

# HERBAL WALL CALENDAR 2012



brought to you by  
Henriette Kress, herbalist, Helsinki  
<http://www.henriettesherbal.com>

Use the advice in the herbal notes together with your common sense: none of it is intended to replace a visit with your primary health care provider.



<http://www.henriettesherbal.com>

# JANUARY 2012



*Urtica dioica*, stinging nettle.

To do \_\_\_\_\_

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Notes

Pick young stinging nettles as a wild green in spring, pick older plants for a herbal tea in summer, and pick the seed in fall as an adrenal tonic.

| Week | Sunday | Monday | Tuesday                                                                                | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|----------------------------------------------------------------------------------------|-----------|----------|--------|----------|
| 1    | 1      | 2      | 3                                                                                      | 4         | 5        | 6      | 7        |
| 2    | 8      | 9      | 10  | 11        | 12       | 13     | 14       |
| 3    | 15     | 16     | 17                                                                                     | 18        | 19       | 20     | 21       |
| 4    | 22     | 23     | 24  | 25        | 26       | 27     | 28       |
| 5    | 29     | 30     | 31                                                                                     |           |          |        |          |

# FEBRUARY 2012



*Aesculus hippocastanum*, horse chestnut.

To do \_\_\_\_\_

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Notes

Use horse chestnut oil or salve for varicosities and hemorrhoids. Make your own using the leaf or unripe seed. Good for new moms too!

| Week | Sunday | Monday | Tuesday                                                                                | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|----------------------------------------------------------------------------------------|-----------|----------|--------|----------|
| 5    |        |        |                                                                                        | 1         | 2        | 3      | 4        |
| 6    | 5      | 6      | 7   | 8         | 9        | 10     | 11       |
| 7    | 12     | 13     | 14                                                                                     | 15        | 16       | 17     | 18       |
| 8    | 19     | 20     | 21  | 22        | 23       | 24     | 25       |
| 9    | 26     | 27     | 28                                                                                     | 29        |          |        |          |

# MARCH 2012



*Mahonia aquifolium, Oregon grape.*

To do \_\_\_\_\_

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Notes

The root is a nice bitter. It's also good for allergies, provided you have low blood pressure. If the leaf vein is yellow you can use the leaf, too.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 9    |        |        |         |           | 1        | 2      | 3        |
| 10   | 4      | 5      | 6       | 7         | 8        | 9 ○    | 10       |
| 11   | 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 12   | 18     | 19     | 20      | 21        | 22       | 23 ●   | 24       |
| 13   | 25     | 26     | 27      | 28        | 29       | 30     | 31       |

# APRIL 2012



*Capsella bursa-pastoris*, Shepherd's purse.

To do \_\_\_\_\_

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Notes

The green parts are very good to stop bleeding. If the dried plant is fresh enough it is used by midwives as an oxytocin enhancer.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 14   | 1      | 2      | 3       | 4         | 5        | 6 ○    | 7        |
| 15   | 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 16   | 15     | 16     | 17      | 18        | 19       | 20     | 21 ●     |
| 17   | 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 18   | 29     | 30     |         |           |          |        |          |



MAY 2012

*Taraxacum officinale, dandelion.*

To do \_\_\_\_\_

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Notes

The fresh flower oil is excellent as a rub on sore muscles, especially if they're sore from anger or frustration. The flower essence brings joy.

| Week | Sunday  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|---------|--------|---------|-----------|----------|--------|----------|
| 18   |         |        | 1       | 2         | 3        | 4      | 5        |
| 19   | 6<br>○  | 7      | 8       | 9         | 10       | 11     | 12       |
| 20   | 13      | 14     | 15      | 16        | 17       | 18     | 19       |
| 21   | 20<br>● | 21     | 22      | 23        | 24       | 25     | 26       |
| 22   | 27      | 28     | 29      | 30        | 31       |        |          |

# JUNE 2012



*Matricaria recutita*, German chamomile.

To do \_\_\_\_\_

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Notes

A great herb to calm tummies and nerves and soothe menstrual pain.  
And exceptionally good at removing cravings for attention.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 22   |        |        |         |           |          | 1      | 2        |
| 23   | 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 24   | 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 25   | 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 26   | 24     | 25     | 26      | 27        | 28       | 29     | 30       |



# JULY 2012

*Lilium pensylvanicum*, a lily.

To do \_\_\_\_\_

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Notes

A fresh lily flower tincture (1:2 95 %) can help with infertility.  
Use drop doses only. Also give it a try for menstrual problems.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 27   | 1      | 2      | 3 ○     | 4         | 5        | 6      | 7        |
| 28   | 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 29   | 15     | 16     | 17      | 18        | 19 ●     | 20     | 21       |
| 30   | 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 31   | 29     | 30     | 31      |           |          |        |          |

# AUGUST 2012



*Crataegus rhipidophylla*, a hawthorn.

