

Galium aparine
Family: *Rubiaceae* – coffee
Parts: aerials parts, leaves, blossoms, stems

Cleavers is a cleansing herb. Cleaning house throughout the body, especially the lymph system. As the body is cleansed, all types of issues can clear up as well, including many skin conditions.

Properties

Antibacterial, anti-inflammatory, astringent, alterative, diuretic, diaphoretic, lymphatic, febrifuge, vulnerary, tonic.

Energetics: cooling, drying, cleansing
Systems Affected: lymph, urinary

Uses

- Lymphatic system support and cleansing.
- Swollen glands, adenoid issues, tonsilitis, edema, and goiters.
- Shrink tumors, cysts, modular growth on skin
- Support for blood, kidney, bladder, skin, and glands
- Urinary conditions, reduce and eliminate stones
- Jaundice, biliary obstruction, gallstones
- Digestive issues, indigestion, diarrhea, constipation
- Blood cleansing
- Cramps, migraines, neuralgia
- Restlessness, insomnia, panic
- Skin conditions of all kinds, eczema, psoriasis, rash, sores, bites, etc.
- Cuts, wounds, burns, itching, etc.
- Earache, sore throat, fever

Herbal Preparations

Fresh plant is more potent than when dried.

- Chop finely and add to culinary dishes. Add to a blender with some water and blend thoroughly then strain and drink the “juice.”
- Juiced (best way to utilize, 1-2 teaspoons, 3 x day).
- Tea
- Tincture, liniment (use alcohol).
- Herbal oil

- Salve, cream, ointment
- Poultice, compress

Foraging/Harvesting

Cleavers can be foraged for in woods, fields, farmland, stream banks, hedgerows, and as a garden “weed.” A creeping annual that readily self-sows with lance shaped leaves formed in a circle around the stem and tiny bristles that catch on clothing and other plants. Dainty, star shaped, white flowers bloom from April to September.

- Best harvested in the spring before flowering but can be harvested anytime.
- Cleavers are more potent when fresh, so it is best to immediately make your herbal preparations.
- You can also chop up or juice and then freeze for future use.