



MUGWORT

Artemisia vulgaris (ar-tem-EE-zee-ah vul-GAIR-iss)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 3-8

EXPOSURE: FULL SUN | PART SHADE

MATURE HEIGHT: 2-5 FT | SPREAD 3-6 FT

BLOOM: LAVENDAR/RUST | SUMMER-FALL



Medicinal



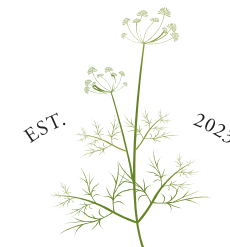
Aroma



Repellant



Container



HERB & VINE

— healing plants —

Used as a tea for centuries by people around the world for its antibacterial properties, is anti-inflammatory and helps to reduce stress. It also helps strengthen the immune system, improve digestion and reduce fatigue.

- Therapeutic*: anthelmintic, antiseptic, antispasmodic, carminative, cholagogue, diaphoretic, digestive, emmenagogue, expectorant, nervine, purgative, stimulant, slightly tonic. The leaves are also said to be appetizer, diuretic, haemostatic and stomachic used internally (in moderation) or externally.
- The fresh or the dried plant made into a weak tea repels insects.
- Parts used: leaves, flowers, and root.

Caution: Do not use if pregnant! Spreads by rhizomes and listed as invasive in several states.



**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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