Herbs you can Grow in your Garden

BASIL (Ocimum basilicum) Use essential oil from leaves for bruising, muscle tension. Leaves for fevers, indigestion, viruses, urinary problems, nausea, constipation. Best grown in large pots. It is annual, so plant seeds in late spring.

BORAGE (Borago off) Oil is high in Omega 6 for nervous system, flowers edible in salads.

BELLFLOWER (Campanula rapunculoides) Edible and an herb for the immune system.

BEE BALM aka Bergamont (Monarda didyma) use flowers/leaves as tea-tastes like Earl Grey

BISTORT (Ploygonum bistoria) Rhizome is used for diarrhea, dysentery. Astringent esp. to kidneys.

BLACK COHOSH (Cimicifuga racemosa) Use root as female tonic, uterine tonic. Stimulates estrogen receptors. Nervous conditions.

BLEEDING HEART (Dicentra) Essence of flowers/leaves used as heart cleanser & strengthener.

BLUE FLAG (Iris Versicolor). Use root for skin eruptions, bilousness and liver dysfunction. Mild laxative, blood cleanser.

CALIFORNIA POPPY (Eschscholzia californica) Use dried aerial parts as sedative, for spasms.

CATMINT (Nepeta cataria). Use flowers, leaves as tea to encourage sweating for colds.

CHICKWEED (Stellaria Media) Excellent cooling in lotion for itchy skin.

CHIVES (Allium schoenoprasum) whole herb eaten as food, used for flavouring.

CILANTRO (Coriandrum sativum) Leaf for Digestive. Helps eliminates toxins and heavy metals.

COLUMBINE (Aquilegia vul). Flowers used in wine. Root as diuretic, mouth sores, bowel problems. Seeds poisonous to children.

COMFREY (Symphytum off) leaves and roots for calcium(good for bones). Soothing.

COUCHGRASS aka doggrass, quackgrass (Elymus Repens) Urinary tract infections. Diuretic.

CRANESBILL (Geranium maculatum) Root is most potent part, all is usable for Astringent, also used externally to decrease bleeding and encourage healing. Cold sores.

CREEPING JENNY (Lysimachia Minutissima) Use leaves and flowers as tea for internal bleeding and diarrhea. Leaves can be used on wounds.

CULVERT'S ROOT Leaf used for Diuretic. Liver tonic. ROOT in the stomach.

DEAD NETTLE PURPLE (Lamium) Use leaves/flowers as edible food raw or cooked. Astringent for cuts.

DILLWEED (Anethum graveolens) High calcium, magnesium, phosphorus, potassium, sodium.

ECHINACEA PURPUREA Root is most powerful Immune stimulant.

ELECAMPANE (Inula helenium) Use root as antiseptic, anti-bacterial, diaphoretic. Relaxes spasms, reduces inflammation. For respiratory, stomach, spleen.

FEVERFEW (Tanacetum parthenium) Use leaves/flours for vasodilating headaches. For rheumatic, spasmodic, inflammation. Cooling.

FOXGLOVE (Digitalis) POISONOUS leaves used by medical as drug for forcing heart to contract.

FUMITORY (Fumaria off) Use dried aerial plants as antispasmodic, mild diuretic and laxative. Liver tonic. Helps increase bile secretion.

GINGKO BILOBA TREE leaf & nut used to increased flow to and in the brain. Blood thinner. Anti-oxidant. Anti-asthmatic.

GOAT'S BEARD (Tragopogon pratensis) Entire plant is used for suppression of urine, for liver, gall. Roots for heartburn, loss of appetite, gravel. Can be used as food also.

GOAT'S RUE/ RUE (Galega off). Leaves and flowering tops to reduce blood sugar. Stimulates flow of milk. Very bitter.

GOLDENROD (Solidago) Use: leaves, flowers for urinary infections. Chronic/excess mucous. Skin disease. May fever. Prostate congestion.

GRAVELROOT aka Joe Pye or Queen of the Meadow (Eupatorium purpureum). Root to dissolve kidney stones. Drains urinary tract and prostate gland.

HAWTHORNE BERRY TREE (Crataegus oxyacanth) Located at the narrow corner of the large pond.Cardiac/heat tonic. Dilates coronary and brain arteries, increases circulation and transport of nutrient and oxygen throughout the body.

HEAL ALL aka Self Heal (Prunella vulgaris) Use whole herb for fever, diarrhea, eye washes, weak liver, heart.

HEARTSEASE aka Johnny Jump Ups (Viola Tricolor). Use aerial parts for bronchitis, cystitits, eczema, skin eruptions, gout, dropsy. Flowers can be eaten in salads.

HOPS (Humulus lupulus) Use the fruit as nerve tonic to relax brain. Estrogenic, anti-microbial.

HOREHOUND (Marrubium vulgare) Whole herb as anti-inflammatory, expectorant, anti-spasm.

HORSETAIL (Equisetum arvense) Stems used as diuretic, for urinary complains, bleeding ulcers.

