

## Tilden Flower (*Tilia cordifolia*)

Common Names: Basswood, lime tree flower, linden flower.

Location: The tilden tree is an ornamental plant usually seen along the avenues of Europe. It is also found in the United States and in Canada from Quebec to North Dakota and south to North Carolina and Oklahoma.

Description: Growing as high as one hundred feet, it has a smooth gray bark, heart-shaped deciduous leaves, and clusters of pale yellow flowers with winglike bracts.

Properties: The flowers make an excellent honey and an aromatic, pleasant-tasting medicinal tea. Use of the tilden flower began in medieval Europe to promote sweating and to treat feverish colds, flu, and other conditions associated with chilling.

Uses: Tilden flower is used as a home remedy for colds, flu, coughs, fever, headaches, epilepsy, indigestion, and sore throats. Benefits of tilden flower for specific health conditions include the following: colds, influenza, headaches and migraines.

Doses: Tilden flower is available as a fluidextract or tea. Product labels sometimes refer to tilden flower as linden flower. Tilden flower teas frequently combine the herb with bitter orange peel, chamomile, meadowsweet, and/or willow bark for maximum analgesic effect.

Warnings: Be sure to read the label if you are sensitive to any of the above herbs. Tilden flower should not be used on a daily basis for long periods of time, as long-term use poses a risk of heart damage.