



Chickweed

Stellaria media

FAMILY: Caryophyllaceae

PARTS USED: aerial parts

HERBAL QUALITIES: alterative, anti-inflammatory, antibacterial, antimicrobial, antiviral, demulcent, diuretic, emollient, expectorant, febrifuge, laxative, lymphatic, nutritive, vulnerary

ENERGETICS: cooling and moistening

TASTE: mild, slightly salty, slightly sweet



HARVESTING: Chickweed is one of the first plants to sprout in the spring and likes cooler weather (a second harvest may be gathered in the fall). Harvest in early spring right before the flowers bloom for the most tender and nutrient-rich plant material

PREPARATIONS: eating fresh, fresh tincture, infusion, infused oil, salve

DOSING: food (1-3 cups fresh, cooked, or pickled); infusion (1 tsp dried herb in 1 cup boiling water up to 3x/day); tincture (2-5mL 1:2 95% fresh or 1:5 50% dried, as needed); salve or oil (topical use as needed daily & persistently for skin problems)

USES:

Nutritive. Known as a spring tonic that helps the body regain vitality after the winter, it is loaded with nutrients and makes a delicious addition to salads, and it can also be juiced. Loaded with “beta-carotene, calcium, fiber, iron, magnesium, niacin, phosphorus, potassium, vitamin C, and zinc” (Forêt, 2020, p. 80) as well as antioxidants, it packs a lot of nourishment! On top of that, its moistening and cooling properties makes it soothing for joints and bodily inflammation.

Lymphatic support. Chickweed is a fabulous lymph mover, especially in cases of stagnation or swollen lymph nodes. It can also support movement of toxins, infections, mucus, and bacteria, as well as elimination of cysts and lumps.

Skin support. Chickweed is an excellent vulnerary and can soothe dry, itchy skin conditions like eczema, psoriasis, diaper rash, and contact dermatitis, and can also support healing from wounds and infections, including herpes simplex virus-2. It makes a wonderful salve or poultice, but it can also be tinctured to support the skin from the inside out. A spit poultice soothes insect bites and stings and can help move splinters to the surface.

Cough soothing. In cases of dry, irritated coughs, chickweed’s demulcent quality helps to soothe inflammation, and it’s expectorant properties can support the movement of stuck mucus.



CAUTIONS: Chickweed is best consumed fresh or tinctured fresh, but it can be dried for a salve. It is generally considered safe, allergy resulting in contact dermatitis is rare. Large doses may result in stomach upset or diarrhea, food doses are considered ok for pregnancy and lactation.

MORE INFO + REFERENCES: <https://naturallywholistic.com/2026/03/foraging-for-chickweed.html>