a dark spray bottle for topical use or throat spray.
- Smudge
 - Dry herbs and burn them in a fire safe way.
- Dream pillow
 - Dry herbs and add to a sachet. Place under pillow.
- Infused honey
 - Fill a glass jar with fresh plant material; top with raw honey; remove any air bubbles; cap and let infuse in a dark cupboard for min. 3 weeks, turning twice daily to keep herbs coated in honey. Optionally, strain plant material. Works well with flowers, mint, pine, etc.

Herbal Preparations

- Salve
 - First make an infused oil (see above). After straining, gently heat oil on stove and add beeswax (1 part beeswax to 3-5 parts oil), and stir until dissolved. Once beeswax dissolves, pour into jar.
- Tea vs. long-infusion vs. cold long-infusion
 - Tea: 1 tsp dried plant material to 8 oz boiling water. Cover and steep 8 minutes. Strain and drink.
 - Long-Infusion: 1 oz dried plant material to 1 quart of boiling water. Cap and let infuse for 8 hours – overnight. Strain and drink throughout the day.
 - Cold long-infusion: Best for mucilaginous plants. Same as long-infusion, but use cold water. Can infuse on counter or fridge.
- Poultice
 - Chew or grind fresh plant material into a pulp. Apply topically.

Herbal Preparations

- Liniment
 - Follow instructions for making a tincture using rubbing alcohol in place of vodka. For topical use only!
- Toner
 - Follow instructions for making a tincture using witch hazel in place of vodka. For topical use only!
- Mouthwash
 - Add 1ml tincture to a shot of water.
- Hydrosol
 - In a large pot with a curved lid and handle, place an upside down heat safe bowl in the center and stand a heat safe receptacle on top (Pyrex measuring cups work well). Surround this with plant material of choice and cover plant material with filtered water. Place lid on pot upside down with handle centered over receptacle. Gently heat. Once the material becomes hot and starts to steam, place bags of ice on top of the lid; replace as ice melts until water in pot is gone. The steam will condense on the lid and drip into the receptacle.

Lula's Throat Relief Spray

Ingredients:

- 20% Echinacea, *Echinacea spp.*
- 20% Marshmallow herb, *Althea officinalis*
- 20% Elecampane, *Inula helenium*
- 15+% Wild Bergamot flower and leaves, *Monarda fistulosa*
- 15% Creeping Thyme, *Thymus serpyllum*
- 5% Linden flower and young leaf, *Tilia americana*
- 5% Violet herb, *Viola spp.*
- Honey
- Vodka (80proof & 100proof)
- Filtered water

Instructions:

- Collect fresh local plants from spray-free locations. Set aside and dry some bergamot.
- Separately tincture in 100proof vodka: fresh wild bergamot, echinacea, elecampane and creeping thyme.
- *Separately tincture in 80proof vodka: fresh marshmallow, linden and violet.
- Strain the tinctures after 6-8 weeks of infusion.
- Make a long-infusion with the dried wild bergamot. Strain and sweeten with honey.
- In a separate jar, combine the tinctures in the following percent's: 20% echinacea, 20% marshmallow, 20% elecampane, 15% wild bergamot, 15% creeping thyme, 5% linden, 5% violet.
- Combine 50% wild bergamot long-infusion with 50% tinctured herbal mixture.
- Store in an amber toned spray bottle.
- To use: Apply 3 sprays to the back of the throat as needed to boost immune system and alleviate symptoms of sore throat, cough, phlegm, and/or congestion.

*Herbs with a higher mucilage content, which extracts better in higher water macerants, should be tinctured in 80proof vodka.

Ricola vs. Not Quite Ricola Lozenge

Emil Richterich's Ricola Lozenges:

- Elderflower, *Sambucus nigra*
- Horehound, *Marrubium vulgare*
- Hyssop, *Hyssopus officinalis*
- Lemon balm, *Melissa officinalis*
- Linden flower, *Tilia platyphyllos*
- Mallow, *Malva sylvestris*
- Peppermint, *Mentha piperita*
- Sage, *Salvia officinalis*
- Thyme, *Thymus vulgaris*
- Wild Thyme, *Thymus serpyllum*

Instructions:

- Additional ingredients: honey, candy thermometer, silicone molds, optional: powdered herb (ex. Slippery elm, or one from the recipe) or vitamin C powder.
- Add an ounce of herbs to a quart jar, pour boiling water over, cap and let sit 6-8 hours (make a long-infusion). Then, strain.
- Add 1 cup of the infusion and 1-1/2 cups honey to a medium-sized pot. (Freeze additional infusion for future batches or drink as tea.)
- Heat over medium until it reaches 300 degrees F, approx. 30 mins. (Test to see if it's done- put a drop into a glass of ice water, should harden immediately.)
- Remove from stove and stir gently until the bubbles dissipate.
- Pour into silicone mold. (Tip: use pourable Pyrex measuring cup.) Let cool completely.
- Optional: Roll until coated in powdered herb or vitamin C powder for extra soothing boost and to prevent sticking together.
- Store in the fridge to keep them firm.

Lula's Not Quite Ricola Lozenges:

- Elderflower, *Sambucus canadensis*
- Bugleweed, *Lycopus americanus*
- Anise hyssop, *Agastache foeniculum*
- Lemon bee balm, *Monarda citriodora*
- Linden flower, *Tilia americana*
- Marshmallow, *Althea officinalis*
- Wild Mint, *Mentha arvensis*
- Western Mugwort, *Artemisia ludoviciana*
- Creeping thyme, *Thymus serpyllum*

Note: Both mints grow in Wisconsin and are used similarly. *Mentha arvensis* has a higher natural menthol content.
Recipe idea sources: Hard Candy Lozenge- Happy Mothering blog

Why These Herbs?

- The herbs are available locally, growing wild or on street corners and, upon surveying, were found to be recognizable by the majority of locals.
- Echinacea herb, *Echinacea spp.*: Antiseptic, immunostimulant, anti-inflammatory, anti-catarhal, anti-microbial, antibacterial, antiviral
- Marshmallow herb, *Althea officinalis*: Demulcent, anti-inflammatory, expectorant
- Elecampane root, *Inula helenium*: Expectorant, anti-microbial
- Wild Bergamot flower and leaves, *Monarda fistulosa*: Decongestant, antifungal, antibacterial, antiseptic, stimulant
- Creeping Thyme herb, *Thymus serpyllum*: Anti-spasmodic, antiviral, expectorant, decongestant
- Linden flower and young leaf, *Tilia americana* or *T. cordata*: Immunostimulant, anti-spasmodic, demulcent
- Violet herb, *Viola spp.*: Expectorant, demulcent, anti-inflammatory, disinfectant, anodyne

Not Quite Ricola

Although not all of us are quite Swiss and not all of us have the time and patience for making Ricola or Not Quite Ricola lozenges each time we feel a tickle in our throat, we can all add herbs to our meals and drink the occasional cup of tea to improve our health. I hope you learned about some beautiful, native medicinal plants to include in your home garden and some ways to use herbalism at home to keep yourself and your family healthy. Take care!

Thank you for joining me today!
Keep in touch! Follow my Instagram page:
[@whole_heartedapothecary](https://www.instagram.com/whole_heartedapothecary)