

Mugwort

Artemisia vulgaris

Plant of the week





Mugwort

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Artemisia vulgaris.

Member of the aster family.

The genus includes sagebrush and wormwood.

Tall perennial.





Artemisia vulgaris.

Artemis – The Greek goddess of the hunt, the moon, and chastity. Also associated with childbirth.

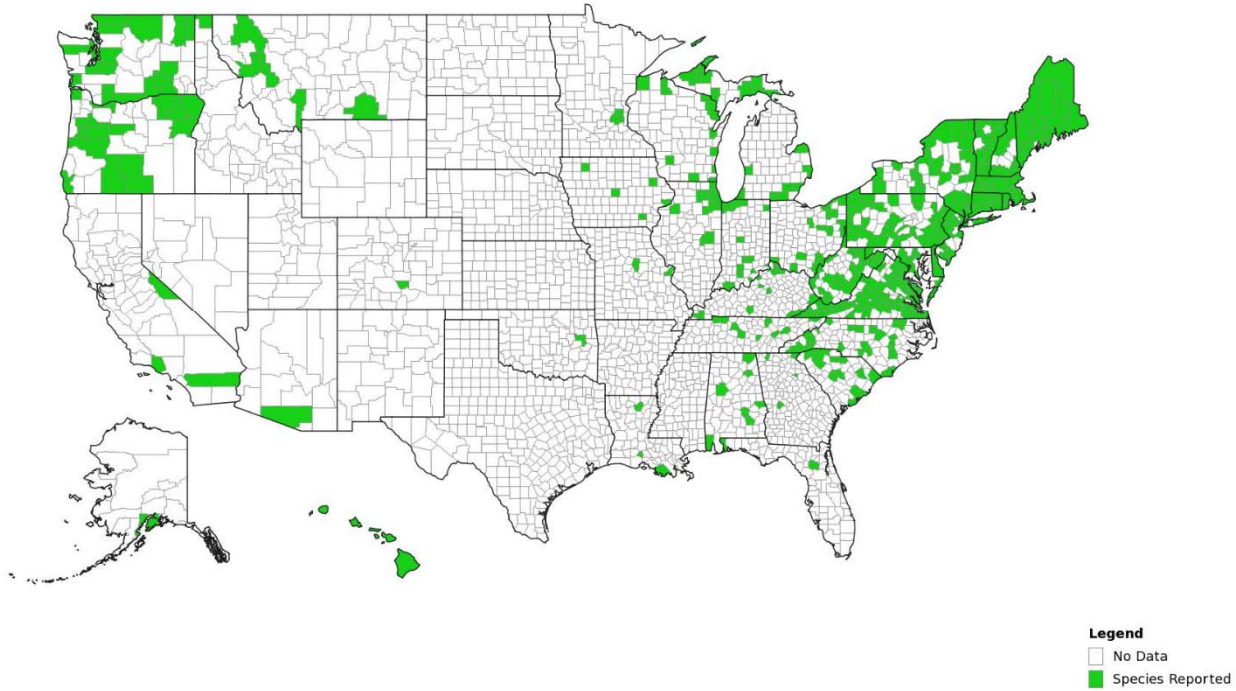
Vulgaris = common.

Classical statue at the Louvre.



mugwort (*Artemisia vulgaris*)

EDDMapS



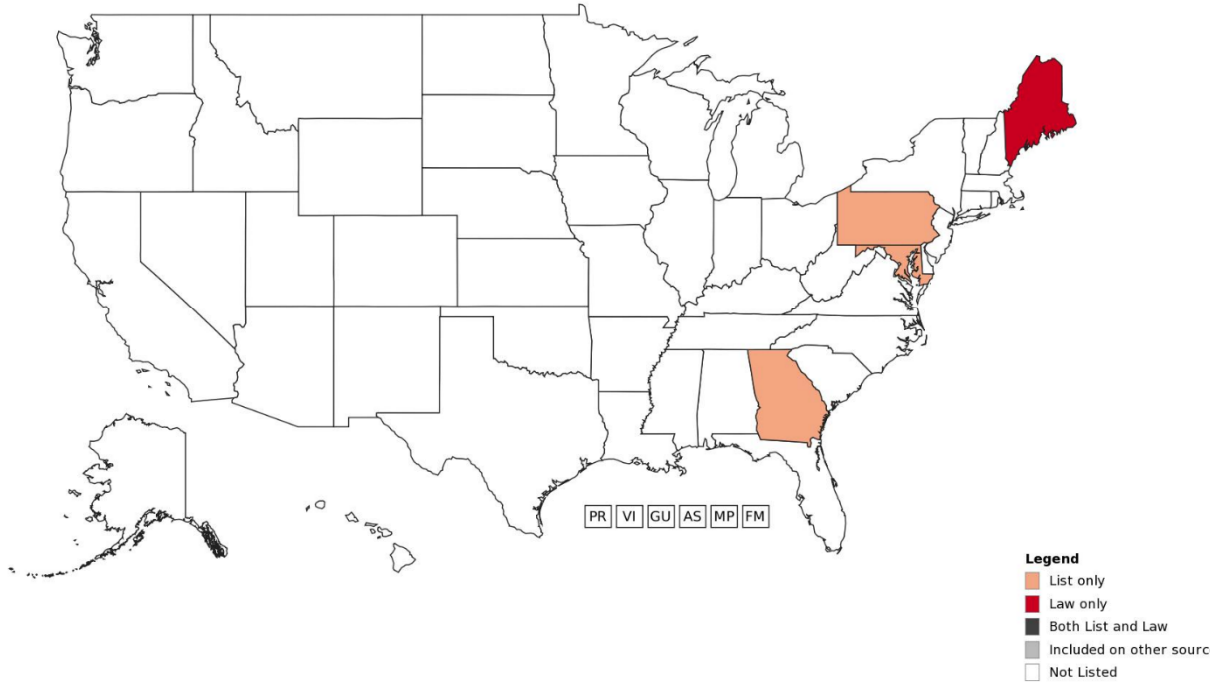
Distribution

Native to NE Asia and parts of Alaska.
Considered invasive and weed in places.

