



# ELECAMPANE

*Inula helenium* (IN-yoo-luh hel-EH-nee-um)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 3 TO 7

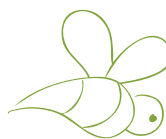
EXPOSURE: FULL SUN

MATURE HEIGHT: 6 FT | SPREAD 3 FT

BLOOM: YELLOW | SUMMER



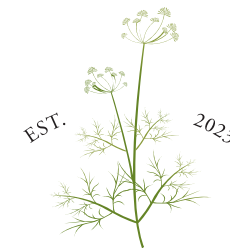
Medicinal



Pollinators



Frost



HERB & VINE

— healing plants —

Elecampane root has a long history of use as a medicinal herb. A gently warming and tonic herb, it is effective in treating coughs, bronchitis, asthma, whooping cough, tuberculosis and other complaints of the chest as well as disorders of the digestive system.

- The plant spreads aggressively by thick, fleshy roots that produce new shoots - often considered a weed.
- Elecampane root is one of the ingredients used in the preparation of absinthe.
- Therapeutic\*: considered a tonic for the lungs. It is a bronchospasmolytic, expectorant and antimicrobial.
- The inulin in the root is a prebiotic supportive of a healthy gut.

Caution: Not for use during pregnancy or if you have an allergy to plants in the daisy family.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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