

WILD PLANTS

Plant of the Month: Teasel (Sub)Family: Dipsacaceae

Teasel (*Dipsacus fullonum*, syn. *Dipsacus sylvestris*) AKA Fuller's Teasel is a non-native plant and is also considered an invasive species in the United States. Thus, there are no issues with over-harvesting, if one chooses to forage for it. Teasel is an herbaceous biennial (sometime perennial) plant that grows in meadows, fields, and along roadsides. The maximum medicinal benefit of the root is obtained by harvesting at the end of the first year or early in the second year before the spiny stalk of lavender flowers appears. It is a rosette in the first year and grows up to 8 feet in the second year. It is claimed that the young leaves of the first year are edible, but one needs to be careful as the plant has thorny spines. I have never eaten this plant and its edibility is disputed. Modern herbalists are looking at the plant as a possible treatment for Lyme disease and other antibiotic uses.

Links regarding Teasel & Lyme disease:

- “The anti-borreliae efficacy of phytochemicals and micronutrients: an update”: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4971593/>
- “Matthew Wood Tells How Teasel Works”:
http://www.lyme-disease-research-database.com/lyme_disease_blog_files/mathew-wood.html

References:

Plight to Freedom: Teasel: Medicinal, Cautions & Other Uses at <https://plighttofreedom.com/teasel/>

Buhner, S. H. (2012). *Herbal Antibiotics, 2nd Edition: Natural Alternatives for Treating Drug-resistant Bacteria*. Storey Publishing, LLC.

This information is intended for educational purposes only. Please do your own research and do not eat or use any wild plants based solely on this information or any one source.

Over 50 Wild Plant Photos
On My Website!

More Wild Plants Photos To
Be Added This Month.



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