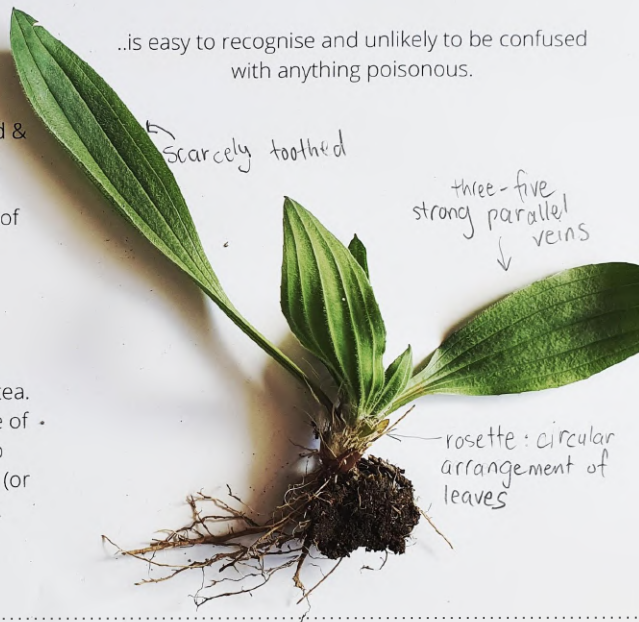


# Ribwort plantain (*Plantago lanceolata*)...

.....is abundant in early spring.

Leaves have anti-bacterial & anti-inflammatory properties & can be crushed & used as a poultice to soothe stings & heal wounds. If a sting has you in a hurry - you can simply crush a few leaves in the palm of your hand (or 'chew and spit').

Plantain leaves make a delicious anti-inflammatory & immune boosting herbal tea. It is one of my favourite teas & at this time of year I am hanging up bunches of leaves to dry. Simply brew a handful of fresh leaves (or a tablespoon of dried leaves) in hot water.



...is easy to recognise and unlikely to be confused with anything poisonous.

*'We cannot live in a world that is not our own, in a world that is interpreted for us by others. An interpreted world is not a home. Part of the terror is to take back our own listening, to use our own voice, to see our own light.'*  
Hildegard von Bingen 1098 -1179

You are welcome to copy & share this free zine. Download a printable pdf from [littlecofootprints.com](http://littlecofootprints.com)

© Tricia D. Walker



# Unfurl



#1  
early spring 2020

*Early spring is time to unfurl...*

...it is a time for dreaming, brainstorming & scattering seeds.

Energetically it is equivalent to the early hours of the morning - before sunrise, it is still dark outside, but things are starting to stir.

It is a time of potential & is the ideal time to dream up new projects.

That hint of potential may have you feeling like you can achieve anything & everything.

But make sure you unfurl slowly. Be careful not to lock yourself in to too much, because by early summer you'll likely feel like sacrificing a few seedlings so that you can focus on your most precious plants.

Listen to your intuition. She'll know what seeds to sow. She'll know what matters most to you. One of my favourite ways to tune in to my intuition is sit spot.....



*Sit spot...*

**...a place to go & connect; with nature & yourself.**

You sit still, alone, often & quietly. It can be in a bushland or a quiet corner of an urban backyard. The closer it is to home the more likely you will visit. It's about getting to know one place really well at all times of day, in all seasons.

If you have a question you would like answered...repeat the question in your mind as you walk to your spot. When you arrive, drop the question. Let it go, & focus only on your senses.

**You simply sit & open your senses; listen, look, feel, smell, & taste. You sense, rather than think.**

