

A detailed illustration of an acacia branch with its characteristic bipinnate leaves and small, round seed pods, rendered in a light green color. The branch is positioned on the left side of the page, extending upwards and outwards.

FRIENDSHIP

Acacia

Acacia senegal

Plant History:

When the Moors went to harvest gum acacia trees in the Middle Ages, it was said they could survive almost entirely off it. The gum of acacia was known for being very nutritious.

Usage:

Gum acacia is a **demulcent**, a term used in herbalism for an herb that soothes irritated tissues*. You can find this tree gum featured in traditional European syrups.



GRATITUDE

Agrimony

Agrimonia eupatoria

Plant History:

Agrimony is from the word Argemone, a Greek name which stands for plants that are healing to the eyes.

Usage:

Agrimony leaves are known as an astringent in herbalism, which means they tone and tighten tissue*. You can find it in traditional mouth-wash recipes as well as topical treatments like oils and baths. The plant is also used for natural dyes and can yield an array of different yellow hues.



INSPIRATION

Angelica

Angelica archangelica

Plant History:

Angelica is said to have appeared with an angel to a monk in a dream, revealing a plant formula to aid in the fight against the bubonic plague. Historically, the name is said to be related to Michael the Archangel because the plant blooms on or near his official day. Therefore, it was believed that the entire plant was capable of warding off spells and witchcraft.

Usage:

The whole plant is known as a carminative in herbalism, which means it promotes digestion by relieving gas*. It also has some bitter and aromatic properties, which help stimulate digestion*. Angelica is traditionally used in European spirits and cocktails like vermouth and chartreuse. Around the world this plant is cooked into breads, syrups and other sweet treats.



HOPE

Hawthorn

Crataegus monogyna

Plant History:

Hawthorn was hung over doorways in medieval times to protect against evil spirits. Some people believe it was the crown of thorns that Jesus Christ wore.

Usage:

The berries on the hawthorn tree are considered a tonic that is specifically used to promote heart health*. It can be prepared as a tea, jam, tincture or even as an herbal cocktail.



FESTIVITY

Parsley

Petroselinum crispum

Plant History:

Parsley was well-respected by many cultures, especially by the Greeks. It was said to have grown from the blood of a Greek hero, Archemorus, who was known as the forerunner of death, and it could be found at the tombs of those who've passed. However, it was not just for the dead; the herb was also associated with Hercules and was given as a garland to winners of athletic competitions.

Usage:

It's commonly used in Europe, often as a tea, to promote bladder and kidney health*.