

# Burdock

*Arctium lappa*

*Asteraceae*

Plant Part used: root, leaves, seeds. This mini herbal plant profile focuses on the root.

## Identification

Biennial plant with leaves growing first year and flower the second year.

Harvested in the first year.

Grows in full sun in most places of the United States.

Flower is purple-pink and white.

Seed heads stick to clothes and fur.

## Helpful for

- Supporting the liver, blood and skin disorders.
- Adding iron and inulin into the diet.
- Soothe rheumatism symptoms.
- Nourishes nails, hair, and skin.

## Applications/Products

- teas
- tinctures
- capsules
- used fresh or [dried](#)
- [Found in the essiac tea blend](#)
- [Found in the gaia® Nail, Skin, and Hair, Support capsules](#)
- [Found in Mountain Rose Herbs Skin formula extract](#)

## Folklore/fun facts

Velcro® was inspired from burdock.

The root can be eaten raw or cooked in salads or stir fry.



*Mini Herbal Pages*

With Erin LaFaive

