

Winter Herbs



With winter coming you may want to add some of these herbs that help with the winter issues our horse may experience.

Rosehips: Rosehips are rich in vitamin C, which can help support the immune system and overall health during the colder months.

Echinacea: Echinacea is known for its immune-boosting properties. It can help stimulate the horse's immune system, making it less susceptible to winter illnesses. Great for hoof abscesses.

Garlic: Garlic has natural antibacterial and antiviral properties, making it a great herb to support the horse's immune system during winter. It may also help repel insects, such as flies and ticks.



Peppermint: Peppermint is often used to improve digestion in horses. During winter, when the horse's activity level may decrease and the availability of fresh forage may be limited, peppermint can help support healthy digestion.

Chamomile: Chamomile is known for its calming properties and can help soothe nervous or anxious horses. It may be particularly beneficial during winter when horses may spend more time stabled or have reduced turnout. You can also use it for topical use as a wash for cuts, allergic skin reactions as it also consists of anti-inflammatory and healing properties. It is always good to have a pure chamomile tea bag in your first aid kit.

Marshmallow root: Marshmallow root has mucilage properties, which can help soothe and protect the gastrointestinal tract. It can be beneficial for horses prone to gastric irritation or ulceration, which may be exacerbated during the winter months.

Nettle: Nettle is a nutrient-rich herb that can provide additional vitamins and minerals to support your horse's overall health during winter. It is particularly rich in iron, making it beneficial for horses with anemia or those in heavy work.



Dandelion: Dandelion is a natural diuretic and can help support kidney and liver function. It may be beneficial during winter when horses may have limited access to fresh, grazing pasture. Also helps with travel sickness and with horses that are rehabilitation after an illness. The milk can be used directly on warts. BE CAREFUL do not mistaken for the false dandelion or flatweed.

Remember to consult with an equine nutritionist/herbalist before introducing any new herbs to your horse's diet. They can provide guidance based on your horse's specific needs and ensure there are no contraindications or interactions with any medications or existing health conditions your horse may have.