

# Mullein

## Verbascum

Blooming dates:  
June - September

The base of mullein plants are made up of broad, velvety leaves that can grow up to a foot long. The leaves alternate as they grow up the stalk of the plant, which helps direct rain water down to the soil. In the summer, tall, thin flower spikes shoot up from the base of the plant and are covered with five-petaled yellow flowers.

Mullein leaves and flowers have been used in teas to treat coughs and other respiratory problems.

Sometimes called the "candlewick plant," dried mullein leaves and stems were once used to make lamp wicks.

