



# GOLDRUTE

## Goldenrod



### KEY CHARACTERISTICS

- Grows all over Europe, Asia and North-America (especially Canada)
- Prefers dry woodland meadows, forest edges, near paths and on lean lawn
- Different species distributed all over the world



### GROWING & HARVESTING INFORMATION

- Favours sunny to semi-shady locations
- Prospers especially in nutrient-poor, dry and loose clay soil
- Flourishes midsummer and during early fall
- The flower heads and the leaves in the upper 15 cm of the plant should be harvested on a sunny day between May and October
- Harvested parts of the goldenrod should be hung up upside-down and dried in a shady and airy location and can be used for medical purposes

### KEY CHARACTERISTICS

- It's height ranges from 30 cm - 150 cm (depending on the species)
- It's petals are coloured a golden yellow
- Their blossoms are very attractive to pollinators
- It's a major source of late-season nectar for bees, butterflies and other beneficial insects

### NICE TO KNOW

As the goldenrod is an insect-pollinated flower it does not cause hay fever. It is often mixed up with ragweed (de: "Traubenkräuter") which does trigger allergies



# GOLDENROD TINCTURE



## INGREDIENT LIST

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

goldenrod

## PREPARATION STEPS

- first you have to cut goldenrod 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

- diuretic
- anti-inflammatory for kidneys, bladder und urinary tract

