

**Materia Medica Worksheet**

COMMON NAME: \_\_\_\_\_

LATIN NAME: \_\_\_\_\_

TASTE: \_\_\_\_\_ ENERGY: \_\_\_\_\_

PARTS USED: \_\_\_\_\_

GATHERING TIME: \_\_\_\_\_

CLASSIFICATIONS/ACTIONS:

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USES:

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KITCHEN APPLICATIONS/USES:

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PREPARATION AND DOSAGE:

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CONTRAINDICATIONS:

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MISCELLANEOUS:

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SOURCES:

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