

HOW TO DRY THE LEAVES

HARVEST

You can harvest leaves in 3 ways:

- Use unwanted leaves when you take cuttings.
- Harvest leaves 2 or 3 times in the year by cutting half the plant.
- Harvest the whole plant immediately when it starts flowering. At this stage the artemisinin content is the highest.

DRY WITHIN 3 DAYS

Remove all stems and cut the leaves into small pieces. Dry for 3 days at a temperature below 40°C. If it is cold, place them in the sun, otherwise in the shade.

You can dry the leaves in a box, on a mosquito net or even on clean sheet.

SIEVE & STORE

Rub through a sieve to remove any remaining stems.

Store the dry tea powder in an airtight, labelled container in a dark place.

The label must state your name, the contents, the date of preparation and the "use by" date.

Copyright and further information:
www.anamed.net
anamed@t-online.de

HOW TO PREPARE: "STOP MALARIA" ARTEMISIA TEA

1. BOIL WATER

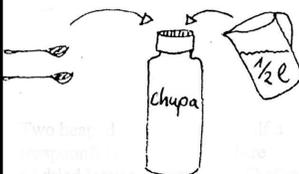


2. DOSAGE FOR ADULTS



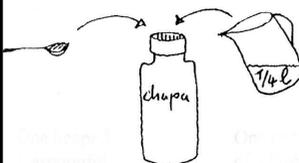
Pour one litre of boiling water over 4 heaped teaspoonfuls of dried leaves.

YOUNG CHILDREN



Pour half a litre of boiling water over 2 heaped teaspoonfuls of dried leaves.

BABIES



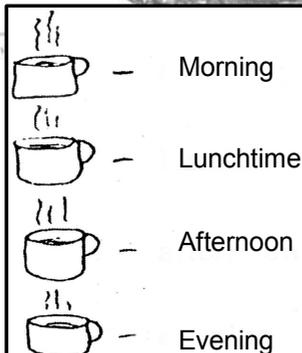
Pour 1/4 of a litre of boiling water over 1 heaped teaspoonful of dried leaves.

3. Let the tea stand for 15 minutes, then filter or drink together with the leaves.

If you have no dried leaves but only fresh leaves use five times the amount of dried leaves!



DRINK ONE QUARTER OF THE TEA EVERY 4 HOURS



TO STOP MALARIA, DRINK THE TEA FOR 7 DAYS!

STOP MALARIA WITH ARTEMISIA

ARTEMISIA ANNUA is one of the world's most effective plants for Malaria treatment.

The **ARTEMISIA** bush grows well in the Tropics, up to 3m high and 1m wide.

The leaves are harvested and dried, and a tea is prepared to **STOP MALARIA** - and even to help **HIV/AIDS** patients. **ARTEMISIA** can be grown by everybody who is willing to invest some time, work and water.

This leaflet shows you how to grow, harvest and multiply **ARTEMISIA** and how to prepare the "STOP MALARIA" tea.

Please take cuttings regularly to multiply the plant. Give new plants out to your neighbours and tell them how to grow and use it. As many people as possible should profit from **ARTEMISIA** - to **STOP MALARIA**

HOW TO GROW & MULTIPLY ARTEMISIA

A) WATER YOUR ARTEMISIA DAILY AND GIVE IT A LOT OF SUN



Find out which place your artemisia likes most. Choose a very sunny place and water it well every day. You could place the pot in a dish with water.

B) WHEN THE PLANT IS 1 HAND HIGH: PLANT IT OUT INTO THE GARDEN

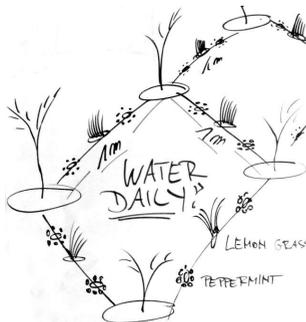


Dig a hole 30x30 cm wide and 50cm deep. Fill half of the height with old manure and compost. Make it very wet with 1-2 buckets of water. Fill up with top soil and also make this layer wet.

Water the artemisia in the pot so that you can remove it easily. Take it out completely, including the roots and soil.

Plant the artemisia carefully in the soil. Cover with mulch. Give the plant water to start growing. Water your young artemisia every day!

If you have more than one plant, plant them in rows 1m apart. The rows should also be 1m apart. This ensures that the plant has enough space and can grow up to 3m high and 1m wide.



Between the artemisia plants you can plant other food crops, e.g. maize, or, better still, soil improvers, e.g. soya, ground nuts, beans.

C) 4 WEEKS AFTER PLANTING OUT: TAKE YOUR FIRST CUTTINGS



1. Make a seedbed which you can keep moist.

Fill the seedbed with very fine and clean top soil or with sand.

Let it soak in water from underneath for some minutes.

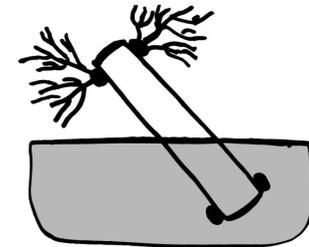
2. Choose a young, strong, healthy plant, no older than 4 months.



3. Cut the ends off each branch, two to ten centimetres long. Remove all the leaves except those at the tip.

(You may dry the leaves that you have removed, and use them to make tea.)

4. If you need more cuttings, then cut each small branch into short pieces. Each piece must have at least two nodes (a node is where the leaves come out). Remove the big leaves from each cutting, and all the leaves from the lower half.



5. Either a) Plant the cutting into the seedbed with an angle of about 30° - this enhances root growth. The lower node must be about 1cm deep.

(Or b) suspend the cutting with its lower half in water until roots develop.)

6. Keep the soil moist and water every day. Put them in a shady place for the first 2 weeks.

After 2 weeks place the small plants in the sun and watch them very carefully.

D) 4 WEEKS LATER, TRANSPLANT THE CUTTINGS INTO POTS



7. Use a spoon to take the plant out very carefully, with all the roots in the surrounding soil.

Place the plant with the soil into a prepared pot - you already know - filled with old cow manure and top soil.

Continue with A) **WATER YOUR ARTEMISIA DAILY AND GIVE IT A LOT OF SUN ...**

Note: "Artemisia" in this leaflet refers only to seeds and plants from the special breed *Artemisia annua anamed*

anamed international thanks Alexander Willbränder of Denmark and Zambia for the design of this leaflet.