

Stellaria media
Family: *Caryophyllaceae* (pinks/carnation)
Parts: leaves and blossoms (aerial parts)

Chickweed has very tiny flowers that close when overcast. It is one of the first plants to appear in early spring and full of nutrients and first aid healing properties. She is also known as Starweed because of her beautiful tiny, and I mean tiny, white flowers that resemble little stars.

Properties

alterative, anti-inflammatory, antimicrobial, antirheumatic, antitussive, astringent, carminative, demulcent, diuretic, discutient, depurative, drawing, febrifuge, emollient, emulsifier, expectorant, galactagogue, lymphatic, emmenagogue, mucilaginous, nutritive, ophthalmic, vulnerary

Energetics: cooling, moistening, salty/sweet
Systems Affected: skin, respiratory, urinary, lymph, circulatory, digestive

Uses

- Skin conditions; itch, irritation, moisturize and soften, tones, acne
- Diaper rash, hives, heat rash
- First aid; bites, stings, cuts, wounds, rashes, sores, slivers, bruises, burns, etc.
- Shingles and chicken pox irritation
- Boils, abscess, blisters, etc. (use a steamed poultice)
- Respiratory; bronchitis, inflammation, congestion, colds, and cough, etc.
- Throat and mouth issues; soreness, ulcers, mouth sores, inflammation, etc.
- Eye issues, inflammation, irritation, itch, soreness, puffiness, infection, sties
- Poor circulation and weak conditions, illness recovery, convalescence, speeds healing, blood cleansing and detoxing.
- Strengthen stomach and bowels
- Digestive issues; gas, indigestion, constipation, etc.
- Gut health; regulates intestinal flora, absorbs toxins from the bowels, increases absorption of nutrients and minerals.
- Sore and tired muscles – (bath, salve)
- Soothes and cools Inflammation - both internal and external, all tissues
- Kidney, liver, gallbladder support, aids the body to heal blocks and inflammation
- Internal healing and support for ulcers, urinary tract, stomach, and intestines
- Constipation - especially for children due to chickweed's gentle nature
- Nutrient dense - high in vitamins A and C, saponins (increase absorption), minerals such as iron, magnesium, and calcium to name a few
- Nutritive, all-purpose herb for restoration, relief, clearing, protection and nourishment – releases blockages and removes waste

- Blood cleansing and regenerating, blood poisoning, toxic conditions, etc.
- Infection, congestion, inflammation, weakness, illnesses, recovery, etc.
- Stimulates metabolism, dissolves fat, helps emulsify fat cells and flush waster from the body, which can help in weight loss.
- Women's health; cleansing after birth tea, encourages milk flow, helps regulate menstrual cycle.
- Can help dissolve fatty tumors, growths and cysts (fresh juice used consistently)
- Hemorrhoids
- Swollen testes
- Traditional folk remedy for cancer

Herb Preparations

- Food - original use was a vegetable crop so use it that way! Add to salads, stir fries, soup, smoothies, pesto or wherever else you would use greens (has a spinach like flavor)
- Poultice, compress
- Tea, juiced, drinks (can freeze in ice cubes for storage)
- Baths, soaks, washes, gargle, douche, enema, eye wash
- Extract, glycerine, vinegar, alcohol (glycerine pulls more vitamins, vinegar more minerals)
- Herbal oil
- Salves, balm, creams
- Can be frozen for future use
- Powder, sprinkle, capsules (although fresh is best)
- Enema (appendix, hemorrhoids, bowel)
- Suppository (hemorrhoids, combine with yarrow)

Care/Harvesting

Search around your yard or neighborhood for this very common “weed”. Likes shady, cool areas so look under shrubs and bushes in the spring and fall. Likes cooler weather.

Because of the shallow roots chickweed can provide a living type of mulch for your garden, in fact if you have chickweed growing it usually indicates fertile soil.

Chickweed is an annual plant but self-seeds readily which is how she comes back year after year.

Aerial parts can be harvested anytime, both leaves and flowers.

Dosage/Safety

Safe and gentle for all uses