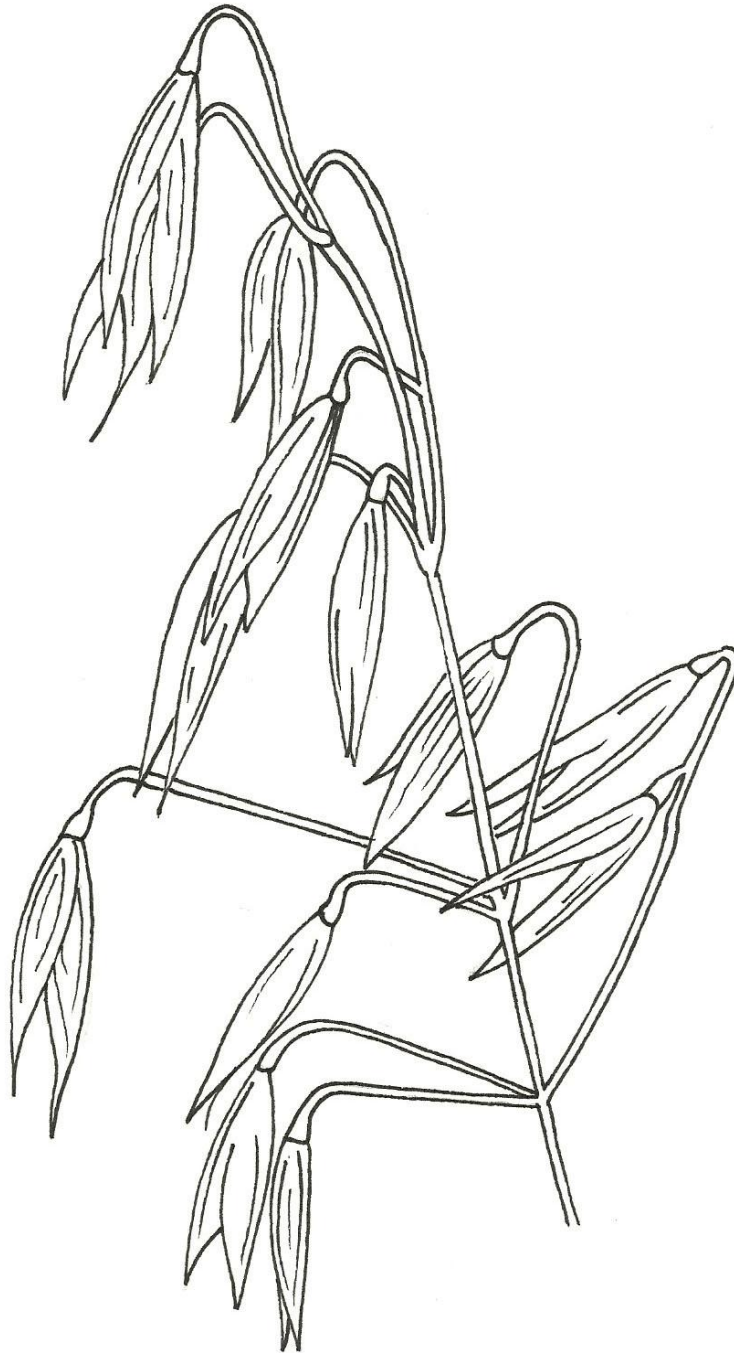




**Oatstraw: Avena Sativa**



**Common Name:** Oat Straw

**Latin Name:** Avena sativa

**Other Names:** Oat groats, milky oat tops

**Taxonomy:** Gramineae

**Native Habitat:** Europe, North Africa, cultivated on fields and farmlands everywhere

**Planetary Influence/Correspondence:**

**Energetic Quality:**

**Botanical Description:** Erect, annual grass with spindle-shaped, pale gold seeds

**Parts Used:**

**Pharmacological Constituents:** Saponins, alkaloids, flavonoids, salicylic acid, starch, proteins, calcium, B-vitamins, vitamin E, silica, other trace minerals

**Ethnobotanical/Historical Use:**

**Actions/Properties:**

**Indications:**

**Contraindications:**

**Methods of Preparation and Dosage:** Cool infusion - 1 Tbs. or more oat straw per cup of water. Pour room temperature water and let sit for the night. May be slightly slippery in the morning. Start with 3 cups per day. There are no benefits to tincturing. Makes a good bath or skin compress.

**Spiritual/Magical/Religious Use:**

**Wildcrafting/Cultivation:**

**Miscellaneous Information:**