

November 8, 2007 DelMarVa Survival Training Chat session on Medicinal Herbs - Mullein.

Survivalist: Welcome to DelMarVa Survival Training Chat session. Tonight we will talk about Medicinal Herbs, particularly Mullein.

Survivalist: >>>>> Start Time 8 PM EDT <<<<<<

Survivalist: Hello everyone. My name is Joe and tonight's chat topic is on Medicinal herbs and in specific the herb Mullein.

Survivalist: Please bear with us with this chat as it requires manual refreshing on your part. I am currently trying to get a different chat script to use but until then we will have to use this one.

Survivalist: The scientific name for mullein is *Verbascum thapsus*.

Survivalist: It is a member of the Figwort Family

Survivalist: The Common names for Mullein are Torches, Aaron's Rod, Shepard's Staff, Begger's Stalk, Bullocks Lungwort, Flannel Leaf, Bunny's Ears.

Survivalist: Originally a native of Europe, Mullein can now be seen along the highways and byways in temperate areas around the world.

Survivalist: Mullein seed was brought to the U.S. in the 1700s as fish poison for ponds in Virginia, for reasons I cannot even imagine.

Survivalist: In less than a century, the plant was embedded coast to coast.

Survivalist: Mullein now grows in old fields, roadsides, and disturbed habitats throughout the United States.

Survivalist: It is common near seashores, thriving in dry, sandy alkaline soil.

Survivalist: It self sows easily and thrives in open sunny places.

Survivalist: Mullein is a striking plant and, although not common in flower gardens, could be a welcome addition.

Survivalist: During its first growing season, a rosette of large, pale green leaves forms close to the ground.

Survivalist: In its second year, a tall stalk rises, measuring four to eight feet, with new leaves, smaller and smoother, forming on alternate sides up the stalk.

Survivalist: The top foot of the stalk supports many small five-petaled yellow flowers which bloom between June and September.

Survivalist: Are there any questions up to this point?

Survivalist: Mullein Flower Oil is a specific for earaches and swollen glands.

Survivalist: Mullein is well-known as a medicinal herb which has been used for centuries. The Greek physician, Dioscorides, mentioned the benefits of Mullein for "old coughs."

Survivalist: Mullein is high in vitamins A, D, and B-complex, iron, potassium, magnesium, and sulphur.

Survivalist: It has narcotic properties without being poisonous or addictive, as well as mucilaginous leaves and antibiotic properties.

Survivalist: It also contains tannins which account for its ability to reduce swelling.

Survivalist: Mullein is best known as one of the safest and most effective herbs known for cough remedy.

De-lizard: hi

Survivalist: It is an expectorant and has a tonic effect on the lungs.

Survivalist: Pieces of fresh leaf may be chewed up and eaten.

Survivalist: hi delizard welcome to the chat

Survivalist: The taste is not unpleasant, however the fine hairs can irritate the throat.

Survivalist: Ingesting the leaf will have a noticeable loosening effect.

Survivalist: If you are slightly asthmatic and are out on a hike, and feel that familiar tightening of the bronchi, chew a piece of mullein leaf. It will help.

Survivalist: Mullein has a mild sedative effect on the lungs, gently relaxing the bronchi.

Survivalist: Many Indian cultures and tribes mixed dried mullein leaves with coltsfoot to smoke as a cure for asthma, bronchial troubles, and coughs.

Survivalist: In Appalachia, the leaves are still smoked today.

Survivalist: The flowers have an even stronger effect of relaxation and sedation than the leaves.

Survivalist: They should be gathered individually. This takes a long time.

Survivalist: Good medicine is to high grade the flowering tips, carefully choosing the part at the top of the stalk.

Survivalist: Choose the part that is completely ringed with open yellow flowers and nearly open yellow buds.

Survivalist: Take no more than 3/4 to 1 inch of the tip.

Survivalist: Allow time to debug. Bugs love this plant. After they have all gone, a wonderful mullein oil can be made.

Survivalist: Steeped Mullein Oil is wonderful for anesthetizing pain from earaches and should be warmed slightly before application in the ear canal.

Survivalist: For more anti-microbial/viral effect, a garlic clove can be smashed and added to infuse in the oil.

Survivalist: The plain oil, without garlic, is a wonderful healing agent for scrapes, scratches, and rug or mat burn.

Survivalist: Regular use helps make the skin more pliable and less susceptible to tearing or scrapes.

