



## Wild Herbs N Plants of Bermuda

**Website:** [www.http://www.wildherbsnplantsofbermuda.com/](http://www.wildherbsnplantsofbermuda.com/)

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Good day and thank you for joining me in the exciting world of herbs and plants. Just to share a little about myself and how I got into herbs. My name is **Doreen Williams-James**, I am Bermudians and am a funeral director and embalmer by profession. Because of the line of work I'm in I often see many people who have died because of the consequences of the lifestyles they chose.

It is my hope that I can share with people the importance of a better quality of life and enhance your health through herbs and plants.

Please visit my website to learn more of what we do. We offer a number of wonderful things such as tea tasting parties. Our delicious blend of teas are all made from Bermuda herbs and are all natural and chemical free.

We also made a variety of delicious jams made from many of our locally grown fruits.

Please feel free to book with us one of our exciting cooking classes or demo's which can be done in the wonderful Mitchell House Museum in St. George. One of Bermuda's oldest houses built in the 18th century. This is an experience you won't want to miss.

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Meet my beautiful daughter **Channa James**, the owner and CEO of **ECO DIVA BDA**. She is 17 years of age and had her own natural product lines she offers to all those who prefer to go the natural way. She carries, all natural hair and body products. Please visit her facebook page under ECO DIVA BDA or email her at [diyyoungcreation@gmail.com](mailto:diyyoungcreation@gmail.com) or contact her at 4417031656.

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Meet **Brianna James** my youngest daughter the owner and CEO of **Paws N Claws Pet Bakery**. She is 13 years of age and loves animals. All her treats are made from all natural ingredients, wanting only the best for your pet.

You may visit her website at:  
<http://www.pawsnclawsbda.com/>



*Thank you for interest in our family and business.... we look forward to talking with you in the near future.*

# Wild Herbs N Plants of Bermuda – Edible herbs and plants information guide



**NEW ZEALAND SPINACH (Wild Spinach)** New Zealand spinach contains oxalates, which can cause kidney stones in some individuals. You can reduce the oxalates by boiling the leaves for two to three minutes before using them in a dish.

**Vitamins and Minerals** New Zealand spinach is an excellent source of vitamin A, vitamin C, calcium, magnesium and phosphorus.

**Antioxidants** - Consuming antioxidants reduces your risk of cancer, heart disease, Alzheimer's disease, macular degeneration and several other conditions. Will increase your overall well-being and longevity.

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**NASTURTIUMS** The main substances found in nasturtium are glucosinolates, mustard oil, flavonoids, carotenoids and vitamin C.

The herb is used primarily as [an herbal remedy for urinary tract infections](#) and infections of the respiratory tract but is also indicated for external and internal bacterial infections and to treat minor scrapes and cuts.

The dried ripe buds have a strong laxative effect and unlike many conventional germicides, nasturtium will not damage the intestinal flora.

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It's a good source of immunity-boosting vitamin C and may be used as a natural remedy for helping the body overcome and prevent the [common cold](#) and [influenza](#).

Nasturtium has a reputation for promoting the formation of red blood cells, and it's been used in folk medicine as a remedy against scurvy.

The herb has been used as a [remedy for hair loss](#) and to stimulate hair growth. When applied externally, it also works against various [fungal infections](#), including [yeast infection](#). Additionally, it was used traditionally to treat muscular pain. It's one of the more powerful antibacterial plants available. It's most effective when it's used fresh and made into a compress for external use or into an infusion for internal infections. Despite its value as a medicinal plant and positive results in clinical trials, the freshness factor may be the reason why

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There are two types of plantain; a) common plantain (as seen in the diagram) and narrow-leaved plantain which have narrower leaves with several prominent ribs. Food

It is easy to pull this common weed from the garden without even realizing that it is probably more nutritious than most of the leafy greens we tend to eat. Young leaves can be eaten raw in salads and sandwiches; however, as they age they become stringy and rather tough, sometimes to the

point where they cannot be eaten without cooking them. In cooking the leaves, this improves palatability, whereby making it possible to remove some of the tough fibres. Also, chopping the leaves into finer pieces render it easier to eat.

