



COLTSFOOT

Botanical Name: *Tussilago farfara*

Common Name: Farfara Gilib, Farfara radiata Gilib, Tussilago alpestris Hegetschw

Medicinal part: Leaf

Description: Coltsfoot is a perennial herbaceous plant that spreads by seeds and rhizomes. *Tussilago* is often found in colonies of dozens of plants. The flowers, which superficially resemble dandelions, appear in early spring before dandelions appear. The leaves, which resemble a colt's foot in cross section, do not appear usually until after the seeds are set. Thus, the flowers appear on stems with no apparent leaves, and the later appearing leaves then wither and die during the season without seeming to set flowers. The plant is typically 10–30 cm in height. The leaves have angular teeth on their margins.



G·O·L·D·E·N
BOUGH

Golden Bough Botanicals Inc. has been a trusted wholesale supplier of premium quality herbs, spices and specialty teas since 1978. Our business has evolved to include organic herbs and spices, pure essential oils, organics pure essential oils, fragrance oil, cosmetic, candle and soap making ingredients and packaging supplies.

Golden Bough Botanicals Inc.

12 - 1585 Cliveden Avenue
Delta, BC V3M 6M1, Canada

Toll Free: 1-877-950.8700

www.goldenbough.ca