



HerbaRemedium.com

A BEAUTIFUL MEDICINAL GARDEN

Calendula – *Calendula officinalis*

Can be used instead of Marigold.



*Food: Flowers can be added to salads:
sometimes called poor man's saffron*

COMFREY – *Symphytum officinale*,
Symphytum uplandica



*Don't use on open wounds as it may heal the
outside of the wound before the inside.*

Topically:

- Vulnerary – wound healer
- Contains antiseptic, antimicrobial, and anti-inflammatory properties

Internally

- Can help with a leaky gut
- Supports the lymphatic system
- Antiviral properties
- Supports liver function

For Topical Use Only

- Bonesetter wound healer.
- Supports sprains, strains, bruising
- Often used in sitz baths postpartum after healing has started
- Use herbal oil infusion topically to help heal scars
- Fixes the nitrogen in the soil – great added to the soil to increase fertility



HerbaRemedium.com

BLOODROOT - *Sanguinaria canadensis*



Blood root is an endangered medicinal herb that is propagated by ants. Use instead of Spring bulbs.

- Difficult to grow
- Generally, not used too often because it's a very strong medicinal
- Expectorant for colds
- Vermifuge – for expelling worms

DILL – *Anethum graveolens*



Use instead of Ornamental Grass

- Supports the digestion:
 - expels gas and helps gas pains
 - Helpful for hiccups
 - Many culinary uses of course

LEMON BALM - *Melissa officinalis*

Use as a ground cover



- Supports digestion
- Miracle herb for light sleepers
- Great for nervous system (anxiety and palpitations)
- Helpful in calming children
- Supports any herpes virus symptoms (particularly cold sores)
- Helps ease gas and bloating
- Cautionary in pregnancy



SAGE/la salvia - *Salvia officinalis*



Use in garden where a green filler is needed.

- Tea Made hot, may open pores and induces sweating
- Tea made cold, may decrease excessive secretions like diarrhea, breast milk, runny sinuses
- Often used for night sweats in menopausal women as a warm tea
- Acts as a blood mover for those with poor circulation (hot tea)
- Eases gas and bloating
- Sage infused honey – amazing for sore throats & drippy sinuses
- Herbal steam to loosen congestion of sinuses and lungs
- ***Not recommended during pregnancy (except as culinary spice)***

YARROW - *Achillea millefolium*



- Great First Aid plant
- Analgesic and anti-inflammatory
- Stops bleeding internally or externally
- Acts as a blood mover for stagnant or pooling blood
- Great support for gut health
- A warm tea is great for fevers that are stuck internally (opens pores and pushes fever out encouraging sweating)
- Bug repellent
- Wound healer
- A good support herb for varicose veins & hemorrhoids



HerbaRemedium.com

Echinacea – *Echinacea purpurea* or *angustifolia*



- Great stimulant for the immune system
- Use as an antiseptic for wounds topically and internally
- Supports septic conditions
- Used internally for prevention and topically for boils, cysts or acne
- May help bacterial and viral infections
- Supports urinary tract infections
- May cause irritation to those with Autoimmune conditions



HerbaRemedium.com

Additional beautiful medicinal flowers and my favorite uses for each.



Rosa Rugosa/Rose hips: (*Rosa rugosa*)

Rose is great for those with long-standing grief. Or those that just need some love in their life. Rose hips are also a great source of Vitamin C.



Lavender: (*Lavendula spp.*)

Great for anxiety, and nervousness particularly the kind that causes digestive upset. Headaches. Sleep support. The flowers make great sleep pillows.



Passionflower (*Passiflora incarnata*)

Use this as a vining plant. helps shut the mind off at night to support sleep or prevents the mind from circular thinking during the day.



Elderberry (*Sambuca nigra*)

Mini tree that is great antiviral. Some kids love good elderberry syrup on their pancakes! These are easy to grow from cuttings. Caution is not to eat berries raw.



HerbaRemedium.com



Chamomile (*Matricaria recutita*)

My absolute favorite gentle flower to help anyone from babies to the elderly and My favorite use for this is as a tea, but make sure to steep it for 30 minutes.



Monarda: (*Monarda dydima*)

Great mouth wash as a fresh tea or tincture. You can swap this out for oregano in cooking. Draw out heat anywhere, topically, or internally.

Pleurisy: (*Asclepias tuberosa*) for hot dry coughs and conditions. One of my favorite herbs during CoV.

Feverfew: (*Chrysanthemum parthenium*) – great migraine preventative (when taken consistently), anti-inflammatory for arthritic pains and helpful for gassy digestive woes

California Poppy (*Eschscholzia californica*) – A gentle non-addictive poppy. Does not contain the alkaloids that are in the “Opium Poppy”. Beautiful flower to help you sleep, particularly if pain or anxiety keeps you awake.

Spilanthes (*Acmella oleracea*) – called the toothache plant, and it stimulates saliva and the immune system. Eaten 1 bud at a time or used as a tincture. *Makes mouth very numb

CAUTIONS: Please see a Clinical Herbalist on the use of any of these herbs with any medications and in pregnancy or lactation.

Photo's by me!



HerbaRemedium.com

What is an Herbalist:

An Herbalist listens to your whole health history and determines herbs that are best suited for you and your constitution. The Herbalist will try to target the root cause of what might be causing your symptoms, while also providing relief from symptoms. Most herbalists will also recommend lifestyle changes, and supplements, to complement the herbs.

How to Dry Herbs:

Options - Tie the herbs together as best you can and hang in a loose bundle upside down in a cool space in your home. Place herbs on screens outside in a warm dry space out of the sun (make sure a screen is on the top and bottom with herbs in between so the wind does not take them). Place on a cooling rack in the oven at the lowest setting (crack door open if no fan). Use a dehydrator on 95-100 degrees.

Basic Tea Preparation:

Using dried herbs. A good strong tea has 1-2 Tbsp of Herb to 8-16oz Boiling water. It is then left to sit with a lid covering for 20-30 min. You can then strain your herb or leave it in before drinking.

What is a Tincture:

A tincture is a maceration of an herb in alcohol. The folk method is to chop your herb very well, add to a jar and cover with 95% Alcohol (like Everclear). However, a more precise way of making a tincture is to weigh your herb in grams and multiply that weight by 5, the result is the amount of alcohol to add (in milliliters) to the herbs. There are varying theories of what percentage of alcohol to use when tincturing herbs, this depends on the type of herb you have; dried, fresh, root, seeds, etc. Typically, a general 80 proof/40% Vodka works well for basic tincturing of dried herbs. Place all ingredients in a jar with a lid and shake daily for 6 weeks. You can then strain your herb and keep in a cool dark place for 4-5 years.

Using Medicinal Herbs Topically

- A Tincture can be sprayed on a wound, bug bite etc. It can be applied to a cotton swab and dabbed on.
- A strong tea can be made, and a cloth can be soaked in the tea and then laid on the skin
- Herbal Oil can be made. These are typically used for sore muscles, sprains and strains, or dry skin conditions. Use the folk method of adding the herbs to a jar but cover with oil (instead of alcohol). Preferably an oil that will absorb on the skin (preferably, olive oil, avocado oil, jojoba oil). Stir well to cover all the herbs and let sit for 6 weeks shaking daily. After 6 weeks the herb can be strained from the oil and the oil can be kept in the fridge. The shelf life will depend on the expiration of the oil used and where oil is kept.