

SEEDRIORU SÖÖDAVAD- JA RAVIMTAIMED SEEDRIORU EDIBLE AND MEDICINAL PLANTS



Lõhnav kummel (Pineapple Weed)

- Flowerheads edible raw
- Flowers smell like pineapple when squeezed
- Can be made into a chamomile-like tea
- Can be sprinkled on meat to reduce spoilage



Punane/Valge Ristik (Red/White Clover)

- All but roots edible raw
- Best cooked or dipped in saltwater
- Can grind into flour



Harilik härjasilm (Oxeye Daisy)

- Roots and young leaves edible raw
- Unopened flower heads are tasty and can be made into capers



Võilill (Dandelion)

- All parts are edible raw
- Older leaves are better boiled
- Roots best cooked with baking soda
- Good source of potassium, vit A, vit C



Seeder (Cedar)

- MEDICINAL
- Leaves used as tea when boiled
- Treats fevers, chest colds, and flu-like symptoms



Sirge Jänese kapsas (Common Yellow Wood-Sorrel)

- Leaves and flowers are edible raw, good in salads
- Tastier and less bitter when cooked
- Have a sour flavour



Nõmmeliivatee (Wild Thyme)

- Used as a flavouring for food
- Can be dried and made into tea
- MEDICINAL use as an oil rub for rheumatism, bronchitis or coughs

Raudrohi (Yarrow)

- MEDICINAL
- Leaves used as poultice or tea
- Treats internal bleeding, toothaches, digestive issues and pain

Suur Teeleht (Common Plantain)

- Young leaves edible raw
- Older leaves better cooked and fibres removed
- Seeds can be ground into flour
- Crushed leaves make a MEDICINAL poultice to treat sores, blisters, stings, swelling and bug bites
- Staunches bloodflow, anti-itch



Harilik Sigur (Chicory)

- Leaves edible raw or cooked
- Flower heads edible (best cooked)
- Roots can be used as a coffee substitute when roasted



Metsporgand (Queen Anne's Lace/Wild Carrot)

- Roots (raw or cooked) taste carrot-like
- BEWARE of similar Poison Hemlock!



Käbihein (Self-Heal or Heal-All)

- Young leaves and stems edible raw
- Used in salads or boiled as potherb
- MEDICINAL use when brewed as infusion for colds