

Balsamorhiza sagittata
Family: *Asteraceae* – sunflower, daisy
Parts Used: roots, leaves, flowers

Properties:

Antibacterial, antifungal, antimicrobial, antiseptic, expectorant, diaphoretic, immune stimulant

Energetics: warming, drying
Systems Affected: immune, respiratory

Uses:

- Use as you would echinacea – it is the wild version on steroids
- Immune stimulant, use at the onset of any illness
- Cold and flu season for fighting viruses and bacteria
- Respiratory issues such as coughs, croup, sore throat, congestion
- Infections of all kinds including fungal infections like athlete's foot and ringworm.
- First aid herb for wounds, cuts, bruises, bites, and burns
- Headaches

Herb Preparations:

- Tincture and liniment (use alcohol for extracting root properties)
- Tea, steam (inhale to alleviate headaches)
- Syrup, honey
- Poultice (both root and aerial parts) can be chewed and applied instantly
- Powdered leaves (make a paste with hot water and apply for first aid).
- Powdered root (sprinkle on fungal infections like athlete's foot and jock itch)
- Herbal oil, salve

Wildcrafting/Harvesting:

- Resinous, aromatic perennial can grow up to 30" tall.
- Can be found in forest openings, meadows, valleys, slopes, road banks, and hillsides.
- Large, grayish, basal leaves that are fuzzy and have the appearance of long arrows. Yellow, sunflower like blooms.
- Harvest aerial parts anytime during the season. Roots are best in the fall.

Cautions:

Excessive use can irritate the kidneys and digestive system, nausea will be your guide.