Many people believe that the taste resembles that of Swiss chard. Further to this, the seeds can also be dried and ground into a meal or flour for its use in making bread or pancakes - an excellent way to save money on groceries and fuel your body with quality nutrients. Plantain is rich in magnesium, vitamin A, vitamin C, and vitamin K.

**Medicine ...**The leaves as well as the juice have been widely used as topical substances in poultices and lotions for treating sunburns, stings, insect bites, snakebites, poison ivy breakouts, rashes, burns, blisters, and cuts.

Furthermore, the leaves have also been heated and applied topically to swollen joints, sore muscles, sprains, and sore feet. Interestingly enough, Plantain is a common folk remedy in many part of Latin America for treating cancer. It has also been used for many centuries in treating sore throats, coughs, bronchitis, tuberculosis, and mouth sores.

Studies have shown that plantain has anti-inflammatory effects, and it is also rich in tannin (which helps draw tissues together to stop bleeding) and allantoin (a compound that promotes healing of injured skin cells). Further studies have indicated that plantain may also reduce blood pressure, and that the seeds of the plant may reduce blood cholesterol levels. Plantain seeds were also widely used as a natural laxative, given their high source of fibre. Teas made from the plant, were used to treat diarrhea, dysentery, intestinal worms, and bleeding mucous membranes. The roots were also recommended for relieving toothaches and headaches as well as healing poor gums.

## Other Uses

It is believed that plantain tea was used as a hair rinse for preventing dandruff.

The rather strong fibres within the leaves were also used for making thread, fishing line and even cloth.



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Oxalis is not one of the heavyweights in the herb world because of its high Oxalic Acid content. Too much Oxalic Acid binds with other nutrients, making them inaccessible to the body, and the acid itself is strong, causing irritation to tissues. Eating too much of a plant high in Oxalic Acid can cause digestive problems and kidney problems, and at extremely high doses it can be fatal. Taken in small quantities is perfectly safe, however, except for people with kidney disease or kidney stones, gout, or rheumatoid arthritis, who should avoid it if at all possible.

Oxalis does have some limited medicinal uses for minor complaints. Its cooling action appears to help reduce the discomfort of fevers taken in a tea made at 1 ounce of herb to 1 pint of water. There is some indication that taken in small doses of no more than 2 fluid ounces, Oxalis can provide some relief from urinary tract infections. Taken as a gargle it also seems to have some effect on mouth sores or ulcers. Externally, it appears to be of benefit when made into an ointment for cuts, scrapes, rashes, and skin infections.

Helps in indigestion and diarrhoea in children, by boiling the leave juice in butter milk and drink.

Helps in Chronic dysentery, by consuming the juice of the leaves mixed with honey.

Useful in treating jaundice, by taking buttermilk mixed with 2 tsp. of the juice of this herb, twice a day.

Useful in treating wrinkles and warts by applying the paste of Puliyarila juice mixed with sandal powder.

Useful in treating gum problems by gargling the juice mixed with alum.

Helpful in treating bleeding piles by taking its juice twice a day, and also for prolapse rectum.

For headache, applying the paste of this leaves relieves the pain.

Helpful in treating overbleeding in women by consuming the juice mixed with honey.

Helps in healing insomnia and induces sleep, by taking the juice of the leaves mixed with castor oil.

The leaves of puliyarila are good source of Calcium, vitamin C, and carotene.



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## Dandelion herb nutrition facts

All the parts of the plant, leaves, flower tops, and root, can be used either for culinary purpose or as a curative remedy for certain medical ailments.

There are many common names for this herb like priest's crown, Irish daisy, monk's head, blowball and lion's tooth.

**Dandelion herb health benefits**...Certain chemical compounds in fresh dandelion greens, flower tops, and roots are known to have anti-oxidant, disease preventing, and health promoting properties.

Fresh leaves are very low in calories; The herb is also a good source of dietary fiber, its latex is a good laxative. These active principles in the herb help reduce weight and control cholesterol levels in the blood.