Survivalist: Mullein leaves may be dried, ground, or crumbled to provide a light base for herbal smoking mixtures.

Survivalist: Since Mullein has a special affinity for respiratory organs, it is valuable for all pulmonary complaints.

Survivalist: It has a great opening effect on the lungs which is enhanced when combined with small quantities of lobelia.

Survivalist: Heated leaves were used in poultices for arthritis both by the Lenape as well as country folk in the South.

Survivalist: Internally, drinking mullein leaf tea addresses coughing fits, which disappear nicely after a cup or two.

Survivalist: Be sure to strain the hairs with a fine cloth.

Survivalist: This herb is very toning to the mucous membranes of the respiratory system.

Survivalist: A tea of the flowers make an even more relaxing, sedating form of medicine.

Survivalist: For coughs, mullein combines very well with the bark of cherry tree.

Survivalist: The tea is also good for diarrhea and has been used as a compress for hemorrhoids.

Survivalist: The freshly bruised or dried leaves can be boiled in water.

Survivalist: They create a healing poultice used to reduce swelling in localized areas and to begin the healing process in cases of wounds.

Survivalist: At the end of the plant's first year, the root can be used to tone the urinary tract, and especially the trigone muscle at the bottom of the bladder.

Survivalist: This is a most valuable remedy, especially when combined with Cholla cactus root.

Survivalist: The roots' tonic can be ingested either a tea or extract form.

Survivalist: Mullein is usually administered as an infusion, either orally, as a wash for skin problems, or as a fomentation.

Survivalist: It can also be made into a soothing, healing ointment.

Survivalist: Dr. John Christopher (1909-1983), a famous Master Herbalist and Naturopathic doctor, considered Mullein extremely valuable and used it in many of his formulas.

Survivalist: The Mighty Mullein, a most versatile plant, deserves its place in the herb garden.

Survivalist: Does Anyone have a question?

Survivalist: Cultivation and Harvest

Survivalist: Mullein is easy to grow in the garden.

Survivalist: The seeds, which are small and will germinate in approximately ten days, need to be sown on the surface of roughed up soil and then compacted.

Survivalist: Seedlings can be thinned or transplanted.

Survivalist: One foot should be left between plants.

Survivalist: Occasional water may be needed when the plants are young.

Survivalist: Otherwise they can tolerate poor soil and hot sun.

Survivalist: Mullein is biennial and will flower and self sow during the second year.

Survivalist: Any questions on Mullein to this point?

De-lizard: no

Survivalist: Harvesting herbs is a pleasant task.

Survivalist: On a sunny morning after the dew has dried, pick the leaves.

Survivalist: The usual rule of the harvest is to pick the leaves just before the plant flowers.

Survivalist: However, since Mullein does not flower until the second year, the leaves can be picked anytime during the first year.

Survivalist: To protect the plant, never pick more than one-third of the leaves.

Survivalist: The flowers should be carefully plucked, individually so as to avoid gathering the toxic seeds, and dried for later use.

Survivalist: The flowers claim sedative and analgesic properties.

Survivalist: Gather Mullein leaves from a plant that has yet to show its stalk.

Survivalist: An interesting note is that the fresh leaves can be used as non-flushable toilet paper or poultices, which some have applied to ulcers, tumors and hemorrhoids.

Survivalist: A Poultice is nothing more than mashed leaves dipped in hot water or not and then placed on skin.

Survivalist: You could also dry the leaves as delicately and sensitively as you did the flowers.

Survivalist: The leaves contain a large amount of mucilage, which makes it a favorite ingredient for teas to soothe colds, coughs, kidneys, and dysentery.

Survivalist: There are no miraculous cures from Mullein tea, however it does seem to comfort colds and itchy throats.

Survivalist: The tea should be thoroughly strained because the dried leaf hairs may irritate the very throat it was meant to comfort.

Survivalist: To dry Mullein leaves, spread them in a single layer on cookie racks or screens, which allow the air to circulate freely.

Survivalist: If dust is a problem, cover with cheese cloth.

Survivalist: Mullein leaves are large and hairy and will take several days to dry.

Survivalist: When the leaves crumble easily, they should be placed loosely in an air-tight container and stored in a cool dry place.

Survivalist: If using a glass bottle, store out of the light.

Survivalist: The roots are said to soothe bladder issues.

Survivalist: The stems have been used as tea for cramps, fevers and migraines, and as torches.

