



MEADOWSWEET

Filipendula ulmaria (fil-ih-PEN-dyoo-luh ul-MAR-ee-uh)

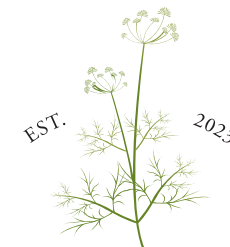
PERENNIAL | ROSACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 4-5 FT | SPREAD 3-4 FT

BLOOM: WHITE | SPRING-SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Aroma



Cut



Resistant

Meadowsweet has a very long history of herbal use and was one of the three most sacred herbs of the Druids.

- Therapeutic*: alterative, anti-inflammatory, antiseptic, aromatic, astringent, diaphoretic, diuretic, stomachic and tonic.
- Flowers contain salicylic acid (chemically similar to aspirin), making it a great anti rheumatic, anti-inflammatory and a remedy to bring down fevers.
- Parts used: harvest leaves and flowering stems in mid summer to use or dry for tea or tincture, add to drinks, or syrup. Leaves used as a strewing herb.
- Roots and young leaves can be added to soup; include flowers for tea. Also used for potpourri.

Caution: do not use if pregnant or sensitive to aspirin.



**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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