Dandelion root as well as other plant parts contains bitter crystalline compounds Taraxacin, and an acrid resin, Taraxacerin. Further, the root also contains inulin (not insulin) and levulin. Together, these compounds are responsible for various therapeutic properties of the herb.

Fresh dandelion leaves carry one of the highest source of vitamin-A among culinary herbs. Vitamin A is an important fat-soluble vitamin and anti-oxidant, required for maintaining healthy mucus membranes and skin and vision.

Its leaves packed with numerous health benefiting flavonoids. The herb is a good source of minerals like potassium, calcium, manganese, iron, and magnesium. It is also rich in many vital vitamins including folic acid, riboflavin, pyridoxine, niacin, vitamin-E and vitamin-C. Dandelion is probably the richest herbal sources of vitamin K.

Blood Cleanser, Liver Cleanser, dissolves kidney stones, good for the skin and acne, lowers cholesterol, cancer preventor, sap good for moles, pimples and warts to eat off.



Leaf of life (*Bryophyllum calycinum*) medicinal herb is very common in Jamaica. It is widely used as an herbal remedy for all different types of ailment, especially bronchial conditions. The common names are Love bush and Live forever and it is a member of the Crassulaceae family.

An herbal tea made from this herb is useful to treat conditions such as shortness of breath, kidney failure, menstrual problems, asthma, coughs, bronchitis, as well as chest cold. The tea is also an excellent remedy to calm the nerves.

It is also a good herbal remedy to remove harmful bacteria from the intestines and it will also clear up the urine.

The crushed medicinal leaves of this herb will bring relief from insect bites, bruises, boils, and also skin ulcers. A poultice of the crushed leaves can also be applied to the outer body for sprains, pains, as well earaches.

Placing the back of the leaves on open sores, cuts and wounds will promote healing, stops bleeding as well as prevents infection.

In certain countries, especially Puerto Rico, the fresh juice of this medicinal herb may be squeezed into the ears in regards to infections and can also be squeezed into the eyes for all eye problems.

The stem as well as the leaves can be placed in water and taken daily to rid the body of mucous and waste matter. The fresh leaves of leaf of life can also be eaten raw as a medicinal remedy for asthma, bronchitis and intestinal problems. The leaf of life plant is also beneficial to treat many other illnesses, some of which are, high blood pressure, head ache, fever, common cold, swelling, and abscesses by applying the warm leaf on the affected area, hypertension, bronchitis, influenza, and excessive coughing, insect bites, bladder and intestine cleanser.

The leaf is also used in some area to kill cancer cells. This leaf can be used to make a tea to treat menstruation cramps, asthma and shortness of breath. In Jamaica, the tea is also given to babies from 6 months up in small amount for cold.

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**STINGING NETTLE** - To give you an idea of just how powerful this singular plant is, nettle has the potential to treat the following ailments:

Nettle stimulates the lymph system to boost immunity.....Nettle relieves arthritis symptoms  
Nettle promotes a release from uric acid from joints.....Helps to support the adrenals  
It helps with diabetes mellitus.....Strengthens the fetus in pregnant women  
Promotes milk production in lactating women.....Relieves menopausal symptoms  
Helps with menstrual cramps and bloating.....Helps break down kidney stones  
Reduces hypertension.....Helps with respiratory tract disease  
Supports the kidneys.....Helps asthma sufferers  
Stops bleeding.....Reduces inflammation  
Reduces incident of prostate cancer.....Minimizes skin problems  
Eliminates allergic rhinitis.....Lessens nausea  
Cures the common cold.....Helps with osteoarthritis  
Alleviates diarrhea..... Helps with gastrointestinal disease, IBS, and constipation  
Reduces gingivitis and prevents plaque when used as a mouth wash.  
Has been shown to be helpful to in the treatment of Alzheimer's disease  
Relieves neurological disorders like MS, ALS and sciatica  
Destroys intestinal worms or parasites  
Supports the endocrine health by helping the thyroid, spleen and pancreas



You can brew stinging nettle leaves in almost boiling water and drink daily as a curative to all these ailments. Just be sure to check with your doctor since nettle can interfere with certain pharmaceuticals. Enjoy nettle tea benefits today!

