



MÄDESÜß

meadowsweet

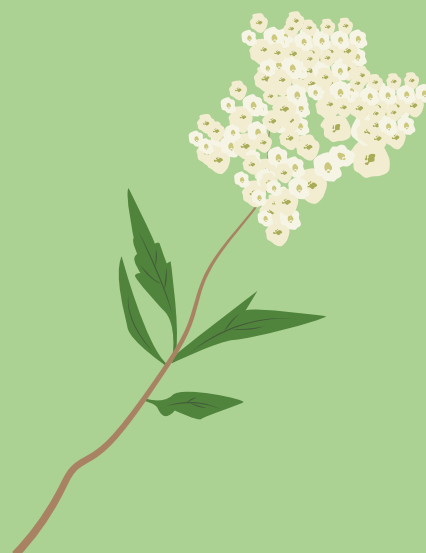


DISTRIBUTION

- native to Europe and parts of Asia
- prefers a temperate climate
- widespread in Germany, especially found in grasslands

GROWING & HARVESTING INFORMATION

- likes moist, nutrient-rich soil
- partial sun to full sun
- sow seeds in spring or autumn
- leaves and roots also usable for teas and remedies



KEY CHARACTERISTICS

- perennial herb, up to two meters tall
- flowers bloom from June to August
- attractive to bees, butterflies and insects

NICE TO KNOW

- traditionally used for pain, fever and inflammation
- flowers are used to flavour teas, desserts, jellies and mead



MEADOWSWEET TINCTURE



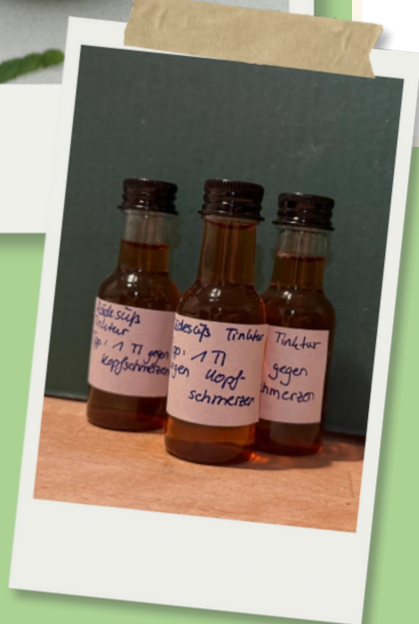
INGREDIENT LIST

apple cider vinegar or alcohol (both possible, best with alcohol or grain)

meadowsweet

PREPARATION STEPS

- first you have to cut meadowsweet into small pieces
- put the leaves in the glass and fill it to the top
- then pour in apple cider vinegar until all the leaves are covered
- then close the jar and let it stand for four weeks



POSSIBLE APPLICATION

- helps against flu
- helps against aches