

# Herbs For Healing Newsletter



## Herb of the Month: Lime Tree (*the Tree of Love*)

The linden or lime tree is quite a common tree. It is often planted for shade in towns or grows along country roads. There are several lime trees growing along the small road between Winterborne Stickland and Okeford Fitzpaine.

Towards the end of June the flowers of this tree fill the air with an amazing sweet scent.

Lime trees are large, gentle and elegant deciduous trees with heart-shaped leaves, leading to it being considered the tree of love. Legend has it that if you fall asleep under a flowering lime tree you might find yourselves whisked away to a fairyland ...



## Lime Blossom has medicinal uses

One large tree offers a huge amount of lime blossom. It is the lime blossom which is used for medicinal purposes.

**The blossom can be prepared as tea, as an infusion. It has a lovely sweet flavour.**

Put 1 teaspoon of lime blossom into a mug and fill it with boiling water.

Leave to infuse for 10 minutes, allow to cool a little and enjoy. You can drink 3 mugs a day.

It is a very safe herbal tea, for the very young and the very old alike.

### Why drink lime blossom tea?

If you feel a chill coming on as a first sign of a cold, then drink the infusion as hot as you can and go to bed.

You will sleep deeply because lime blossom is very relaxing, and you might sweat really well and then wake up feeling much better. It is helpful for feverish colds and helps to prevent inner-ear infections.

Catarrh and congestion in the respiratory tract are eased and cleared after drinking lime blossom tea.



## How else can you use Lime Tree Blossoms?

### The heart and the whole of the cardio-vascular system benefit from drinking regularly and long term lime blossom tea.

It is an excellent preventative for many heart problems; especially if these are stress-related. Under stress, the tiny muscles around the coronary arteries tighten up.

When stress becomes chronic, these tiny muscles become permanently contracted which reduces the lumen in the blood vessels and increases the blood pressure.

High blood pressure is tough on the heart and can lead to heart attacks.

Lime blossom has gentle, relaxing properties that help to relax and dilate the coronary blood vessels and thus help to reduce blood pressure.

**Maurice Mességué**, the well known French herbalist says if you drink this 'tisane' regularly it will prolong longevity and keep you in excellent health.

A lime tree provides a huge amount of blossom which can be harvested and dried and stored quite easily.

The snag is that the blossom is out for about only 2 or 3 weeks a year. After that the blossom is over. End of June is the best time to harvest the blossom.

### Have a lime blossom bath...



Put a handful of blossom into a cotton bag, add this to the bath water for a very relaxing bath.

This will settle down restless children and guarantee a peaceful night.

## Lime & Elderflower Tea

### Ingredients

- 1 tsp lime blossom
- 1 tsp elder flowers

### Benefits

Make an infusion to ease a stubborn cough.



## Lime Leaf Salad

### Ingredients

- Handful young lime leaves
- 2 sliced ripe plum tomatoes
- Handful rocket leaves
- 1 buffalo mozzarella, cubed
- 6 basil leaves
- Salt and black pepper
- Balsamic vinegar
- Extra virgin olive oil
- Roughly torn crab apple,

violet, primrose, blackthorn and gorse flowers and a few Ransom leaves to decorate

### Method

Mix ingredients together in a bowl, season with salt and black pepper, drizzle a little of the balsamic vinegar and olive oil over the top and serve.



**Luzia Barclay DBTh MIRCH**  
Registered Medical Herbalist

Salisbury Herbal Practice  
54 Hamilton Road  
Salisbury SP1 3TQ

Telephone: 01722 330663  
Email: [info@luzia.co.uk](mailto:info@luzia.co.uk)  
Site: [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk)



Honey from bees that have fed on lime flowers is said to be among the finest of all honeys.