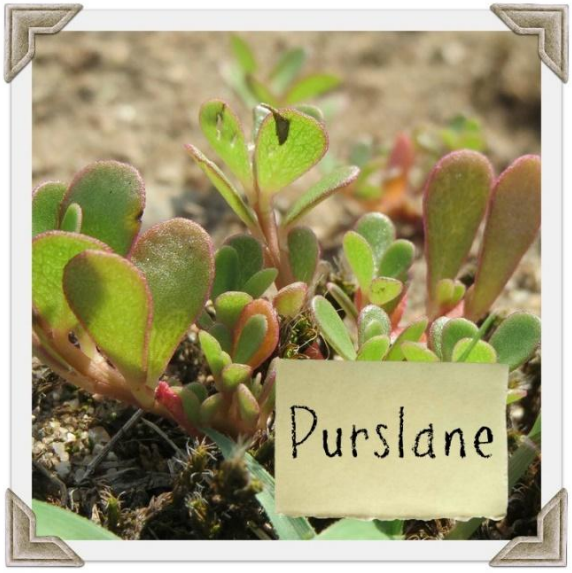


Portula oleracea
Family: *Portulacaceae* – purslane
Parts Used: whole plant

Another common garden weed that is easily found growing anywhere you may look. I find these nutrient rich plants as special gifts from God, there for the taking.

Properties

Antioxidant, antimicrobial, antibiotic, antifungal, antiparasitic, anti-inflammatory, diuretic, demulcent, emollient, febrifuge, tonic, nutritive, cooling, noradrenaline (hormone that reduces bleeding).

Energetics: cooling, moistening
Systems Affected: digestive, urinary, skin

Uses

- Rich in omega-3 fatty acids supporting brain and heart health.
- Can lower cholesterol and high blood pressure.
- Can help with chronic fatigue syndrome.
- Fungal infections such as athlete's foot, jock itch and ringworm.
- Supports and strengthens the lungs and aids in respiratory conditions, opening airways.
- Aids in digestion, helpful for diarrhea and stomachache.
- Soothes inflammatory conditions throughout the body, including the gut.
- Urinary tract infections and dysentery
- Strengthens the immune system
- Earache (use leaf juice)
- Soothes and helps with bruises, burns, skin conditions and sores (poultice or juice).
- Insect bites and stings (poultice)
- Intestinal worms (ingest crushed seeds)
- Rich in vitamins and minerals

Herb Preparations

- Food; the best way to utilize this plant is to pick it and eat it. The leaves have a citrus taste. Add to salads, stir fry, soup or just pop leaves in your mouth and eat.
- Juicer
- Poultice, compress
- Tea
- Extract
- Honey, syrup

Foraging/Harvesting

Purslane is a common weed found in disturbed areas, lawns, and gardens. It has branching, low creeping red stems with succulent leaves.

- Harvest at any time. Pick the leaves as you need them, or you can pull up the entire plant.
- It is best used fresh but can be dried for future use.

Safety

Hairy stemmed spurge looks similar to purslane. Spurge has hairy stems, while purslane has smooth. If the stem is broken spurge will have a milky sap, where purslane does not.