

Tilia platyphyllos (*europea* and *cordata*)
Family: *Tilliaceae* (Lime family, not the citrus fruit - the lime trees of Europe)
Parts Used: flowers, bracts

Also known as lime tree, common lime and American basswood (wild species). Even though linden has no immune boosting actions, it does have an effect on the body's resistance to infection. I believe this is because of the positive, uplifting properties that affect the mood, which in turn affect the immune system. Just standing under the tree in bloom and inhaling the fragrance uplifts the spirit. Here are some other great benefits of using linden.

Properties

Antispasmodic, antidepressant, mild astringent, diaphoretic, diuretic, cardiotonic, carminative, nervine, relaxing, hypotensive, calming, tonic.

Energetics: cooling, moistening
Systems Affected: nervous, cardiovascular

Uses

- Supports heart, liver, nerves, and digestion
- Calms stress, anxiety, nervousness, and worry
- Lifts and calms the mood
- Depression and grief
- Use for colds, flu, and fever
- Immune strengthening; resistance to infection
- Balances blood pressure for either high or low
- Relaxes and heals blood vessels, destressing the arterial walls
- Relieves tension and aids in restful sleep.
- Warming and relaxing to the digestive system.
- Helps with PMS pain
- Cools hot flashes from menopause (drink cold tea or apply compress)
- Child friendly herb for colic, toothache, stomachache or pain, relaxing, trouble sleeping, calming, etc.
- Mild pain-reliever
- Inflammation relief such as boils, rashes, bites, burns and sore eyes (compress or massage tea into area).

Herb Preparations

- Tea
- Honey, syrup
- Tincture
- Bath
- Herbal oil
- Compress
- Poultice

Care/Harvesting

Linden trees are popular in landscape gardening and can usually be found in parks, community buildings and gardens. The American basswood species can be found in wooded areas and can grow to 130 feet! To cultivate they are best grown in rich, moist soil.

- There is a small window during the summer months in which to harvest linden blossoms. Look for them in June and August.
- Harvest blossoms while fully open and fragrant, knowing the bees will be harvesting with you. You can rake your fingers through the blossoms to collect or use scissors.
- Sap can be boiled into syrup.

Safety

Consult a professional if taking with other pharmaceuticals.