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**Fennel** The health benefits of fennel include relief from anemia, indigestion, flatulence, constipation, colic, diarrhea, respiratory disorders, menstrual disorders, and its benefits regarding eye care. Fennel, which has the scientific name *Foeniculum Vulgare* Miller, or its essence, is widely used around the world in mouth fresheners, toothpastes, desserts, antacids and in various culinary applications.

**Anemia:** Iron and histidine, an amino acid found in fennel, are both helpful in treatment of anemia.

**Indigestion:** It is a common practice, particularly on the Indian Subcontinent, to chew fennel seeds after meals. This is done to facilitate digestion and to eliminate bad breath.

**Flatulence**

**Constipation:** Fennel seeds, particularly in powdered form, can act as a laxative.

**Heart Disease:** Fennel is a great source of fiber, as mentioned above, but besides the advantages to digestion that fiber provides, it also helps to maintain healthy levels of cholesterol in the blood stream. This means that it can stimulate the elimination damaging LDL cholesterol, which is a major factor in heart disease, arteriosclerosis, and strokes.

**Cancer:** The raw vegetable itself hasn't been extensively studied in regards to cancer protection, but the fennel seed extract has, and the findings regarding cancer protection are quite impressive. It shows that the extract can not only inhibit the growth of tumors, thanks to its concentrations of flavonoids, alkaloids, and phenols, but that it can even be somewhat chemo-protective against the harmful effects of radiation during cancer treatment. Fennel seed extract has been found to be preventative of various breast cancer and liver cancer strains.

**Blood Pressure:** Fennel is a very rich source of potassium, which is an essential nutrient in our bodies and is vital for a number of important processes. One of the attributes of potassium is its quality as a vasodilator, which means that it relaxes the tension of blood vessels, thereby reducing blood pressure. High blood pressure is connected to a wide range of health issues, including heart attack, stroke, and arteriosclerosis. Also, for diabetic patients, blood pressure issues can make management of their insulin and glucose levels very difficult, and can be the cause of many potentially lethal complications. A cup of fennel bulb in your daily diet will pump you full of potassium and all the benefits that come along with it.



**Brain Function:**

**Diarrhea:** Fennel is helpful in curing diarrhea

**Colic:**

**Immune System:**

**Menstrual Disorders:** Fennel is also an Emenagogue, meaning that it eases and regulates menstruation by properly regulating hormonal action in the body. Furthermore, fennel is used in a number of products to reduce the effects of PMS, and it is also used traditionally as a soothing pain reliever and relaxing agent for menopausal women.

**Breast Enlargement:** The flavonoids present in fennel seeds increase the amount of estrogen thereby acting as a stimulant and tonic. Fennel seeds help increase the size of the breasts as they increase the formation of new cells and tissues in the breast.

**Eye Care:** Using fennel in food helps protect the eyes from inflammation, as well as helping to reduce disorders related to premature aging and macular degeneration.

Fennel is also a rich source of flavonoids,

**Respiratory Disorders:** Fennel is useful in respiratory disorders such as congestion, bronchitis, and cough

**Other Benefits:** Fennel is diuretic, which means that it increases the amount and frequency of urination, thereby helping the removal of toxic substances from the body and helping in rheumatism and swelling. Fennel also increases production and secretion of milk in lactating mothers and since this milk contains some properties of fennel, it is an anti-flatulent for the baby as well. It strengthens hair, prevents hair loss, relaxes the body, sharpens memory and has a marvelous cooling effect in summer. This can be achieved if the pale, greenish-yellow water, in which it fennel is soaked, is ingested with a bit of sugar and black salt.

## Creeping Charlie



The covered teapot steeped for five minutes and then I poured the tea through a strainer (my teapot infuser) into a mug.

The same process was followed for the Henbit.

