



ASSOCIATED WITH

Mental and emotional well-being, negativity protection, and positive energy attraction.

Scientific Name - *Hypericum perforatum*
Folk Name - Scarlet Beebalm, Oswego Tea, Red Bergamot



ST. JOHN'S WORT

Planetary Companion: Sun

Zodiak Sign: Aries, Leo, Virgo

Element: Fire

Deities: The Summer King, Baldur (norse)

Symbolism: Protection, healing, warding off evil spirits, happiness.

Parts Used: Flowering tops and flowers

Used For: Depression and nervous conditions, digestive issues, antiseptic.

Active Ingredients: Hypericin, Hyperforin, Flavonoids (rutin, quercetin, luteolin)

Tannins, Essential oils



DESCRIPTION

A perennial herb that grows up to 1-3 feet tall with bright yellow, star-shaped flowers of five petals, often with black dots along the edges. The stems are woody at the base and branched at the top, with opposite leaves that are sessile and oblong to linear. The leaves are perforated with translucent dots that are visible when held up to the light, giving the plant its name "perforatum."

CULTIVATION & HARVEST

St. John's Wort thrives in well-drained soil and full sun but tolerates partial shade. Drought-tolerant once established, it grows in various soil types. Sow seeds in spring or autumn, or propagate by division in spring.

Harvest flowers and leaves at midsummer bloom for peak potency. Dry in a well-ventilated area, away from direct sunlight.

Tips: St. John's Wort can be used to make tinctures, teas, and oils. As a topical application, infused oil or salve can be applied to wounds, burns, and muscle pain for its healing and anti-inflammatory properties.

PERSONAL NOTES & FINDINGS

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