To do \_\_\_\_\_

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## Notes

The flowers and berries strengthen the heart but slow the pulse.  
Hawthorn also gives courage.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 31   |        |        |         | 1         | 2 ○      | 3      | 4        |
| 32   | 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| 33   | 12     | 13     | 14      | 15        | 16       | 17 ●   | 18       |
| 34   | 19     | 20     | 21      | 22        | 23       | 24     | 25       |
| 35   | 26     | 27     | 28      | 29        | 30       | 31 ○   |          |

# SEPTEMBER 2012



*Juniperus communis, juniper.*

To do \_\_\_\_\_

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## Notes

The ripe blue berries can be used as a bitter (chewed), as a cough tea, as a urinary tea, and as a diuretic (tincture).

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 35   |        |        |         |           |          |        | 1        |
| 36   | 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| 37   | 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| 38   | 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| 39   | 23/30  | 24     | 25      | 26        | 27       | 28     | 29       |

# OCTOBER 2012



*Hypericum perforatum, imperforate St. John's wort.*

To do \_\_\_\_\_  
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Notes

An oil of the fresh flowering tops is excellent on bruises and similar. A tincture of fresh or recently dried flowering tops helps the nerves.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 40   | 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| 41   | 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 42   | 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| 43   | 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 44   | 29     | 30     | 31      |           |          |        |          |



# NOVEMBER 2012

*Potentilla megalantha*, a cinquefoil.

To do \_\_\_\_\_

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## Notes

The leaf, eaten regularly, will stop you from being swayed to do things which don't rhyme with your reason. You get courage and grow elbows.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 44   |        |        |         |           | 1        | 2      | 3        |
| 45   | 4      | 5      | 6       | 7         | 8        | 9      | 10       |
| 46   | 11     | 12     | 13      | 14 ●      | 15       | 16     | 17       |
| 47   | 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 48   | 25     | 26     | 27      | 28        | 29 ○     | 30     |          |



*Achillea millefolium*, yarrow.

To do \_\_\_\_\_  
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Notes

Chew the thicker brownish roots of yarrow for toothache. The ache will disappear within 15 minutes. Visit your dentist if the ache returns.

| Week | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|--------|---------|-----------|----------|--------|----------|
| 49   | 2      | 3      | 4       | 5         | 6        | 7      | 1/8      |
| 50   | 9      | 10     | 11      | 12        | 13       | 14 ●   | 15       |
| 51   | 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| 52   | 23     | 24     | 25      | 26        | 27       | 28 ○   | 29       |
| 01   | 30     | 31     |         |           |          |        |          |

# IMPORTANT TASKS



*Taraxacum officinale*, dandelion.

**Task** \_\_\_\_\_

**Why do it** \_\_\_\_\_

**To do next** \_\_\_\_\_

**And then** \_\_\_\_\_

**Need these** \_\_\_\_\_

**Notes** \_\_\_\_\_

**Task** \_\_\_\_\_

**Why do it** \_\_\_\_\_

**To do next** \_\_\_\_\_

**And then** \_\_\_\_\_

**Need these** \_\_\_\_\_

**Notes** \_\_\_\_\_

**Task** \_\_\_\_\_

**Why do it** \_\_\_\_\_

**To do next** \_\_\_\_\_

**And then** \_\_\_\_\_

**Need these** \_\_\_\_\_

**Notes** \_\_\_\_\_

**Task** \_\_\_\_\_

**Why do it** \_\_\_\_\_

**To do next** \_\_\_\_\_

**And then** \_\_\_\_\_

**Need these** \_\_\_\_\_

**Notes** \_\_\_\_\_



*Helianthus annuus, sunflower.*

To do \_\_\_\_\_  
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Notes

Usually we use the seed, but you can make a mineral-rich tea of the leaves. The petals are nice decorations in summery drinks.

**Daily**

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**Monday**

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**Tuesday**

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*Helianthus annuus, sunflower.*

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Notes

**Thursday**

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**Friday**

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**Saturday**

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**Sunday**

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*Rhaponticum carthamoides*, maral root.

**I'm working on a translation of my Finnish book "Käytännön lääkekasvit".**

It will be available this fall. You can find out all about it here:

<http://www.henriettesherbal.com/articles/pract-herbs.html>

Currently it looks like the price for the book will be US\$ 25.00.

A .pdf will be available at US\$ 4.50.

Details: ISBN 978-952-67575-0-6, soft cover, bound, 150 pages.

My older books in Finnish have been sold out for years and are now almost impossible to find. Buy this one before it, too, is all sold out and almost impossible to find!



<http://www.henriettesherbal.com>