

Kootenay Girl Apothecary

Plant Fact Sheet



Quick ID

Growth habit: Biennial

Year 1: Low rosette of thick, fuzzy leaves

Year 2: Tall central stalk (3–7 ft) with yellow flowers

Feel: Soft, woolly leaves

Smell: Mild, earthy

Lookalikes: None — the fuzz gives it away

Where It Grows

- Dry, open areas
- Road edges & disturbed soil
- Gravelly hillsides
- Common across Western Canada & Northwestern U.S.

Ethical Harvesting

- Avoid roadsides
- Only a few leaves from each Year-1 rosette
- Pick flowers lightly — they refill daily
- Leave plants for pollinators and reseedling

Best Parts to Use

Leaves — teas, steams

Flowers — oils, teas

Roots — musculoskeletal support

When to Harvest

Leaves: First-year plants, dry mornings

Flowers: Mid-summer

Roots: Fall of Year 1

Common Uses

- Respiratory support
- Dry cough & chest tightness
- Gentle immune support
- Traditional ear oil (flowers)

Basic Preparations

Tea: 1–2 tsp dried leaf, steep 15–20 min, strain well.

Steam: Fresh leaf + hot water under towel.

Flower oil: Sun infuse flowers in olive oil; external only.

Safety Notes

- Very gentle herb
- ALWAYS strain teas well (fine hairs)
- Avoid smoking mullein if you have chronic lung issues
- Do NOT use flower oil if eardrum may be ruptured

Summary

- Beginner-friendly herb
- Respiratory + immune support
- Easy to identify
- Widely available
- Ideal starter herb