

## Epazote

Botanical name: *Dysphania ambrosioides*

Energetics/Actions: Bitter, carminative

### Description

Epazote has been used for thousands of years in Mexican cooking. It dates back to the Aztecs who used it for cooking and medicinal purposes. It has a distinct flavor that is slightly bitter with hints of lemon. Medicinally it is used to reduce flatulence, bloating and cramping (and often cooked with beans). Traditionally it is used to treat intestinal parasites and menstrual cramps. In excess it is poisonous.



### Uses

Culinary: Traditionally cooked with beans to aid digestion and prevent flatulence. Also used in soups, salads, quesadillas, mole, enchiladas, eggs and potatoes.

### Dose

A few leaves.

### Safety Information

Poisonous when taken in excess. Best used as a culinary herb in small amounts.