



HERBS

Medicinal and Culinary
Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Verbascum**

Species: **thapsus**

Plant Family: **Schophulariaceae**

Common Name: **Mullein, Common**

Garden Care

Biennial; Plant prefers full sun to part shade and regular garden soil or dry, poor soil or waysides or abandoned fields. In the fall or spring, sow seed by scattering on the surface of sandy soil in flats or directly in the garden. Press in firmly and keep evenly moist and in the light until germination, which takes 6 to 14 days. Thin or transplant to 1 to 2' apart.

Herbal Actions

Action	Detail
Antibacterial	Inhibits the growth and production of bacteria.
Anti-inflammatory	Alleviates inflammation.
Antispasmodic	Ease cramps or spasms in skeletal or smooth muscle tissue.
Demulcent	A mucilaginous (slimy) herb that soothes and protects irritated mucus membranes.
Diuretic	Increase secretions and elimination of urine from the body.
Expectorant	Aids in the removal of mucus (along with trapped debris and pathogens) from the lungs.
Vulnerary	Helps heal tissue both when applied topically or taken internally.
Analgesic/Anodyne	Promotes pain relief (either topically or internally).
Respiratory Tonic	Helps aid in long term respiratory care.
Sedative	Promotes calmness or induces sleep.

Type of Plant

Herbaceous
Annual

Parts Used

Leaves
Flowers
Root

Contraindications

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.

Can cause irritation to the skin.

In pregnancy use with caution.

Habitat

Water Low
Sun
Part Sun/Shade
PH Average 5-7

Preparations

Infused Honey
Infused Oil
Infused Vinegar
Tincture
Syrup