



Leave the weeds!  
Wild herbs in your garden

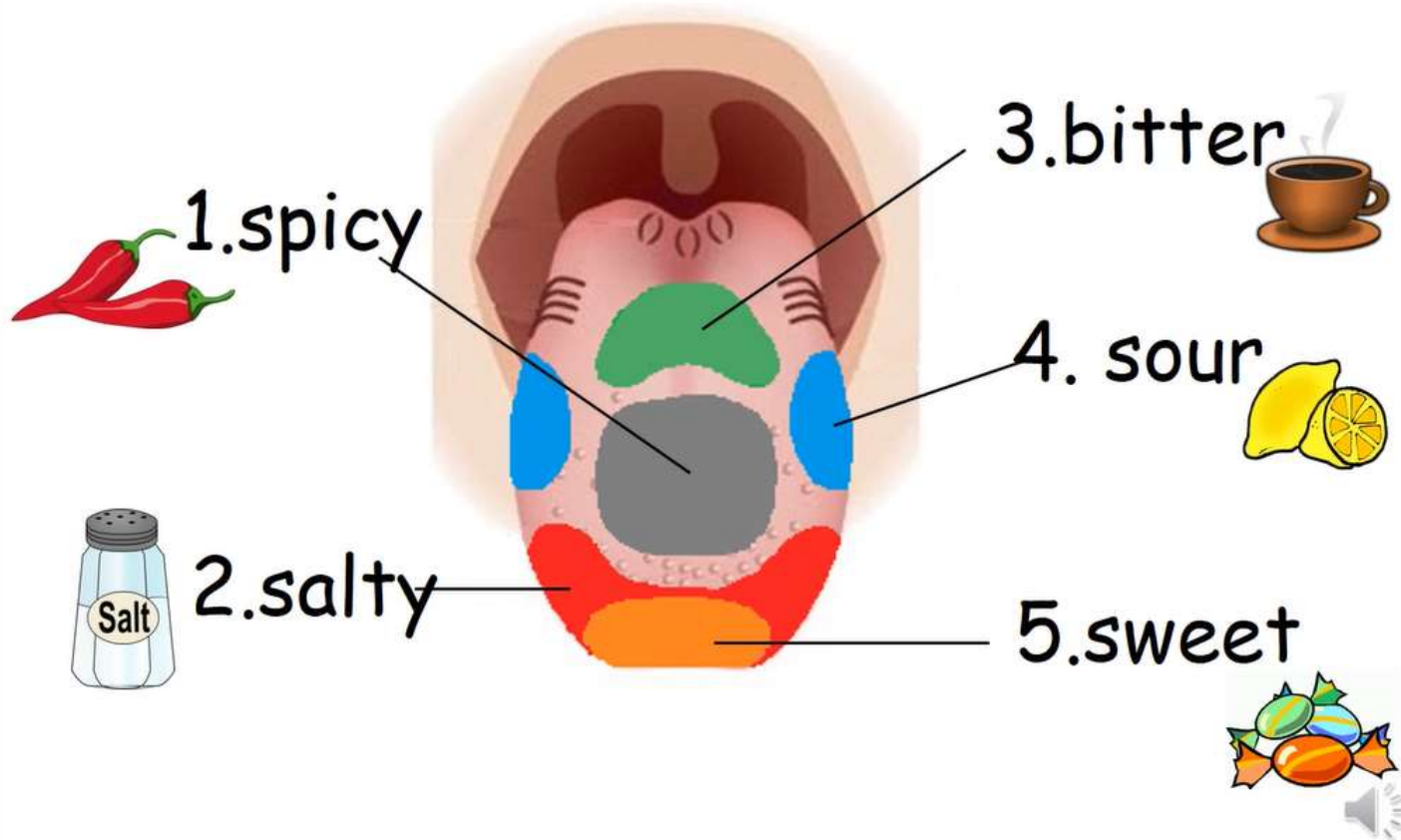






# Taste

We Have Five Tastes



# Taste and plants

- We can use the five tastes as a means of assessing the presence of phytochemicals in our food.
- Taste is one of the most significant primal ways we can experience a plant. If we taste a plant that burns or stings or is unbearably bitter we will instinctively spit it out.



