

Goldenrod



The Forager's Path School of Botanical Studies

Foundations of Herbal Medicine

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Solidago spp.

Family Asteraceae

Common Names- Liberty Tea, Blue Mountain Tea , Goldenrod

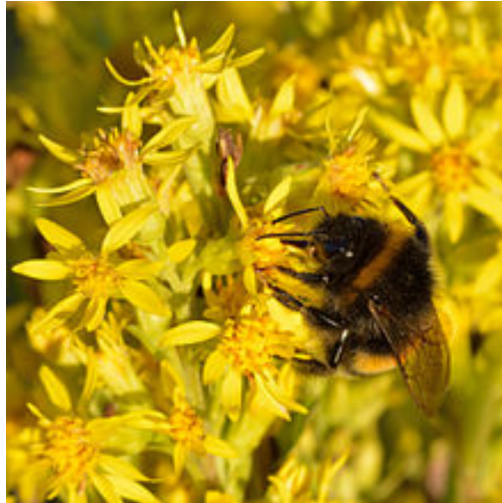
The genus name *Solidago* is derived from the Latin verb *solidare*, which can be translated "to make whole." Goldenrod received this appellation due to its reputation through the ages as a wound-healing drug. This also explains why goldenrod has sometimes been referred to as "woundwort" during its long history as a folk remedy.



Culture

Goldenrod is the state flower of Kentucky and Nebraska. It is the state wildflower of South Carolina and sweet goldenrod (*Solidago odora*) is the state herb of Delaware.

Native Americans chewed the leaves of goldenrod to treat a sore throat and chewed the root to treat a tooth ache.



Goldenrod is a common wildflower in North America. It is pollinated by insects rather than the pollen being spread by the wind.

Interesting note- one morning while I was picking goldenrod in a field at sunrise, I found that many of our native bees seemed to be “roosting” in the clusters of flowers. There were other insects there as well, both on the stems and in the flowers.

Some of the varieties found in AZ

Solidago altissima up to 5ft tall

Solidago canadensis up to 6ft tall

Solidago decumbens below 10in tall

Solidago missouriensis up to 3ft tall

Solidago multirostrata up to 16in tall

Solidago sparsiflora up to 2 ft tall

Myths

Contrary to popular belief, goldenrod does not play a significant role in triggering hay fever reactions. This myth probably developed due to the fact that goldenrod blooms around the same time and in the same places as the ragweed responsible for most seasonal allergies.



Ragweed



Goldenrod

Studies of goldenrod pollen indicate that it is not a potent allergen for most people. However, it is in some. Goldenrod is also a very potent anti-allergic herb for sufferers of hay **fever** .



Growth habits

Perennial

Hills, north facing slopes, woods, meadows, forests, and rocky terrain, creek beds.

Propagation is by wind-disseminated seeds or by spreading underground rhizomes which can form colonies of vegetative clones of a single plant.

They are mostly short day plants and bloom in late summer and early fall.

Plants may be low-growing with a creeping growth habit to tall, vertical growth habit with stems six feet tall. There are many cultivated species used by gardeners and florists.

History

Inventor Thomas Edison experimented with goldenrod to produce rubber which it contains naturally. Edison created a fertilization and cultivation process to maximize the rubber content in each plant. His experiments produced a 12-foot-tall plant that yielded as much as 12% rubber. The tires on the Model T given to him by his friend Henry Ford were made from goldenrod.

Extensive process development was conducted during World War II to commercialize goldenrod as a source of rubber. The rubber is only contained in the

leaves, not the stems or blooms. Typical rubber content of the leaves is 7%. The resulting rubber is of low molecular weight, resulting in an excessively tacky compound with poor tensile properties.

Quotes

David Hoffmann says:

“Golden Rod is perhaps the first plant to think of for upper respiratory catarrh, whether acute or chronic, It may be used in combination with other herbs in the treatment of influenza.”

Matthew Wood has greatly popularized Solidago in the treatment of allergies, especially animal dander related allergies and says:

“I know of no better remedy for cat allergy. Boericke describes the characteristic eye symptoms: ‘red, injected, watery, stinging, burning.’ The eyes of the Solidago patient look like a person who has just gotten out of a swimming pool. There is a generalized redness of the conjunctiva. There are not the bright red blotches of Euphrasia, or the bloodshot appearance of Ambrosia. With this there is congestion, sneezing and running of the nose, redness and irritation of the skin. Solidago often has welts from allergy, a fact not mentioned in the literature I have seen.”

In a more general nervine sense, Maria Treben said that:

“Golden Rod proves its worth as a medicinal plant which influences the human emotions most favourably. It should therefore be drunk without delay in cases of disappointments and emotional stress. We feel the soothing effect of this plant almost like a calming and caressing hand in severe emotional stress. Even the sight of the Golden Rod in nature has a quieting effect on us. We should be thankful that there grows a plant around us which can bring us such comfort.”

Amanda Wilson, first told me of her discovery that Goldenrod elixir is really wonderful for SAD and general cold, gloomy blues. In the couple of years since then, I've had the opportunity to work with Goldenrod many times in this capacity, and it never fails to work small but significant miracles where clearly indicated. It works very well in many cases of mild to moderate depression, especially where there is seasonal sensitivity and general feelings of coldness, frustration and a feeling of being paralyzed by cold weather or more specifically, lack of sunlight (and don't forget the Vit D too in such cases). I am also very fond of it in where digestive stagnation is causing feelings of sadness, stuckness and potential despair, and in such situations often team it up with Rose and Ginger.

Goldenrods are, in some places, considered a sign of good luck or good fortune.



