



Gemeiner Beifuß

Common Mugwort



DISTRIBUTION

- leaves: pointed, serrated; approx. 5 cm long; green upper side; white underside
- flower color: white and pink
- height: 50 cm to 200 cm

GROWING & HARVESTING INFORMATION

- grows best in barren locations
- needs a lot of space over the year
- regular watering is only needed during long dry episodes
- don't cut it back to the dry wood
- harvest between July and September when the blossom is still closed

NICE TO KNOW

- plant family: Asteraceae
- it can also be used as a spice
- it contains a lot of vitamins and minerals
- naturally grows in Europe, Asia and North Africa

KEY CHARACTERISTICS

- antibacterial, antispasmodic and bitter compounds are beneficial for the stomach and digestion
- mugwort tea helps against intestinal parasites and expectorant properties





COMMON MUGWORT TINCTURE

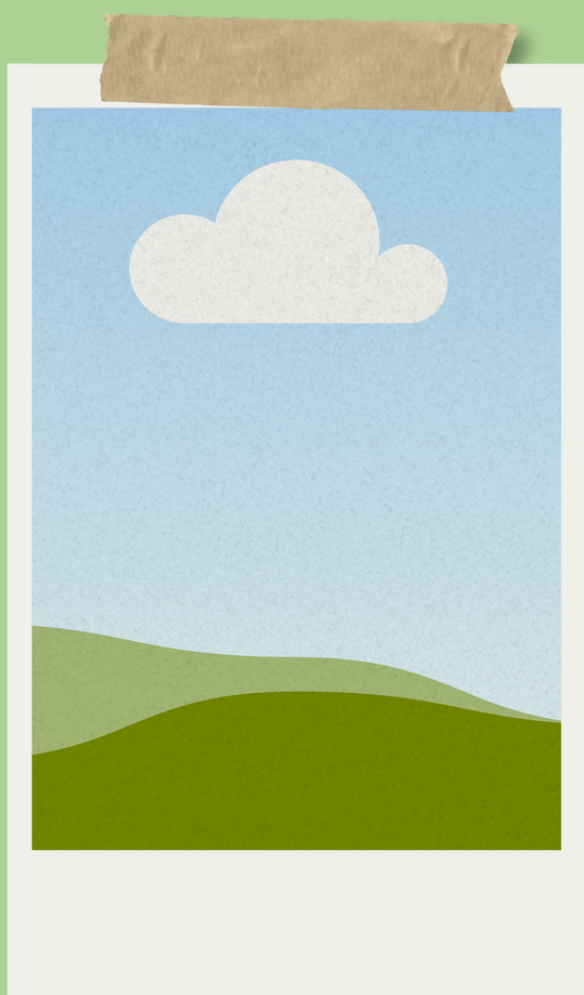


INGREDIENT LIST

fresh or dried common mugwort

apple cider vinegar

jar



PREPARATION STEPS

- chop the herbs finely
- fill the glass loosely up to half full
- add enough apple cider vinegar to cover everything completely
- seal the jar and leave to infuse in a cool, dark place for 3 - 4 weeks, shaking occasionally
- strain and pour into small containers

POSSIBLE APPLICATION

- antispasmodic
- stimulates digestion
- stimulating
- warming
- seasoning oil