# Sweet

- **Sweet**- indicates carbohydrates including polysaccharides, which assist in healing the immune system, reproductive system, blood clotting and development and blood sugar regulation. Mucilage and inulin also help balance blood sugar and act as expectorants e.g licorice



# Sweet & soapy

- **Sweet** but soapy usually indicates saponins
- Saponins help to protect the human body against cancers
- lower cholesterol
- decrease blood lipids
- lower blood glucose response.



# Sweet & Slimy

- **Slimy**- indicates mucilage which has demulcent and expectorant properties and is soothing and healing to inflamed tissue e.g. marshmallow





# Sour

- **Sour** – indicates citric or oxalic acid, these can have an astringent or drying effect, they often have an affinity for the kidney and urinary tract and reduce inflammation e.g. sorrel



# Astringent

- **Astringency** – indicates tannins which dry and tighten tissues e.g. raspberry leaves, witch hazel



# Bitter

- **Bitter**- indicates the presence of bitter principal, which has a tonic action. Bitter stimulate the flow of bile and stomach acid, bringing blood to the area and helping the cells expand and contract, toning and strengthening the area.





# Bitter

- Many constituents are bitter including alkaloids, anthraquinone laxatives, cyanogenic glycosides, which are sedative and antispasmodic, flavanoids, flavones and isoflavones which have oestrogenic effects. e.g. dandelion, chicory, endive



# Pungent

- **Pungent or spicy**  
indicates volatile oils  
which have antiseptic,  
anti-inflammatory,  
expectorant and  
carminative  
properties e.g.  
nasturtium, rocket



# Salty

- **Salty** –indicates the plant is rich in minerals, high iron can make your teeth feel furry or your tongue taste metallic, high calcium can make your mouth feel chalky e.g. seaweed





# Numbing

- **Numbing** – indicates the presence of antibacterial or antiseptic properties. It can also indicate neurotoxicity e.g. cloves, toothache plant



# Swamp dock *Rumex brownii* or Yellow Dock *rumex crispus*



- Sour & Bitter
- Bowel tonic as it stimulates bile and peristalsis from bitter and tones from astringent from tannins which are sour
- Consider for chronic constipation, Crohn's disease, ulcerative colitis

# Paddys Leucern

- Sweet & slimy
- Contains mucilage
- Helps with inflammation, expectoration and immunity
- Also has tannins (astringent) can be used for diarrhoea





# Wormwood

- Bitter
- Helps stimulate the digestion
- Antiparasitic



# Cat's ear *Hypochaeris radicata*



- Bitter
- Consider for fungal and bacterial infections (comparable to amphotericin)

# Blue Top *Ageratum conyzoides*



- Numbing
- Topical analgesic – use for bee stings, tick and ant bites
- BHP in healthy men
- Antimicrobial

May combine with wild crafted nettle (also available in SE QLD)



# Lantana *Lantana Spp*

## *Lantana camara*



- Pungent
- High in volatile oils
- Antibacterial – esp in staph and e.coli (gastroenteritis)
- Tick and pests

# Purslane *Portulaca oleracea*



- Sweet, slimy, sour
- Skin and wound healing
- Inflammatory bowel disease
- Insomnia (comparable to diazepam)
- May be used as an alternative to slippery elm

# Cranberry Hibiscus

- Sour
- Astringent
- Immune stimulating
- Lowers blood pressure and cholesterol







CELEBRATING  
OUR HERBAL  
COMMUNITY

**\$15**  
ENTRY  
KIDS FREE

# SUNNY COAST HERBFEST

herbal market stalls - remedies, products &  
seedlings | speakers | workshops | live music  
food and drinks | kids corner

**Sunday June 5**  
10am - 1pm

Coolum Primary  
School,  
Barns Lane

*Everyday  
Empowered*

Tickets [everydayempowered.com.au](https://everydayempowered.com.au)