**Potential Benefits of Creeping Charlie:**

Tinnitus (ringing in the ears)	
Catarrh (mucous membrane inflammation, especially respiratory)	
Diarrhea	
Bile disorders	
Hemorrhoids	Tonic (invigorating)
Tuberculosis	Lead Poisoning
Ulcers	Asthma
Cancer	

Creeping Charlie contains a high iron content and may be useful for its antibiotic or anti-inflammatory effects.

**Caution:**

Because the plant contains the essential oil pulegone, women who are pregnant or lactating should avoid it. And common sense requires that anything remotely approaching excessive use would be extremely unwise.

**Potential Benefits of Henbit:**

- Rheumatism
- Laxative
- Stimulant
- Diaphoretic (sweat-inducing)
- Febrifuge (fever-reducing)

# Recipes

For the filling:

- 10 Nasturtium flowers
- ½ cup apricot preserves

For the dough:

- 1 cup unsalted butter, at room temperature
- Scant ½ cup granulated sugar
- 2 cups flour
- ½ teaspoon ground white pepper, rounded
- ½ teaspoon salt (omit if using salted butter)
- 5 Nasturtium flowers

For the icing (optional, but pretty!):

- ½ cup powdered sugar
- 2+ teaspoons orange or lemon juice



Rinse the 10 nasturtiums well, inspect closely for bugs, and rinse again if needed. Remove petals; discard stems and leaves (they are edible but their flavor and color aren't as pleasant for baking). Dry petals well, then mince them by pinching Nasturtium-apricot preserves about 3 petals at a time and snipping them with kitchen shears. Gently mix the minced petals into the apricot preserves. Set aside. (Feel free to stop here or make extra, and use this beautiful, delicious spread for scones, toast, or anything! I left mine in the fridge overnight and was amazed by its remarkable flavor the next day. The taste of apricots came alive with tropical, citrusy hints.)

Mix butter and granulated sugar, add salt (if using), flour, and white pepper. As described above, wash and snip remaining 5 nasturtiums; add minced flowers to dough. Use warm hands to mix the dough, which will seem dry at first, until it sticks together. While dough is still at room temperature, roll into balls (about 1 scant tablespoon of dough for each) and place on parchment-lined cookie sheet. Poke each ball with your index finger about ¾ of the way through. (Using damp hands can make this easier.) Preheat oven to 325° F.

Put the apricot-flower preserves in a pastry bag or plastic bag with a small piece of the corner cut off, and pipe it into the fingerprints. Chill the filled cookies for 10 minutes in the freezer or 30 minutes in the fridge. This keeps the dough from spreading too much when it's baked.

Bake the chilled cookies for 16-19 minutes, until the edges and bottoms are golden brown. Let them cool for 15-20 minutes, until room temperature. Meanwhile, make the icing (if using): Place powdered sugar in a bowl and gradually whisk in the orange juice. If it is too thick for drizzling, add just a few more drops of juice, being careful not to make it too thin. Lightly drizzle icing across the cooled cookies using a fork, pastry bag, or plastic bag with a very small hole cut in the corner. Let the icing set for at least 15 minutes. After icing has completely dried, keep the cookies in an airtight container for up to 3 days.

Nasturtium fingerprint cookies are subtly spicy, sweet and buttery, and they impart a refreshing floral fruitiness. They are wonderful with a hot cup of tea or coffee, yet they hint of sunny weather – perfect for any time of year!



## Nasturtium Soup

- 25g/1oz nasturtium flowers and leaves
- 25g/1oz butter
- 1 stick celery chopped
- 1 small onion chopped
- 1 clove garlic minced
- 500ml/1 pint vegetable or chicken stock
- 1 potato peeled and chopped
- 100ml/3½ fl oz almond milk (or other milk of choice)
- Salt and pepper to taste
- Extra flowers and petals chopped finely to garnish

Instructions Chop the nasturtiums and set aside.

- Melt butter in a pan and cook the onion and celery for 5 minutes then add the garlic and cook for a further 2 minutes.
- Add the chopped lettuce, nasturtiums, potato and stock and simmer for 20 minutes.
- Whazz with a stick blender and add the milk and seasoning.
- Serve either hot or cold and garnished with finely chopped nasturtium flowers and petals on top.