

HERB OF THE WEEK

CABBAGE

(*Brassica oleracea*)

The lowly cabbage (*Brassica oleracea*) is one of the most highly regarded remedies in medicinal folklore. It is so regarded, that the early Egyptians built a temple in its honor and the ancient Romans called it a cure-all.

Modern research confirms many of its ancient uses. Cabbage is known to be detoxifying, anti-inflammatory, antibacterial, antiviral and diuretic.

It is also a nutritive tonic, packed with

minerals such as calcium, sulphur, magnesium, iron and iodine, and high in vitamins A, B, C, and E.

In addition, cabbage is an important anti-carcinogen. Research shows that eating cruciferous vegetables such as cabbage, broccoli and bok choy, greatly reduces the chance of getting colon cancer.

Cabbage also stimulates the immune system, helping to prevent colds, coughs and flu, and the whole plant but

especially the juice has an amazing ability to heal ulcers.

Cabbage leaves applied externally are soothing, antiseptic and healing, helping



to draw toxins from the skin.

A poultice will bring relief to engorged breasts, wounds, burns, boils, bruises, headaches, neuralgia, shingles and swollen joints.

To make a cabbage leaf poultice, take out the ribs from the outer, greenest leaves, warm the leaves by dipping them for a few seconds in very hot water and then crush them with a rolling pin.

Apply the leaves several layers thick and hold them in place with a bandage or thin plastic wrap. Change the poultice every few hours.

— Elaine Stevens
Herbalist