

Cichorium intybus
Family: *Asteraceae* – daisy, sunflower
Parts: root (leaves are edible but not medicinal)

Chicory root is used as a common substitute for coffee but this herb has much more to offer than taste.

Properties

Anti-inflammatory, anthelmintic, diuretic, laxative, liver tonic, sedative, prebiotic.

Energetics: cooling, drying, bitter/sweet
Systems Affected: digestive, liver

Uses

- Supports the liver, spleen, and kidneys. Increases bile production
- Gallbladder issues, including gallstones
- Can dissolve kidney and urinary stones
- Eliminates uric acid, helping with joint pain, gout, and stiff joints
- Feeds gut flora; makes a great gut health food
- Digestive support; settles upset stomach, constipation, gas, bloating, diarrhea
- Helps clear out parasites and worms
- Moderates heart rate and lowers cholesterol
- Regulates blood sugar levels as well as fatty acid breakdown, helps with diabetes
- Bone health; can help prevent osteoporosis
- Coffee substitute

Herb Preparations

Food: roots can be roasted, boiled, or dried, powdered for a drink.

- Tea (made as a decoction)
- Tincture
- Powdered, capsules

Foraging/Harvesting

Found in disturbed areas, fields, and roadsides. Perennial plant that can get up to 4 feet with a taproot. Mostly basal leaves, lobed with a sharp point. Blossoms are blue to violet with squared petals.

- Harvest roots from the fall to spring.
- Leaves can be used as food, gather in the spring when young, they bitter with age.