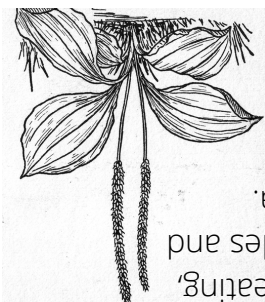




Comfrey
(Symphytum Officinale)
4
Traditional healing medicine that may be used topically on the skin to help rapidly heal surface wounds, bruises and relieve pain. Use caution with deep wounds.



Plantain
(Plantago Major)
5
healing plant that may be used topically on skin to treat bites, stings, rashes and blood poisoning. You can chew or mash leaves and apply mash to area affected. Also useful for treating fevers, wrinkles and eczema.

Calendula
(Calendula officinalis)
3

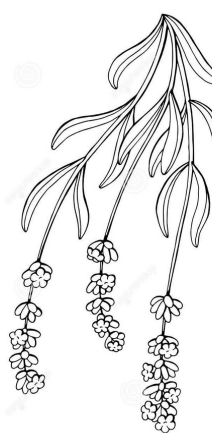
A gentle plant medicine that may be used as a treatment for cuts, scrapes, sunburn, windburn, rashes, and redness of skin.

It has antifungal, anti-inflammatory, and antibacterial properties that might make it useful in healing wounds, soothing eczema, and relieving diaper rash



2 Harriet Tubman, master herbalist, and wildcrafter used her vast knowledge of plants to feed, heal and treat Africans that had been enslaved in America on their journey to freedom on the Underground Railroad. She also was a healer and medic that helped many black and white soldiers in the Union army and led many spy operations including the Combahee Ferry Raid which led to the freedom of over 700 Africans who had been enslaved, during the Civil War.

(inspired by *Farming While Black*, Leah Penniman)

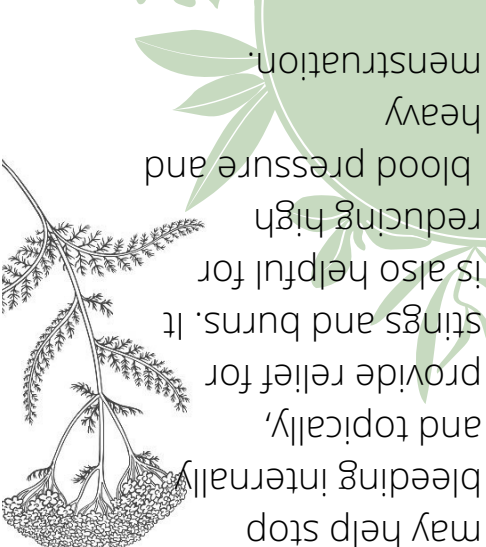


Lavender
(Lavandula angustifolia)
6
A soothing plant that is good at relieving stress, anxiety, insomnia, and treating minor cuts and burns. The flowers can be used in teas and drinks.

Summer Project Zine

FEED OURSELVES TO FREE OURSELVES PROJECT

Know Your Herbs, like Harriet



Yarrow
(Achillea Millefolium)
7
An ancient medicinal plant that may help stop bleeding internally, and topically, provide relief for stings and burns. It is also helpful for reducing high blood pressure and heavy menstruation.

8

