

THE MULLEIN HERBAL COMPANION

WISDOM FROM A SOOTHING PLANT
FOR RESPIRATION, RESILIENCE,
AND EVERY SEASON OF LIFE

Some plants
do not rush.
They rise,
they root,
they stay
until they are
ready.

MULLEIN
FOLIUM
(Verbascum thapsus)
DRIED LEAVES

Mullein is a gentle ally, growing tall in open places, offering its leaves as soft as wool and its support as deep as root.



HERBAL REFLECTIONS

Mullein teaches us the art of softening. It reminds us that strength can be quiet, and that showing up, again and again, is its own kind of power.

THE
APOTHECARY
ATLAS

PLANTS OF THE MOUNTAINS
NOTES FROM THE RIDGE

MULLEIN
REMEDIES
&
PREPARATIONS

A PRACTICAL GUIDE FROM

June Canter

• THE APPALACHIAN ARCHIVES •

The Mullein Herbal Companion

From *The Appalachian Archives*

Mullein grows where the land has been disturbed, roadsides, hillsides, places where the earth is still healing. It rises tall and quiet, soft leaves at its base, a golden tower reaching toward the sky.

In *The Appalachian Archives*, mullein represents breath, resilience, and the quiet courage to stand where healing is still unfolding.

Mullein is the herb of gentle strength and steady presence.

Mullein - Materia Medica

Botanical Name: *Verbascum thapsus*

Herbal Category

Respiratory Support
Soothing Herb
Lung Tonic

Energetics

- Gentle
- Soothing
- Slightly warming
- Drying

Mullein is soft in its approach. It does not push or force, it comforts and supports. Just like the mountains after rain.

Traditional Uses

Mullein has traditionally been used for:

- Lung support
- Coughs and respiratory irritation
- Breathing support
- Seasonal congestion
- Ear oil (traditional use)
- Gentle soothing tea for the lungs

Mullein is often considered the herb of breath.

Emotional & Symbolic Meaning

In *The Appalachian Archives*, mullein represents:

- Breath after hardship
- Quiet endurance
- Gentle strength
- Standing tall through difficulty
- Healing disturbed ground
- Presence and calm

Mullein reminds us:

Even in places where life has been disrupted, healing can still rise.

From the Ridge

A Reflection from The Appalachian Archives

June Carter once pointed to a tall mullein growing near the edge of the trail.

"See how it stands," she said softly. "That ground's been disturbed. The soil's still finding itself again. But mullein doesn't mind. It grows where healing is needed most."

Lia reached out and brushed the soft leaves.

"It feels gentle," she whispered.

June nodded. "That's the thing about strength. It doesn't always feel hard."

Harvest Wisdom

Traditionally, mullein is:

- Harvested gently
- Leaves gathered before flowering
- Flowers collected slowly over time
- Used fresh or dried

Mullein teaches patience and attentiveness.

Each flower opens slowly, just like healing.

Simple Mullein Tea

Ingredients

- 1 tsp dried mullein leaf
- 1 cup hot water

Instructions

1. Pour hot water over mullein
2. Steep 10–15 minutes
3. Strain carefully (tiny hairs can irritate throat)
4. Sip slowly

This tea is gentle meant to support breath and calm.

Mullein in *The Appalachian Archives*

Mullein appears as:

- A teaching herb
- A symbol of resilience
- A plant growing along mountain trails
- A quiet reminder to slow down and breathe
- A gentle presence in difficult moments

It becomes part of the *living breath of the mountains*.

Journal Reflection

Take a quiet moment and reflect:

- Where in your life do you need to breathe more deeply?
- What parts of your life are still healing?
- Where can you stand gently, but firmly?

Write your thoughts here:

Closing Reflection

Mullein teaches:

You can be gentle and still be strong.

You can stand quietly and still make a difference.

You can grow in disturbed places and still become whole.

And sometimes, healing begins with a single breath.

From The Appalachian Archives

The breath returns. The mountains stand.