

# Wild Weed Walk



## From paddock to road you can find your DIY medicinal plants.

Mullein or *Verbascum Thapsus* (which sounds very Harry Potter) is a giant weed that can grow up to 2 meters in height when in flower. The bright yellow flowers grow at the top of a stalk above the low growing rosette of fuzzy felt like leaves. Both the leaves and flowers can be used as herbal medicine, to make tincture and oil.

Mullein loves disturbed soil and as such grows wild in ditches, roadsides and burnt out or logged areas. You can imagine that it would love growing locally around Myrtleford and the Alpine areas.

Each plant can produce 175,000 seeds and these can remain dormant for hundreds of years. Once the soil is disturbed, they produce their striking yellow flowers. It is a weed, invasive and difficult to eradicate. Once you find a patch you will have medicine making ingredients potentially forever!

Tea from the leaves can be used to help with a dry spasmodic cough, infusions of the leaves can help regulate the bowels, traditionally it was smoked to help with fever and cough. When soaked in vinegar or alcohol the saturated leaves can form a poultice to treat infected wounds.

Making an oil, by infusing the flowers in olive oil and garlic creates a golden oil used for earaches. The oil, once warmed helps soothe the pain and has antiseptic, antibacterial and analgesic properties.