Energetics

Warm, Dry, stimulating

Origins

So far there are about 100-120 species of salidago known and it is found throughout North America, Europe, Asia, North Africa. It is believed that most medicinal goldenrod originated in Bulgaria, Hungary, Poland and other eastern European countries

Plant parts used

Flowers, Flower Buds, Leaves, Roots



Medicinal Uses (past and present)

Kidney stones, Urinary tract infections, Sore throat, Allergies, Drippy cold, Hay fever, Increases flow of urine, Fatigue , Anti-inflammatory, Antispasmodic, Hemorrhoids, Diabetes, Asthma, Rheumatism, Enlarged prostate, Infection of mouth or throat, External wounds

Actions-

digestive bitter

alterative (gradually restoring healthy bodily functions)

stimulant and relaxant nervine

diaphoretic (producing perspiration)

astringent (contracting; constrictive)

digestive aromatic and carminative (reduces gas)

diuretic (increasing the volume of the urine excreted)

vulnerary (used to promote the healing of wounds)

anti-inflammatory (reduces inflammation)

bacteria-balancing (sometimes call anti-infective)

Constituents

Most experts believe that goldenrod's ability to increase urine production is due to the presence of flavonoids and saponins, which stimulate the kidneys to release fluid. Another chemical in goldenrod, a phenolic glycoside called leiocarposide, may be responsible for goldenrod's anti-inflammatory effects. In one study of *Solidago virgaurea* involving rodents, researchers from Cairo University found that the anti-inflammatory activity of goldenrod was comparable to that of diclofenac, a nonsteroidal anti-inflammatory drug (NSAID) prescribed for conditions such as **rheumatoid arthritis** . The tannins in goldenrod have been associated with astringent properties. The herb also contains a small amount of essential oil.

Edible parts: All aerial parts of the plant can be used. The flowers are edible and make attractive garnishes on salads. Flowers and leaves (fresh or dried) are used to make tea. Leaves can be cooked like spinach or added to soups, stews or casseroles. Leaves can be blanched and frozen for later use in soups, stews, or stir fry throughout the winter or spring

Preferred Preparations

Fresh flower or flowering tops tincture, flower infused honey, root tincture, infusion or strong tea of dried leaves or flowering tops, flower or flowering tops infused oil, flower elixir

Preparations and recipes

Ingredients

Fresh picked goldenrod flowers

Extra virgin olive oil

Mason jar

Instructions

Stuff as many fresh-picked goldenrod flowers as possible into a sterilized mason jar. Slowly pour enough extra virgin olive oil into the mason jar to thoroughly cover the flowers. Make sure you get all the air bubbles out by poking a skewer into the mixture several times. Seal tight.

Allow the mixture to sit for about six weeks so that all the healing properties from the flowers can be absorbed into the oil. After minimum six weeks, strain it through a cheesecloth.

Goldenrod oil is used topically for muscle cramps, including uterine cramps. It is also good for sore muscles including neck muscle soreness.

Interesting Note:

Goldenrod oil essential oil (not the above homemade version) is used as an antiseptic and an anti-inflammatory ointment. Good for the circulatory system, a massage with goldenrod essential oil works well for various aches and pains. The oil is also good for the skin, and is effective in healing various skin conditions.

Ingredients

Fresh Goldenrod leaves and flowers

Pasteurized apple cider vinegar

Mason jar

Instructions

Fill up a jar with chopped Goldenrod flowers and leaves; then fill the jar to the top with room-temperature, pasteurized, apple cider vinegar. Cap it tightly placing a piece of thick plastic to cover up the metal lid. (Vinegar will erode metal lids.)

Be sure to label your vinegar with the date and contents. Let the mixture sit in a cool dark location for one month. After one month, strain off the contents and squeeze extra vinegar out of the plant matter and return vinegar to the jar.

This vinegar will improve your mineral balance, help prevent kidney stones, eliminate flatulence, and improve immune functioning.

Pain liniment for pulled muscles

1 part cottonwood bark/bud tincture

1 part goldenrod flower oil

1 part sweet clover flowering tops tincture

½ part rosemary oil



Dosing

Goldenrod tea can be prepared by steeping 3–5 g (1 or 2 teaspoonfuls) of the herb in 150 ml of simmering water. The mixture should be strained after about 15 minutes. Dosage is two to four cups of tea a day, taken between meals. The liquid extract preparation is usually taken two to three times a day in doses of 0.5–2.0 ml. Dosage for the tincture is 0.5–1.0 ml two to three times a day.

I have been experimenting with goldenrod tea for several weeks now. I find that allowing the tea to steep longer than about a minute will produce a more bitter tea. It seems to become more bitter the longer it steeps. At first I didn't like this strong bitterness but I have found that I now desire that strong bitter occasionally.

While traveling recently, I thought I might be developing a bladder infection. I had dried goldenrod (flowers, leaves and stems) with me so I made a strong cup of tea and drank it before bed. I allowed goldenrod to steep in hot water overnight along with monarda

flowers to make another strong tea for morning. After drinking these teas I have had no further symptoms.

My goals- In continuing my relationship with solidago I'd like to find the other varieties in AZ and experience them in the wild and in teas as well as other preparations. More specifically I'd like to experiment with the root of sparse-flowered goldenrod which is the variety that grown in my yard and fields near by.

Kingdom-Plantae

Unranked-Angiosperm

Unranked-Eudicots

Unranked-Asterids

Order-Asterales

Family-Asteracea

Subfamily-Asteroidea

Tribe-Asterae

Genus-Solidago

Referances

Encyclopedia.com

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Animacenter.com

Wikipedia.com

Plants of Arizona by Epple

