Burdock

- Known as a food plant called "gobo" in Japan & consumed as a vegetable
- 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 loosed 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."
- Take burdock to increase urine flow, kill germs, reduce fever, and purify their blood. Also used for skin conditions, high blood pressure, arthritis, joint pain, and considered a "feminine plant, ruled by Venus, powers of protection & healing" in astrology.