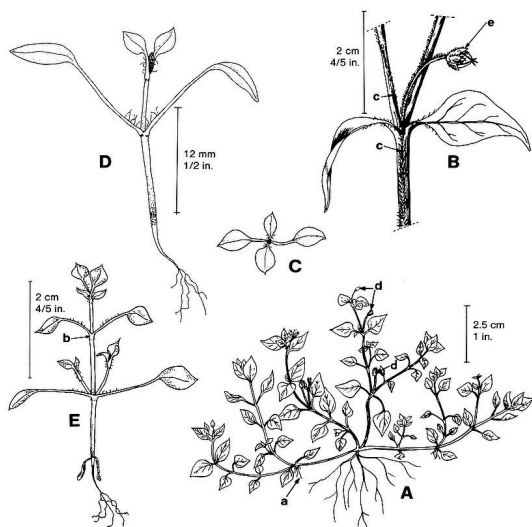


# Chickweed



**Scientific name:** *Stellaria media*

**Other names:** Vogelmuur

**Plant family:** Caryophyllaceae

Carnation/Pink family

**Plant type:** Annual

**Appearance:** Low growing (10cm), spreading (to 50cm), light green foliage with tiny star white flowers.

Single line of hairs growing down the stem.

**Growing conditions:** Soil - Light (sandy), medium (loamy) and heavy (clay).

pH - Acid, neutral and basic (alkaline) soils.

Semi-shade (light woodland) or full sun.

Prefers moist soil.

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## Properties

Astringent, carminative, demulcent, diuretic, expectorant, emollient, laxative, refrigerant, vulnerary.

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## Medicinal Uses

Skin Itchiness - Chickweed vinegar, chickweed infusion baths, poultice, juice.

Skin wounds, warts & eye infections - poultice.

Some reproductive uses.

Rheumatic and muscle pains - external and internal.

Not used in pregnancy.

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## Foraging Notes

Easy to find throughout the year, even in midwinter unless very harsh weather.

Midsummer is difficult for this little plant - it will dry out, set seed and often disappears.

Very easy to grow in clean soil, from collected seed.

Contains saponins which are toxic in large quantities so don't eat too much raw. Cooking breaks the saponins down.

Very tasty, mild flavour, good in salad, smoothies, teas, pesto etc.

Toxic look-a-like: Petty spurge (*Euphorbia peplus*)