Map: <https://www.invasive.org/browse/subinfo.cfm?sub=5148>



mugwort (*Artemisia vulgaris*)

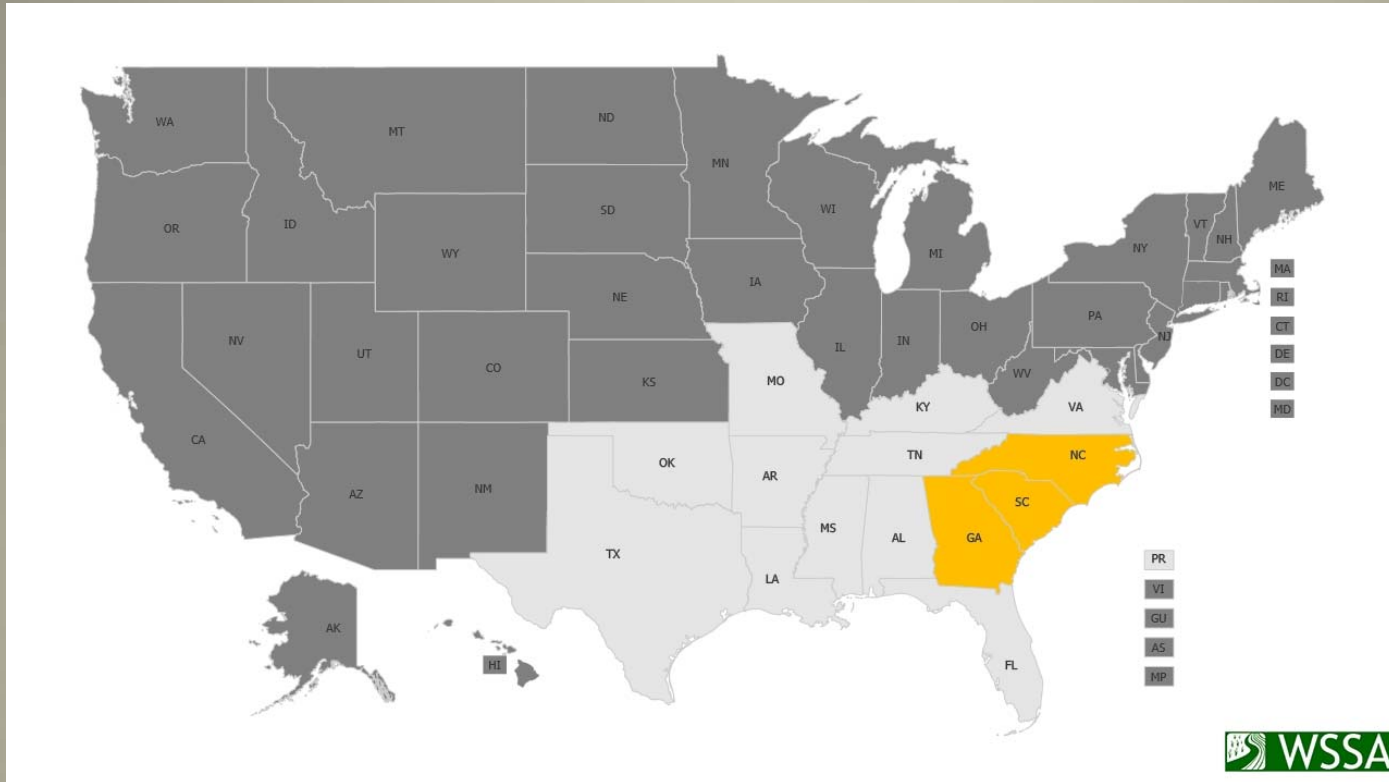


Legal Status

Regulation as an invasive plant.

Map: <https://www.invasive.org/browse/subinfo.cfm?sub=5148>





Weed Reports

Places where the plant is a problem. It is strong competitor for resources (light, water, nutrients).

Map: <https://www.invasive.org/browse/subinfo.cfm?sub=5148>



If it is a problem and a weed why are we talking about it?



Widely used, along with other mugworts, in various phases of childbirth.

Moxibustion. (TCM – burning on acupuncture points, breech birth)



Kiowa:

1. Leaves rubbed on hands and face as a purifying agent.



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1. Leaves rubbed on hands and face as a purifying agent.
2. Used as sleeping mats.



Enhances Dreams.

Ingestion (Google: mugwort dreams)

Just sleep on it

Tincture

Oils



A Witching Herb.

Associated with midsummer's night

Sometimes called St. John's plant
(not wort – a different plant)



Feast of the Nativity of St. John the Baptist falls around midsummer,
often the day after midsummer's night.

Mugwort is tossed into St. John/midsummer fires, wards off evil spirits

Bartolomé Esteban Murillo's painting "The Birth of Saint John the Baptist,"
<https://www.nortonsimon.org/art/detail/F.1973.38.P/>



And so on

Substitute for hops when making beer

One of the nine sacred herbs of Norse mythology

Roman soldiers put it in sandals to reinvigorate feet

Several cultures use it to ward off evil spirits

Poor quality substitute for tobacco



Warnings:

No clinical trials. Based upon traditional knowledge.

A common allergen, especially if you are allergic to ragweed.

Warning for pregnant and lactating women. (thujone)

