

Cleavers - How To

Cleavers invite play. Play invites movement. And that's precisely why I love this plant for mold recovery. There's nothing more silly than grabbing a stalk of cleavers and trying to stick it on a fellow hiker without his or her notice. Or to wildcraft harvest them and return to your kitchen with an empty basket, but covered in happy green stalks.

This medicine is of the ancients. The big medicine of joy, laughter, and play... all medicines of movement.

Sometimes with mold sickness, you're simply too exhausted for any of that - and even sometimes - that amount of energy feels harsh, invasive, and depressing as you remember the you that used to enjoy such things.

Cleavers are the energy of spring. They invite you to first start with remembering, then let them take it from there. On a technical level, Cleavers move lymph. They get the garbage out of the stagnant tissues and gather it to the organs of detoxification.

Harvest cleavers in the spring, ideally before they bear fruit, by cutting or breaking off the stalks above ground and leaving the roots. If you do harvest them after they have their fruit, that's okay but remember the fruit contains caffeine. If you want to avoid the caffeine, remove the fruit before using.

It's not recommended to eat Cleavers fresh, as they leave a sticking feeling in the throat. Infused as tea, taken as tincture, or cooked into food is best.

SUPPLIES

Teapot or large tea/coffee cup

Kettle for heating water

INGREDIENTS

Cleavers ~

1-2 dried wildcrafted stalks, or 4 fresh wildcrafted stalks, or 1 Tbsp dried cut and sifted

Tea of choice, if using, but not necessary (great combos - hibiscus, orange, or green teas)

2 cups hot water

DIRECTIONS

1. Heat water in kettle
2. Place 1-2 stalks dried cleavers in teapot.
3. Add tea of choice to teapot, if using.
4. Pour hot water into teapot, cover and steep 4-5 minutes.
5. Remove tea bag from teapot.
6. Leave cleavers in teapot.
7. Drink throughout the day.