



**Botanical name:** *Tilia spp*

**Family:** Malvaceae (other plants in the family: hibiscus, cotton, hollyhock, marshmallow + other mallows)

**Common name:** Linden

**Spanish + Nahuatl names:** tilo

**Other names:** lime tree, basswood, silver linden, winter linden, summer linden, white wood

**Parts of the plant used:** leaf, flowers, bark, roots, charcoal

**When to harvest:** early summer around mid-June to early July when blooms come in [depends on your habitat zone]

**Herbal actions:**

nervine, anxiolytic, antispasmodic, hypotensive, vasodilator, anti-coagulant, demulcent, expectorant, diaphoretic, anti-inflammatory, mild astringent, mild diuretic, sedative, immunomodulator, digestive, emollient, nutritive

**Active constituents:** quercetin, rutin, kaempferol, volatile oils such as alkanes, esters, citral, eugenol, + limonene, mucilage, flavonoids (diaphoretic + antispasmodic), caffeic + chlorogenic acids, amino acids alanine, cysteine, cystine, phenylalanine, carbohydrates, such as arabinose, galactose, glucose, mannose, + xylose

**Planet:** Jupiter, Sun

**Energy:** Cooling + drying

**Element:** Air

**Taste:** Sweet, Astringent, Pungent

**Habitat & ecology:**

A tree elder native to so called Europe, North America and Asia. Lindens prefer to grow on moist, fertile well draining soils. Linden grows in full sun and tolerates partial shade. Lindens thrive in in the midwest, eastern states, and southern states as west as so called Texas in temperate climates. They can grow to be 90 feet tall and over 100 years old!

**Plant magick:**

- Reminding us to remember
- Nourishing our inner child
- Opens connections to the wise ones
- Protects our spirit + hearts, allowing for rest + ease
- Oil is used for protection + purification
- Bringing of calmness + tranquility
- Opens the heart to receive
- Like other tree elders, brings

**Medicinal uses:**

- Restorative + nourishing to the tissues
- Balances stress and nervous tension by smoothing our nerves through their sedative effects, and bringing in calmness, deeper relaxation + releasing irritability
- Treats the common cold + flu by inducing sweat and breaking a fever, especially for young ones + older folx as a diuretic
- Easing inflammation of the bronchioles, sinuses, + throat
- Supportive to mental exhaustion
- Treats rapid heartbeat, heart palpitations + high blood pressure, reduces hypertension
- Aids with insomnia and restless sleep
- Supportive to excessive bleeding, problems with bladder control, + muscle spasms

- stability + balance
- Neutralizes negativity
- Strengtheners of love
- Tree of immortality
- Dream ally
- In Slovenian traditions dreaming of linden means good news is on its way
- Allied to Jupiter, strength of expansion
- Allied to Gemini, Sagittarius, Taurus

- Smooths out muscles during menstrual cramps
- Treats headaches
- Cools and promotes a healthy digestive tract
  - Charcoal made from linden wood is used to help with intestinal problems
- Used topically to treat edema or infection such as cellulitis or ulcers of the lower leg and other skin irritations
- Can offer relief for joint pain by reducing inflammation
- Inner bark contains mucilaginous materials and makes a soothing application for skin irritations, boils, wounds, sores, and burns.
- In TCM:
  - Releases to the Exterior/Clears Wind Heat: colds, fever, no sweating, cough;
  - Moves Qi/Relieves Stagnation/Calms Shen: palpitations, insomnia, abdominal cramps, anxiety, shortness of breath;
  - Promotes Urination/Softens Nodules: urinary stones, arteriosclerosis, headaches, skin rashes;
  - Clears Liver Heat/Stops Bleeding: nosebleeds, epistaxis

Form: oil, flower essence, added to medicine bundle, branches hanging in your home

### Recipes + Allies

Nourishment: oatstraw, nettles, alfalfa, red clover, chickweed

Mental exhaustion: pines, rhodiola, skullcap, siberian ginseng, lavender, california poppy

Colds + fevers: lemon balm, elderberry, rose hips, esp. for children

Breaking fevers: yarrow, boneset, marshmallow root, calendula

### Preparation:

Infusion (cold or hot), decoction (for roots + bark), tincture, glycerite, poultice, capsules, cold compress

Balancing stress: skullcap,

oatstraw, ashwagandha, lemon

balm, chamomile,

passionflower, peach, mugwort,

lavender, catnip, siberian

ginseng, astragalus, reishi, st.

john's wort, california poppy

Insomnia: hops, valerian, lemon

balm, passionflower, catnip,

mugwort, melatonin

(supplement)

Summer tea

1 part spearmint

1 part lemon balm

1/2 part linden

Nerve tonic [tincture or infusion]

equal parts linden, oatstraw,

rose

### Recommended dose:

1-3 dropperfuls a day, as many times a day as you would like for as long as you want

+no contraindication for this gentle herb! enjoy!

### Photos of the plant ancestor:

