

1. **Dandelion**-good for the liver, sleep aid, diuretic (without dehydration), tonifies: liver, spleen, stomach, pancreas, kidneys, skin, nerves, glands, digestion, urinary tract, circulatory, immunity, lymph. Restorative after surgery, stabilizes blood sugar spring roots are what makes you pee more (Kidney cleanse). Helps with PMS, breast tenderness and swelling, cysts, and impacted milk glands.
Has iron, manganese, mineral salts, phosphorous, protein, aluminum, carotenes, sodium and potassium.
Decent levels of calcium, chromium, cobalt, magnesium, niacin, potassium, riboflavin, silicon, sodium, tin, zinc, VitC.
2. **Purple nettle**-calcium, good for urinary system. It is known in the herbal world as being astringent, diuretic, diaphoretic and purgative. It's also anti-inflammatory, anti-bacterial, and anti-fungal. The leaves can be used on external wounds or cuts, or as a poultice, similar to how you would use yarrow or plantain. Member of mint family. Can be dangerous to dogs if ingested. Best as a garnish, not main star of a salad. Laxative effect if eaten in large amounts. Good for kidneys and seasonal allergies. Great to feed chickens and bees.
3. **Cleavers**-mild, safe diuretic and laxative. Lymph cleanser, tonifies and soothes kidneys and urinary tract. Promotes sweating-especially for needed fevers. Helps clot blood. Great facial cleanser (external) cools skin, reduces temp. poultice like plantain-stops bleeding.
4. **Mugwort**-
 - a. DIGESTIVE: Improves appetite, normalizes bile & restores intestinal strength. Relieves sluggish digestion. Removes worms & parasites.
 - b. GENERAL: B-complex, vitamins A&C, calcium, potassium, phosphorous & iron. Astringent, anti-fungal. Increases bone density. Analgesic: relieves arthritis. Relieves cysts, lower back pain & colds. Used in moxibustion. Increases healing power of other herbs. Helps with sciatica.
 - c. NERVOUS: Intuition & dream enhancer. Soothes damaged or inflamed nerves.
 - d. REPRODUCTIVE: Can be used as a poultice for menstrual relief.
 - e. RESPIRATORY: Air-purifier.
 - f. SKIN: Repels mosquitos, poison ivy.
 - g. URINARY: Dissolves kidney stones, relieves water, retention.
5. **Wild scallions/onion**-diuretic, good for earaches as a poultice. Helps relieve colds when boiled (*it ain't the chicken in the soup!*)
6. **Japanese knotweed –INVASIVE via root system.** Rich source of the antioxidant Resveratrol and emodin (a natural laxative). Resveratrol has the potential to support healthy blood vessel function and promote heart health. DO NOT USE during pregnancy or lactation. The whole flowering plant is used to make medicine. Knotweed is used for bronchitis, cough, gum disease (gingivitis), sore mouth and throat. It is also used for lung diseases, skin disorders, and fluid retention. Also used to reduce sweating from tuberculosis and to stop bleeding.

7. **Plantain (by tractor)**-poultice herb. Seeds used as a laxative because of mucilage and bulking effect. Treats sluggish liver and digestive inflammation. Helps stop bleeding, helps with rashes
8. **Garlic mustard**-calcium. Bitter, slightly pungent like horseradish. Highly nutritious.
9. **Pilewort (yellow flower, toxic to goats-behind tractor)**
helps with hemorrhoids AKA piles. Astringent-use as tea. Pilewort (*Ranunculus Ficaria*) medicinal herb also referred to as ***Fireweed, Double Lesser Celandine, Pilewort, Fig Buttercup, Small Celandine, Butterblume, Figwort, Smallwort, Tree Celandine, Celandine Poppy***. The plant is poisonous if ingested raw and possibly fatal to grazing animals and livestock such as horses, cattle, and sheep. For these reasons, several US states have banned the plant or listed it as a noxious weed. The leaves turn poisonous as the fruit matures. Young leaves are consumed raw or cooked as a potherb in spring.