

African Blue Basil, *Ocimum kilimandscharicum* × *basilicum* 'Dark Opal' (hybrid variety): cooling, digestive, It has antibiotic capabilities as well as antispasmodic properties, which means that it excels in treating headaches, ear aches, and cold and coughs

Usages: leaves & stems for medicinal and culinary use

Plant: perennial, full sun, attracts bees

Borage, *Borago officinalis*: for courage, nervous system, adrenal fatigue, high in Omega 6

Usage: tea with flowers & leaves. Flowers are also moisturizing. Excellent for infusion as well: 1 ounce dried aerial parts in 1 quart boiling water min 4 hours - overnight then strain. Refrigerate and drink within two days.

Plant: annual, re- seeds itself, prolific, attracts bees

Calendula: *Calendula officinalis*, wound healer, topical skin issues, heals scar tissue, reduce redness, nourishes lymphatic system.

Usages: flowers can be made into a tincture or salve.

Plant: annual, re- seeds itself, prolific, attracts bees

California Poppy, *Eschscholzia californica*: used for trouble sleeping (insomnia), aches, nervous agitation, bed-wetting in children, and diseases of the bladder and liver. It is also used to promote relaxation.

Usages: aerial parts in tinctures

Plant: annual, re- seeds itself, semi-prolific, attracts bees

Comfrey, *Symphytum* × *uplandicum*: wound healing, cell regeneration, “bone knit”

Usage: break up leaves to create a plaster & put on broken or sore bones. Combined with aloe vera can speed up the healing process. Wrap in gauze & apply overnight.

Can be made into a fertilizer or “tea” to add nutrients into the soil.

Plant: perennial, deep rooted, attracts bees, types are Russian comfrey and common comfrey

Culinary Sage, *Salvia*: cramps, gas and bloating. Its oils have antibacterial properties, making sage effective for fighting infections. Its leaves are antioxidant and anti-inflammatory, and can be useful for arthritis and other inflammatory conditions.

Usage: leaves & stems

Plant: perennial, full sun, attracts bees

Evening Primrose, *Oenothera biennis*: Chronic depression, rich in Omega 3s & 6s, eczema

Usages: press oil from seeds

Plant: perennial, pollinated at night by bees and moths that forage in the evening

Fennel, *Foeniculum vulgare*: for better digestion, menopause

Usage: seeds- remove seeds from plants when almost dry & hang to dry at home

Plant: perennial, prolific host plant for anise swallowtail butterfly

Feverfew, *Tanacetum parthenium*: migraines

Usages: tea or tincture (flowers, leaves stems)

Plant: perennial, attracts bees

Fig Leaf, *Ficus carica*: antiviral especially for HPV and warts

Usage: extract milky latex substance from stems and leaves

Plant: tree

Garlic, *Allium sativum*: blood-thinner, anti coagulant, lowers blood pressure, lowers cholesterol,

Usage: bulb either raw or cooked

Plant: annual bulb

Hollyhock, *Alcea setosa*: for inflammatory issues, Mallow family

Usage: roots- make a slime to nurrish the mucus membranes. Suspending cold infusion, hang inside a jar in the fridge. Drink solution. Emollient qualities that can be used for creams & hair tonics.

Plant: perennial in the Malva family, full sun, attracts bees & hummingbirds

Lavender: *Lavandula Augustifolia*, antibiotic, antimicrobial, sedative, relaxing

Usage: tincture, salve, lotions from flowers and leaves

Plant: perennial, full sun, attracts bees

Lemon Balm, *Melissa officinalis*: for nervous system, calming, sleep aid, antiviral, herpes sores. High in magnesium

Usage: tea, tincture, vinegars

Plant: perennial, white flowers attract native bees

Mint, *Mentha*: stimulating, uplifting, calming to stomach, gas, nausea, morning sickness, headaches

Usages: leaves for tea, oil can escape (volatile) so cover when steeping

Plant: perennial, prolific, many varieties, peppermint is most potent, flower attracts native bees

Motherwort, *Leonurus cardiaca*: regulates hormones, calming

Usage: make a tea or tincture with above ground plant

Plant: perennial,

Narrow leaf Plantain, *Plantago lanceolata*: wounds, cuts, stings (leaves), blisters,

constipation (seeds) antibacterial properties

Usages: leaves (chew or mash) & apply to affected area. Seeds mix with water & drink for constipation.

Internally, they are used in the treatment of a wide range of complaints including diarrhea, gastritis, peptic ulcers, irritable bowel syndrome, hemorrhage, hemorrhoids, cystitis, bronchitis, catarrh, sinusitis, asthma and hay fever.

Leaf tea used to treat cough, diarrhea, dysentery, and hematuria

Plant: perennial, poor soil, found roadsides & in gardens

Nettles, *Urtica dioica*: contains iron- highly nutritious plant, has uric acid, good for anemia, allergies, arthritis,

Usages: use leaves. Also seeds can be made into a tincture.

Plant: perennial, prolific in damp shade, host plant for red admiral butterfly

Opium Poppy, *Papaver somniferum*: narcotic analgesic, hypnotic, and sedative

Usage: latex from seed pod is collected and dried

Plant: annual, full sun, attracts bees

Oregano, *Origanum vulgare*: antimicrobial, warming to system, expectorant, antifungal

Usages: cold/flu tea, combats ringworm

Plant: perennial, drought tolerant small shrub, flower attracts small native bees

Parsely: rich in vitamins (C) and minerals, cooling, relieves gas, commonly used for UTIs

Usage: leaves and seeds, eat raw or use in tea or vinegars

Plant: annual, flower attracts small native bees

Passion Flower: *Passiflora incarnata* nervine, insomnia, sleep herb

Usage: tincture using aerial portions

Plant: perennial vine, host to [gulf fritillary butterfly](#)

Rosemary: *Rosmarinus officinalis* antiseptic, astringent, cooling, stimulates memory, circulation

Usage: tea or infuse in oil. Good for hair and scalp

Plant: perennial shrub, attracts bees

Rue, *Ruta graveolens*: used to strengthen the eyes, as an anthelmintic to treat parasitic worms, and as an antidiarrheal, anti-inflammatory, antispasmodic, expectorant, hemostatic and stimulant. It is also used to induce vomiting and relieve gas.

Warning: can cause uterine contractions, which can cause a miscarriage. That's why rue is used to cause an abortion.

Plant: perennial, yellow flowers attract bees

St. John's Wort, *Hypericum perforatum*: nerve pain, sciatica, anti-depressive

Usages: tincture or infusion, turns red when tintured or infused in oil

Plant: perennial,

Thyme, *Thymus*: antiseptic, antimicrobial, issues with the lungs, coughs, sore throat (gargle)

Usage: make a tea or tincture with above ground plant

Plant: perennial, flower attracts small native bee

Vervain, *Verbena officinalis*: anxiety, nervous exhaustion, stimulation of lactation and treatment of dysmenorrhea, jaundice, gout, kidney stones, headache, depression, anxiety, and insomnia. Also considered an astringent, a bitter digestive tonic, and a diuretic.

Usages: tinctures, extracts, astringents, teas, powders, and dried herbs

Plant: perennial and some annual species

Vitex (Chasteberry) *Vitex agnus-castus*: reproductive system, promotes fertility, also helps with opiate addiction, premenstrual syndrome (PMS), menstrual disorders, infertility, acne, menopause, nursing difficulties.

Usage: berries

Plant: perennial large shrub