

A SHORT GUIDE TO FORAGING

Jennifer Caravella, herbalist, suggests

“If you’re feeling adventurous, here are a few of the wild springtime herbs that can be found in Portugal:”

STINGING NETTLE

(Urtica dioica)

Blood tonic, circulatory support, strengthens bones, soothes inflammation and allergies. High in vitamin C and iron.

FIELD MARIGOLD

(Calendula Arvensis)

Wound healing, soothes inflammation, circulatory support.

BAY LEAF

(Laurus nobilis)

Digestive support, respiratory health, soothes inflammation, calms the nervous system

MALLOW

(Malva sylvestris)

Digestive support, respiratory health, immune support, soothes inflammation.

ROSEMARY

(Rosmarinus officinalis)

Gut health, digestive support, hair growth, circulation, soothes inflammation, improves brain function, immune support.

WILD OLIVE LEAF

(Olea europaea L. folium)

Immune support, arterial health, anti-fungal, bone health.

MULLEIN

(Verbascum thapsus)

Respiratory health, strengthens lungs, soothes inflammation, topical wound healing.