

# ECHINACEA

A MEDICINIAL HERB PART OF THE DAISY FAMILY

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**FUN FACT: NATIVE AMERICANS USED ECHINACEA FOR 400 YEARS AS THEY BELIEVED IT WAS A "CURE-ALL" PLANT!**

## COMMON USES

Echinacea has traditionally been used to treat or prevent colds, flu, and other infections. Echinacea is believed to stimulate the immune system to help fight infections.



## HARVESTING AND STORAGE

Using a sharp knife, cut the plant at the point where the first healthy leaves are growing. Lay the tops on a screen or hang them upside down in bundles out of direct sunlight. Make sure they aren't crowded so that air can't circulate around them. When completely dry, the leaves will crumble when touched. Store them in glass jars with tight fitting lids in a cool, dry place.

## FEATURED RECIPE

### HOT GINGER ECHINACEA LEMON TEA

#### INGREDIENTS

- 2 cups of boiling water
- 1 teaspoon of dried echinacea
- 1 teaspoon of finely chopped fresh ginger
- 1 lemon's worth of lemon juice
- 1 teaspoon of honey

