

Country Garden Greenhouse

Evening Primrose-Oenothera biennis



The young roots can be eaten like a vegetable, or the shoots can be eaten as a salad. Poulticed roots of the evening primrose is applied to piles and bruises. Tea made from the roots have also been used in the treatment of obesity and bowel pains. However, the more valuable parts are the leaves and bark which are made into evening primrose oil, known to treat : multiple sclerosis, premenstrual tension, hyperactivity, eczema, acne, brittle nails, rheumatoid arthritis,

alcohol-related liver damage (alcoholics, this is for you)