

Berlin Wildkräuter/Wild Herb Guide

Spring greens are powerhouses of nutrition and make amazing tonics. Among the wild herbs, there is natural support for the immune system, to decrease inflammation, detoxify and increase circulation.

Locations to forage in Treptower Park: the south - the north grove of the south, and the southside of the carp pond

Plant identification app: <https://plantnet.org/en/>

Beifuss/Mugwort: digestive problems, irregular menstruation, and high blood pressure, also a sedative, laxative, and liver tonic



Berliner Bärlauch/ Wild Garlic: can be used to make pesto, identified with single leaves and no roots



Breitwegerich/Broadleaf Plantain: decreases pain and swelling, decrease mucus, and open airways, also helps kill bacteria and fungi



Brennnesseln/Nettle: helps stress and exhaustion, blood purifier, lowers the blood sugar level, boosts iron levels, can be used to strengthen hair



Echtes Johanniskraut/Perforate St John's-Wort: alleviates migraines, has antibacterial and anti-inflammatory properties



Echte Nelkenwurz/Wood Avens (Wild Cloves): anti-inflammatory, antiseptic, aromatic, astringent, diaphoretic, and tonic, helps with fever



Graukresse/Gray Cress: cress oil obtained from the seeds is used as cooking oil



Grosse klette/ Greater Burdock: is diuretic, diaphoretic, and a blood purifying agent, edible flower buds, leaves edible as a vegetable, tap roots also used for cooking



Gundermann/Ground-ivy: used to treat cold symptoms, allergic rhinitis, bronchitis, asthma, ear infection, sinus infection, eye inflammation



Hagebutten/Rose Hip: used to treat fever, diseases of the kidney and bladder, gout, and rheumatism



Holunder/Elderberry: boosts immune system, to treat fever, burns and rheumatism



Lindenblüten/Linden Blossom: relieves anxiety related to indigestion, irregular heartbeat, and vomiting, used in many cough and cold remedies, promotes sweating to help treat people with fevers.

*Under the village linden trees, there were often benches. Plants and trees used to connect people, the tree had a calming effect. *



Löwenzahn/Dandelion: root extract as a tonic, diuretic, and to relieve constipation, for conditions of the liver, spleen, and kidneys



Roter Hartriegel/Common dogwood: edible berries improves digestion, helps reduce fever, antimicrobial, anti-inflammatory, hepatoprotective and wound healing properties



Schafgarbe/Yarrows: used for fever, common cold, hay fever, absence of menstruation, dysentery, diarrhea, loss of appetite, gastrointestinal issues



Schmalblättriger Doppelsame/ Perennial Wall-Rocket (Wild Arugula): aids digestion, cleanses the blood, can be used to make cough medicine and is an excellent source of vitamin C and potassium



Schöllkraut/Greater Celandine: used to cure eye diseases, for throat cleansing, treatment of ulcers and skin eczema as well as against colic and jaundice



Spitzwegerich/Ribwort Plantain: for respiratory diseases, sore throats, and coughs, used in topical salves for wound-healing and antibacterial effects



Weisser Gänsefuss/White Goosefoot: leaves used against Worm diseases, anti-inflammatory, anti-rheumatic and gently laxative, for insect bites, sunstroke, rheumatism and swollen feet. seeds used for urological problems, root used for inflammatory diarrheal diseases



Wiesen-Sauerampfer/Sorrel: used as a salad green, spring tonic, diarrhea remedy, weak diuretic, and soothing agent for irritated nasal passages, bronchitis and sinus conditions



Wilder Hopfen/Common Hop: has a sleep-promoting and calming effect, used to make beer, lemonade, and to fry

