



# BURDOCK

ARCTIUM  
LAPPA.

• Root, leaf & seed used to make medicine

• Contains chemicals that might have activity against bacteria and/or inflammation

→ Important botanical in Western folk herbalism + traditional Chinese Medicine

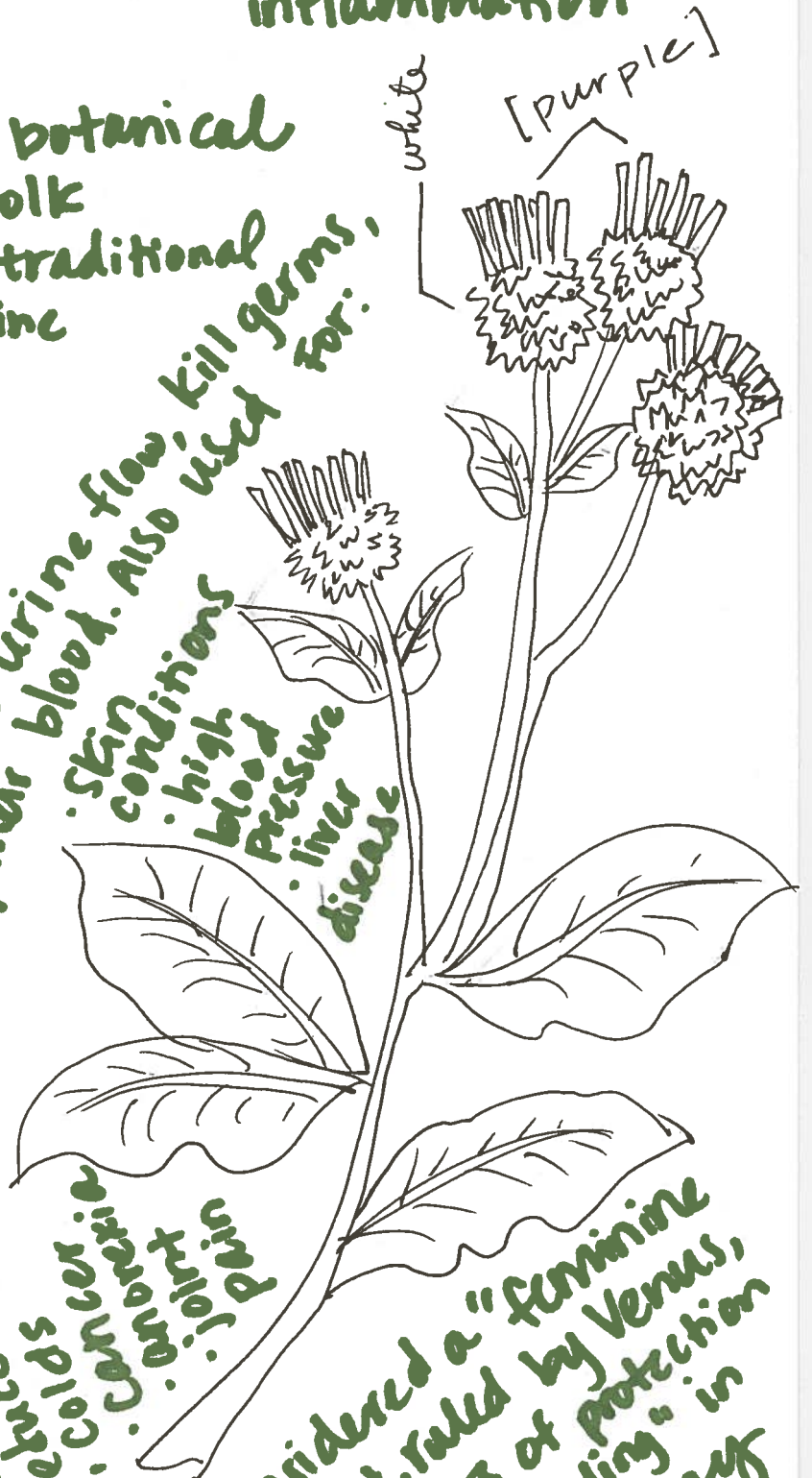
→ Seeds are picked in the fall + can be loosened w/ a rolling pin. Harvesting roots can be done in fall of 1st yr or spring of the 2nd however herbalist Michael Moore says,

"Harvesting full flowered plants in the fall can be as much work as digging up a small TREE"

\* Known as a food plant called "gobo" in Japan & consumed as a vegetable. \*

take burdock to increase uric acid flow. Kill germs, people fever, and purify their blood. Also used for:

- Skin conditions
- high blood pressure
- liver disease



Considered a "feminine plant" ruled by Venus, Powers of protection & healing in astrology \*