



MONTHLY MEDICINAL PLANTS

My plant for the month of August is Black Walnut. While it is not a native plant, I know that there are many walnut trees here. Traditionally, the bark, hulls and leaves are all used, but I use mainly the hulls, while they are still green, before the nut is mature. I make a tincture by cutting the green part off of the nut and dropping it straight into alcohol, 40%, as it oxidizes very quickly. You may want to wear gloves if you do this as it will dye your hands dark brown (for 2 weeks or so).

As walnuts trees drop their leaves and nuts, the compounds in them help prevent other plants from growing around the tree. Similarly, we can use walnut to prevent overgrowth of organisms like fungi, yeasts, and intestinal parasites. A tincture of the green hull can be used for candida, and parasites like pinworms, tapeworms, roundworms or giardia. The tincture, tea or oil can be used topically for fungal skin infections, or for conditions like impetigo.

Walnut is a mild laxative and can be used for constipation. It can improve conditions of toxicosis resulting from chronic constipation, such as eczema and acne, or gout, as well as hemorrhoids caused by constipation.

Walnut is also used to nourish and strengthen bones, sinew, skin and hair, and can help with bone disorders and mineral deficiencies.

As a hair wash walnut can stimulate hair growth and prevent hair loss (from scalp disease, not male pattern baldness), and help treat dandruff. It is also, if made strongly, a dark brown hair dye. I just tested this out, scraping the hulls of 10 green nuts, covering with water, boiling for 30 min, then reducing further and mixing with conditioner. I left it on my hair for 15 min and then rinsed and it turned out quite nicely.

Walnuts, of course are excellent and nourishing food, so save some to mature and eat.

If you have any questions feel free to contact me at: hydrax23@gmail.com

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