HYSSOP (Hyssopus off). Use any part as anti-inflammatory, expectorant for chronic mucus of respiratory.

JUNIPER BERRY (Juniperus communs) Use ripened berries as urinary antiseptic, short term use for acute/chronic urinary tract inflammation/infection.

LADY'S MANTLE (Alchemilla vulgaris) any part of herb is used for astringent tonic for female reproductive organs. Loss of appetite. Wounds.

LAMB'S EARS (Stachys byzantina) Use leaves as bandage material.

LARKSPUR (Delphinium consolida) Use above ground parts Seeds used as tincture for parasites. Juice from leaves used topically on piles. Juice of flowers & infuse whole plant for colic.

LEMON BALM (Melissa officinalis) Whole herb for Antiviral nervine. Migraines, headaches, dizziness. Cramps, dyspepsia, gas, colic, chronic bronchial catarrh. Sedative, relaxant, anti-spasmodic.

LILY OF THE VALLEY (Convallaria majalis) Poisonous. Use leaves & flowers for heart remedy similar to digitalis. experienced herbalists only should use.

LINDEN TREE (Tilia cordata) Slightly lemony flowers make a mild relaxing tea.

LOVAGE (Levisticum off.) Use: roots, leaves, seeds root for gravel ,jaundice, urinary troubles. Leaves edible, good in soups, celery taste.

LUNGWORT (Pulmonaria off.) Used: leaf, flowering herb for mild upper respiratory problems

MARSHMALLOW rt (Althea off). Soothing to any inflammation of respiratory, digestive, urinary system.

MEADOWSWEET (Fillipendula/Spiraea Ulmaria) Use aerial parts for anti-inflammatory. Nerve restoration.

MILKWEED (Asclepias Syriaca) Use root, juice as medicine for pain, helping urinary flow, milky liquid for skin problems, worts. Plant is not edible.

MONKSHOOD (Aconittum napellus)DEADLY POISONOUS. Use whole plant for homeopathically only - aconite is used for cold/flu symptoms

MOTHERWORT (Leononus cardiaca) Use any part for heart sedative. Heart tonic. Helps calm palpitations.

MULLEIN (Verbascum thapsus) Use leaf for expectorant, soothing. Reduces lymph congestion. Soothes, lubricates tissues, promotes healing, diuretic, analgesic, antiseptic.

ORACH (Salt Bush) Use: Leaf for digestion, helps kidneys, immune system, detoxes blood

OREGANO (Origanum vulgare) Use aerial parts for virus, bacteria, infection. Oil for pain. Flowers edible. Leaves as flavoring agent in cooking.

PARSLEY (Alchemilla arvensis) Leaves make a good soothing tonic for the kidneys. Natural diuretic for water retention.

PEONY (Paeonia off). Root is used as female tonic stimulating uterus, as diuretic. Sedative, cleansing, relaxes spasms.

POT MARIGOLD (Calendula) use petals in salads and fried in rice dishes. Used in skin salves for itchy problem skin.

PERIWINKLE (Vinca Major). Use flowers/leaves for cancer, diabetes. As astringent, tonic, laxative.

RED RASPBERRY (Rubus ideaus) Leaves are astringent. Uterine tonic, tones muscles during pregnancy.

ROSE (Rosa spp) Use ripened hips for stimulates immune system. Rich in Vit. C. Astringent.

ROSEMARY (Rosmarinus off). Antimicrobial, digestive, for peripheral and cerebral circulation.

SAGE (Salvia off) Use leaf in cooking, helps digestion. Anti-microbial, anti-spasmodic. Quiets nerves, reduces perspiration.

SEA HOLLY (Eryngium Maritimum) Roots for urinary problems, stimulates uterus helping with menstruation, delivery.

SHEPHERD'S PURSE (Capsella bursa-pastoris) Edible. Good blood controller for excess menstruation, hemorraging

SPEARMINT (Menta viridis) Use leaf to improve digestion and spasms.

STINGING NETTLE (Urtica dioca) Leaf as Blood cleanser. Kidney ailments. Helps expel gravel from bladder.

SWEET CICELY (Myrrhis odorata) Use whole plant to help gas, stomach, coughing.

SWEET WOODRUFF (Galium odorata) Use aerial parts in potpouris, flavouring agent in wine.

TANSY (Tanacetum vulgare) Use for Intestinal parasites. Digestion. Stimulates uterus

THYME (Thymus vulg) Not just for cooking. A strong antibacterial in essential oil form.

UVA URSI (aka Bearberry) Antiseptic for urinary tract infections.

VALERIAN (Valeriana off.) Use root as sedative, nervous disorders, anti-spasmodic.

VIOLET (Viola odorata) Use leaf/flowers as expectorant, mucilaginous, cooling. Cleanses toxins, antiseptic. Blooms early spring.

YARROW (Achillea millefolium) Tea of leaves/flowers encourages perspiration. For colds with a fever. Not if pregnant.