

Borago officinalis
Family: *Boraginaceae* - comfrey, forget me not
Parts: leaves, stems, flowers

Properties:

Anti-inflammatory, astringent, demulcent, diuretic, diaphoretic, emollient.

Energetics: cooling, moistening
Systems Affected: adrenal, liver, kidney, skin

Uses:

- Cleanse and detox, rids the body of toxins
- Supports the liver and kidneys
- Induces sweating which can lower fever
- Blood purification
- Renew and revive adrenal glands
- Coughs and colds
- Softens skin, varicose veins, bruises, inflamed eyes, clear up skin
- Dry leaves spark when burned and flame up easily

Herb Preparations:

- Food: cucumber-like flavor, chop and add to salads, dips, soups, and sandwiches
- Tea – ¼ cup fresh plant per cup of water
- Juiced
- Tincture, vinegar
- Poultice – reduces inflammation
- Syrup, honey

Care/Harvesting:

- Plant seeds directly outdoors in late spring or transplant in late spring.
- Water moderately.
- Planting next to tomatoes, strawberries, and squash will boost their flavor, resist disease, and keep pests away.
- Pluck leaves and flowers as needed during the season, flavor is best when in flower.