

WEED WALK May 6, 2017

Canada Fleabane, Horseweed (*Conyza canadensis*) internal medicine for internal bleeding

Camphorweed (*Heterotheca subaxillaris*) Arnica del Campo external – massage oil or liniment for wounds (antiseptic, antifungal), aches and pain, ok internally as medicine

Wild Lettuce, Compass Plant (*Lactuca seriola*) internal (tea or tincture) for pain, agitation, sleeplessness

London Rocket, mustard (*Sisymbrium irio*) edible, good in salad

Peppergrass (*Lepidium – 2 species*) edible, small amount in salad, in salad dressing or as cooking spice

Indian Root, Southwestern Pipevine (*Aristolochia watsonii*) Yerba del Indio caution

Sacred Datura (*Datura wrightii*) Toloache external for pain

Puncturevine, Goathead (*Tribulus terrestris*) Toboso internal medicine for high blood pressure, urinary problems, hormonal imbalances

Malva, Cheeseweed (*Malva neglecta*) Malva edible, cooked greens, some in salad, soothing remedy

Tuberous Sida (*Rhynchosida physocalyx*) edible tuber, edible leaves though not often used that way

Copper Globemallow, Narrowleaf Globemallow (*Sphaeralcea angustifolia*) Mal de Ojo A soothing and immune-stimulating tea of root or leaf and flower (be sure to strain the leaf tea to avoid irritating hairs), flowers are edible

Slimleaf Ragweed, Slimleaf Bursage (*Ambrosia confertiflora*) a bitter tea or tincture for sinus infection and hayfever mildly abortant

Desert Broom (*Baccharis sarothroides*) Romerillo externally soothing and helps aches...good foot soak

Tree Tobacco (*Nicotiana glauca*) Juan Loco external for pain