Survivalist: Historically, ancient Roman women used the flowers as a yellow hair dye while Mullein ashes made into soap are rumored to return gray hairs to their original tint.

Survivalist: If there are no questions we will continue on.

Survivalist: For a growing guide and catalog you can contact Horizon Herbs, P.O. Box 69, Williams, Oregon 97544 or call (541) 846-6704 or e-mail: herbseed@chatlink.com

De-lizard: no

Survivalist: Their home page is Homepage:
<http://www.horizonherbs.com>

Survivalist: Mullein has a long folk history but not a great deal of scientific data has been collected.

Survivalist: However, The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicine approves Mullein flower as a drug.

Survivalist: They contain saponins and mucopolysaccharides.

Survivalist: The text above provides information on the chemistry, pharmacology, safety, references, etc. for 100 herbs.

Survivalist: Mullein is a powerhouse of nutrition!

Survivalist: Statistical data compiled on a total of 93 herbs shows that Mullein leaf is the third highest plant in the nutrient iron at 23.6 mg.

Survivalist: Mullein is also high in calcium, chromium, cobalt, magnesium, niacin, phosphorus, silicon, sodium, vitamin A and vitamin C.

Survivalist: The therapeutic actions associated with Mullein are many such as demulcent, emollient, pectoral, nutritive, antiseptic,

Survivalist: anodyne, anticatarrhal, antiasthmatic, antispasmodic, and vulnerary, to name a few.

Survivalist: Let's take a few moments and talk about recipes using Mullein

Survivalist: First we will talk about Tea be it Brewed or Steeped.

Survivalist: Bring the water to just short of boiling then remove it from the heat.

Survivalist: Add 1 to 2 teaspoons of dried Mullein plant material per cup of water.

Survivalist: Let this mixture steep 10-15 minutes.

Survivalist: Strain through a fine cloth to remove plant material and the "hairs" from the leaves.

Survivalist: Mullein is bitter so sweeten it with natural or organic honey.

Survivalist: Lemon can be added for flavor.

Survivalist: For boiled Tea place the plant materials into water and bring water to boil.

Survivalist: Let this steep 10-15 minutes and strain as mentioned above.

Survivalist: Sweeten as desired.

Survivalist: To make cough drops steep 1 cup mullein packed leave in 1 cup boiling water and cover for 1 hour.

Survivalist: Strain well through a fine cloth, reserving the liquid or tea.

Survivalist: Stir in 1 1/3 cups of brown sugar and return to heat.

Survivalist: Boil mixture until it reaches the soft candy stage, then pour out onto a greased cookie sheet.

Survivalist: Score with a butter knife to mark the squares for your lozenges.

Survivalist: Allow to cool completely. Break into individual squares, wrapping each drop in waxed paper.

Survivalist: To make steeped mullein oil weigh the herb tips and record the weight.

Survivalist: Grind to a coarse blend and wet slightly with alcohol, preferably cane or grain alcohol.

Survivalist: Toss like a salad, coating all parts and disbursing the alcohol equally through the ground herb.

Survivalist: Cover with a light cloth and let sit approximately one hour. This is important when making any type of fresh herb steeped oil.

Survivalist: The alcohol will kill most mold spores and bacteria.

Survivalist: When most of the alcohol is evaporated, put the herb in a pan or meat roaster with a variable heat control.

Survivalist: Compress the herb with your hand, but don't overfill the roaster.

Survivalist: Cover with olive oil or a combination of oils.

Survivalist: Let cook at about 105 -110 degrees for at least two days, stirring regularly.

Survivalist: Leave the top askew to allow moisture to escape, as the fresh plant has a bit of water in its flesh.

Survivalist: At the end of this process, strain out and press the plant material, removing as much oil and other liquid as possible.

Survivalist: Let this mixture stand undisturbed for at least a day and then siphon off the oil layer on top from the lower water layer.

Survivalist: And this leads us to the warnings.

Survivalist: Warnings are for toxic seeds and a caution for sensitive skin.

Survivalist: Additionally, Mullein contains some substances of concern to our government and restraint is warranted,

Survivalist: however no anecdotes or urban legends exist to further illuminate the consequences of too much Mullein.

Survivalist: And as always, with any herb be 100% certain of identification.

Survivalist: This concludes this weeks chat session and I hope you will join me again next week when we will study the legal aspects of being a survivalist.

Survivalist: Thank you for coming

De-lizard: ok