



MARSHMALLOW

Althaea officinalis

PERENNIAL | MALVACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 6 FT | SPREAD 2 FT

BLOOM: PINK | SUMMER



Medicinal



Culinary



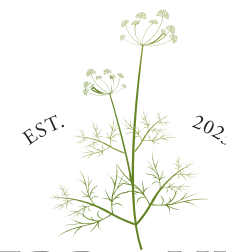
Pollinators



Butterflies



Rare



HERB & VINE

— healing plants —

The leaves and roots are rich in mucilaginous compounds which helps sooth inflamed mucous membranes, expelling mucous from the lungs and bronchial tubes. Ancient Greek doctors used the roots to treat wounds and insect bites, as well as to relieve toothaches and constipation.

- Therapeutic*: relieving dry cough and upset and irritable digestion are the dominant roles. Marshmallow contains 11% mucilage which forms a protective layer over damaged membranes, allowing time for regeneration and healing. Externally, it can draw fluid and toxicity from wounds and infections. In small dosages, it is antidiarrheal. In larger dosages, it's a gentle laxative.
- Culinary: the young shoots and leaves can be used in salads, soups and stews. Modern marshmallow candy was once made from the plant's roots.

Cautions: may interfere with the absorption of other medications, separate doses by at least 2 hours.



*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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