

Herbal Tastes

Bitter

- Generally Cooling & Drying to Body (not always)
- Reduce inflammation, cools the body, stimulates digestion, improves liver function, improves appetite, stimulates elimination, increase salivary secretions preparing body for digestion
- Gentian Root, Coffee, Pure Chocolate, Sorosit (Bitter Melon), Jack Ass Bitters, Motherwort, Dandelion Leaf, Chicory, Burdock Root, Oregon Grape, Yellow Dock, Milk Thistle, Boneset

Sweet

- Neutral to warming in the body, moistening to the body
- Nutritive, Caloric, Nourishing and building in the body, calming and restorative, tones tissues
- Stevia, Astragalus, Sweet Potatoes, Carrots, Marshmallow Roots, Slippery Elm Bark, American Ginseng

Sour

- Cooling and Drying in the Body
- Tend to be high in vitamin C and therefore supportive of immune system as well as absorption of iron, Often they are cardiotonics as well as nervines, often toning to the tissues
- Hibiscus, Lemon & Lime, Hawthorn, Berries (Raspberries, Blackberries), Sumach, Rosehips

Spicy

- Often warming in the body, although not always. Drying.
- Help to increase circulation in the body, often antivirals, help to move and warm the body, restore flow and relieve stagnation and congestion in the body, carminatives
- Ginger, Bergamot, Black Pepper, Cardamom, Hot peppers, Cayenne, Oregano, Thyme, Rosemary, Cinnamon

Salty

- Cooling and drying to the body
- Often nourishing and building to the body due to high concentrations of minerals helping with hydration and digestion, lymphatic and lymphatic movement, help to restore electrolytes in body (mineral content), strengthen hair, teeth, nails, bones, relaxing especially if someone is malnourished
- Nettles, Horsetail, Red Clover, Oatstraw, Cleavers

Aromatic

- Cooling OR Warming, Drying
- Often aromatic herbs are nervines, carminatives, and anti-infective
- Holy Basil, Rosemary, Cinnamon, Thyme, Oregano, Lavender