

PLANT
SPECIES OF

BRAS D'OR

MULLEIN MOLÈNE

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A conical stalk growing 1.5-1.8m with yellow flower clusters and seed pods around the stem. The seed pods rattle within the plant. This plant can be seen from June to September, usually in dry, roadside ditches.

THREATS

While not incredibly competitive, populations can still replace native flora and be difficult to remove. Mullein can threaten natural meadows and forest openings.

HISTORY

Mullein is not native to Nova Scotia. It was most likely introduced from Europe by early colonists. The plant was used to line stockings and shoes for warmth in the winter because of their thick, velvety leaves.

Mullein tea can be used to reduce inflammation in the respiratory tract, making it useful for treating chest colds or asthma. The flowers and leaves were traditionally used to treat a multitude of ailments, including earaches, croup, and sunburn.



POPULATION:
Invasive!



FUN FACT!

Mullein tea can be made by adding 6 large, chopped mullein leaves to 5 cups of boiling water and steeping for 5 minutes. Yum!