

Angelica archangelica
Family: *Umbelliferae* - carrot, parsley, dill
Parts Used: roots, leaves, seeds

Properties:

Anti-inflammatory, antiseptic, carminative, diaphoretic, digestive, emmenagogue, expectorant, stimulant, tonic.

Energetics: warming, drying, sweet or pungent
Systems Affected: cardiovascular, nervous, digestive

Uses:

- Women issues – menstrual, menopausal, hormones, and other women concerns.
- Respiratory issues such as bronchitis and pneumonia.
- Digestive problems; nausea, diarrhea, vomiting.
- Cramps, massage oil over painful areas.
- Gas, appetite, and gastric ulcers.
- Improves circulation
- Nourishes central nervous system.
- Stimulates fluid movement in the lymphatic system.
- Colds and flu
- Fever
- Addictions
- Helps to curb cravings

Methods of Use:

- Food: leaves and stems can be steamed and eaten or added to soups and salads.
- Tea (leaves and seeds = mild)
- Decoction (root = strong)
- Tincture
- Syrup
- Herbal Oil for massage or cooking

Care:

A biennial plant that grows in clumps 4-6 feet tall with a large tap root, umbels have clusters of yellowish green flowers.

- Grows in moist soil and full to partial shade, near streams, in sandy/loamy soil.
- Sow seeds in the fall or transplant by root divisions 1-2 weeks before the last frost.
- Moderate to heavy water.

Harvesting:

- Harvest leaves and stems in the fall or anytime you desire.
- Roots should be harvested during the spring or fall of the second year.
- Seeds can be harvested from the umbels as the turn brown.

Cautions:

- Avoid during pregnancy
- Raises blood sugar levels in the urine so those with diabetes should be cautious.