

herb Bennet

Geum urbanum (Family Rosaceae)



Very rich in tannins, purple root. Therefore, a decoction is very suitable as a gargle for sore throat.



It can be found all year round, its basal leaves (leaf rosettes) press against the ground even under the snow cover



The burdock-like fruits like to get stuck in animal hair (spreading tactic!)



Picture: left herb bennet, right poisoness toxic celandine. It has yellow / orange milk.

