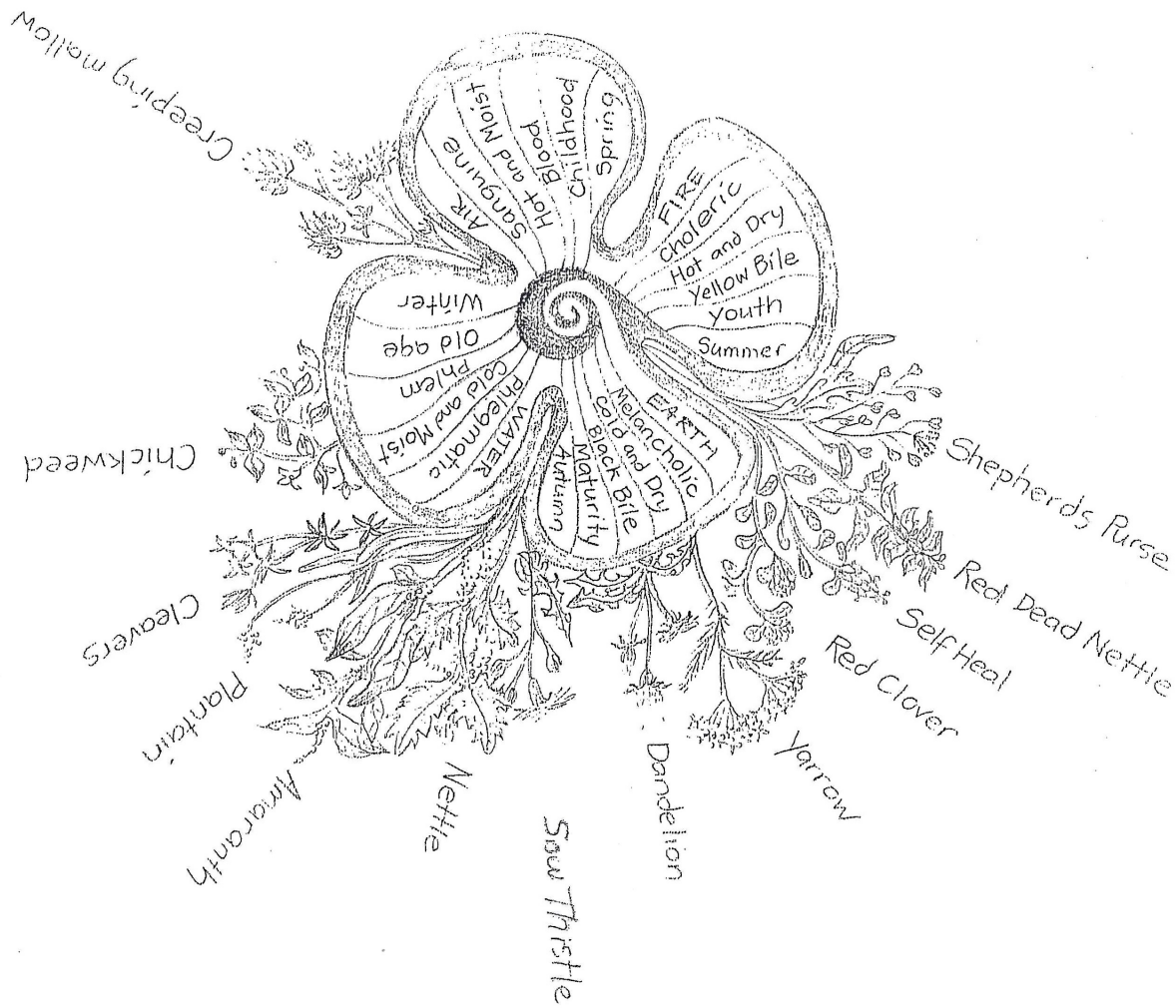
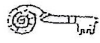


THE HUMORAL THEORY





WORKSHEET

Please photocopy this sheet to use as a guide for your personal work with plants.

Date -

Time -

Place -



Colour - flowers
- leaves
- stems
- seedheads

Shape - flowers
- leaves
- stems
- seedheads

Nature of growth -
- close to the ground
- annual or perennial
- close to people or hard to find

Pattern of growth -

Situation of growth -
- sun
- shade
- shelter



Sensation

- downy
- hairy
- prickly
- slimy
- dry
- moist
- waxy

Property

- brittle
- strong
- soft
- malleable
- hot (warm)
- cold



Smell

- glorious
- pleasant
- mildly unpleasant
- stinky (foetid)



Taste

- Sweet
- sour
- salty
- bitter
- pungent

Sensation

- mucilaginous
- astringent
- mouth watering



Part of the plant -
Colours

- red
- orange
- yellow
- green
- blue
- indigo
- violet
- white

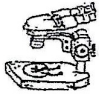


- position
- how much to use
- how often
- suggested preparation



Humoral theory

- element: earth, water, air, fire
- quality: cold, dry, hot, moist
- season: autumn, winter, spring, summer
- resulting effects ~



Summarise the  , and  icons through a microscope, if available to you -

For what conditions do you think you would use
this plant?

Externally -

Internally -

How would it best be prepared?

How much would you take?

What length of time would you take it for?

Please return all pieces of the plant you have studied,
back to the plant or to the garden - and give thanks.



GREEN BLESSINGS

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