

# Top 3 Favorite Herbs

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Full Circle Herbals



## Milky Oat Tops

Sometimes called green oat tops. This is the same plant used to make the well-known breakfast - oatmeal. Though, milky oat tops are harvested before the oat is matured. Made into an infusion by taking 1 ounce of dried herb and adding 4 cups of boiling water. Let it set for 4 - 8 hours. Drink 1-4 cups per day. For extra flavor add honey or fruit juice.

*Avena sativa*

**Nervine, nutritive, bone builder, anti-inflammatory**

## Chamomile

Found in folk remedies for hundreds of years. Great in teas fresh or dried. Easy to grow and dry the flower tops at home. Popsicles for kids: make a strong tea, add some honey and fruit juice and freeze. Considered safe enough for kids to drink. Noted for helping to calm kids especially when teething.

**Nervine, carmative, anti-spasmodic** *Matricaria recutita*



## Nettles

Dried or cooked make the "sting" of stinging nettle "inactivate" and diluted. High amounts of vitamins, minerals, and nutrients including: calcium, protein, and magnesium. Best when harvested in spring when they are tender. Made into an infusion by taking 1 ounce of dried herb and adding 4 cups of boiling water. Let it set for 4 - 8 hours. Drink 1-4 cups per day. For extra flavor add honey or fruit juice.

**Nutritive, lessens allergies, blood builder** *Urtica dioica*

