



MULLEIN

Verbascum thapsus (ver-BASK-um THAP-sus)

BIENNIAL | SCROPHULARIACEAE FAMILY

ZONES: 4-10

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 3-10 FT | SPREAD 2-3 FT

BLOOM: YELLOW | SUMMER



Medicinal



Pollinators



Butterflies



Rare



An easily grown medicinal herb, Mullein produces spikes that yield beautiful yellow flowers. It stays anchored by a long tap root, and produces only large hair covered leaves its first year. Flowering in its second spring, Mullein self pollinates and produces hundreds of seeds for birds.

- Therapeutic*: leaves are considered a safe and useful herbal lung tonic. Has antiseptic and analgesic properties. Works as an expectorant and soothes mucous membranes. Eases symptoms of asthma, bronchitis, dry coughs and laryngitis. Also useful as a lymphatic cleanser and for skin issues.
- The velvety leaves were put in shoes to insulate from cold and have been used as a substitute for toilet paper.
- Seeds have been used by fishermen to stun fish as they contain a mild toxin that does not affect humans.

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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