

Growing Orchard Communities

COMMUNITY ORCHARD TOOLKIT



Apple cures

Apples were commonly used in many traditional remedies to cure various ailments and illnesses. We aren't sure of their effectiveness but they do seem to be fairly disgusting on the whole!

Warts...

- ✧ To rid yourself of a wart, divide an apple. Rub both halves on the wart, then tie them together and bury the whole thing. As the apple rots the wart will disappear.

Eyes...

- ✧ To cure a weak eye, apply a poultice made of rotten apples.
- ✧ For obstinate eye sties, apply a poultice of rotten, mouldy apples.

Rheumatism...

- ✧ To cure rheumatism. Apply a poultice made of rotten apples.

Chilblains...

- ✧ Thread rotten apples onto chilblained toes to cool them and relieve itching and burning.

Small pox...

- ✧ Place an apple in the room with the infected patient. As the pox is transferred to the apple, it will turn mouldy. You can then remove the apple and the patient will be cured.

Sleep...

- ✧ Eat an apple in the morning and last thing at night to aid sleep.