



## ROW 1

### **MINT**

*Mentha piperita*

Used to settle general complaints of the gastrointestinal tract such as gastritis, nausea and flatulence and to cover the taste of unpleasant medicines.

### **OREGANO**

*Origanum vulgare*

The ancient Greeks and Romans used the leaves as an antiseptic and for treating skin sores, aching muscles, stomach aches, coughs, colds, and other respiratory diseases, and Oregano tea with wine for treating snake bites

### **FEVERFEW**

*Chrysanthemum parthenium*

Has a mild tranquilizing effect and is especially good for headaches caused by tension or fatigue . Has been used in the treatment of headaches since the first century. It has also been used for inflammation, arthritis , menstrual discomforts, fever, and other aches and pains.

### **WOOD BETONY**

*Sachys Officianalis*

Used to treat everything from migraines and neuralgia to open wounds and concussions, the plant's astringent, expectorant and stimulative properties make this herb very beneficial. Used to relax tension and stimulate blood circulation, Betony has been highly regarded as a medicinal herb for centuries.

### **THYME**

*Thymus vulgaris*

Used as an astringent, anti-septic, and anti-fungal. When used topically. Also improves digestion, relaxes spasms, gum diseases and controls coughing.



## ROW 1 continued

### **CHIVES**

*Allium schoenoprasum*

Used to stimulate the appetite, promote digestion, clear a stuffy nose, and help motion sickness and nausea. It has a mild diuretic effect, as well as some antibacterial properties.

### **SAGE**

*Salvia officinalis*

Used internally to treat indigestion, flatulence, female disorder, mouth, depression, insect bites and skin problems. It also ha

### **BLOOD ROOT**

*Sanguinaria canadensis*

Is used to cause vomiting, empty the bowels, and reduce tooth pain. It is also used to treat croup, hoarseness (laryngitis), sore throat, poor circulation in the surface blood vessels, nasal polyps, achy joints and muscles (rheumatism), warts, and fever.

## ROW 2

### **LADY'S MANTLE**

*Alchemilla vulgaris*

Used as a tea for treating PMS or menopausal type mood swings, lack of appetite, rheumatism.

### **CATNIP**

*Nepeta Cataria*

Used as a remedy for colds, fever, and stressed nervous system.



## ROW 2 continued

### **JACOB'S LADDER**

*Polemonium caeruleum*

It was formally used internally for the treatment a wide range of conditions ranging from nervous complaints, swelling headaches, trembling, to fevers and epilepsy.

### **LAVENDER**

*Lavandula officinalis*

Used to relax spasms, benefit digestion, and stimulate peripheral circulation. Used internally to sooth and calm anxiety, irritability, exhaustion, and headaches.

### **HYSSOP**

*Hyssopus officinalis*

The mold that produces penicillin grows on its leaf. Also used as an expectorant and to relieve muscular Rheumatism bruises and discolored contusions,

### **RUE**

*Ruta graveolens*

Used as treatment for hypertension, diabetes, insect bites and allergic reaction.

### **LEMON BALM**

*Melissa officinalis*

Used internally to treat nervous disorders, indigestion, depression, anxiety, and headaches. Also used topically for soothing and promoting relief for herpes and shingles.



## ROW 2 continued

### **SOUTHERNWOOD**

*Artemisia Abrotanum*

Used for indigestion and in the treatment of worm infestation, especially roundworm and pinworm. Also may help fever and infection.

### **BORAGE**

*Borago officinalis*

Used to induce sweating, as an expectorant and anti-inflammatory.

## ROW 3

### **LOVAGE**

*Levisticum officinalis*

Used to treat kidney stones, jaundice, malaria, sore throat, pleurisy, rheumatism, gout, and boils. Also works well in treating indigestion, gas, and colic, especially in children.

### **GERMANDER**

*Teucrium chamaedrrys*

Used as a pain killer to treat wounds, reduce fever, aid digestion, gout, and rheumatism. Also thought to be good for brain strengthening and thinking.

### **MARJORAM**

*Origanum marjorana*

Used internally for bronchial and chest complaints, tension headaches, anxiety and painful menstruation. When used internally, it can ease rheumatic pain.



### ROW 3 continued

#### **CHAMOMILE**

*Chamaemelum nobile*

Used as a tonifying gastrointestinal tonic and gentle sedative. Also used as a good hair rinse.

#### **PARSLEY**

*Petroselinum crispum*

Used to cleanse the blood and boost circulation and ease muscle spasms. Fresh herb is rich in vitamin C, a good breath cleanser when chewed. It is a diuretic that purifies blood and accelerates the excretion of toxins.

#### **WINTER SAVORY**

*Satureia montana*

Used to enhance the flavor in bean and lentil dishes and assists with digestion of these foods. Also aids in colic and nausea.!

#### **BASIL**

*Ocimum basilicum*

Used externally to relieve the pain of bee stings. Used internally to treat stomach upsets, enhance digestion, induce sleep, and clear nasal passages.

#### **ROSEMARY**

*Rosmarinus officinalis*

Used to treat headaches, aid indigestion circulation and memory improvement. Also used as an antiseptic and to bring relief to colds.



## SIDE GARDEN

### **MILKWEED**

*Asclepias syriaca*

Milkweed is the sole host plant and food source of Monarch caterpillars, and the adult butterflies pollinate the milkweed. It has also been used in salves and infusions to treat swelling, rashes, coughs, fevers and asthma.

### **SOLOMON'S SEAL**

*Polygonatum biflorum*

Used as a remedy for treating injuries to the musculoskeletal system. It can be used to treat broken bones, sprains, injured tendons and ligaments, tendonitis, arthritis, dryness in joints and "slipped"/herniated discs. Solomon's Seal has the remarkable ability to restore the proper tension to ligaments, regardless of whether they need to be tightened or loosened.

### **ANGELICA**

*Angelica archangelica*

Used as an effective menstrual regulator. The root is an antimicrobial and is used to fight infection, to improve energy, and to stimulate circulation. This herb's carminative properties aid in digestion and reduce gas, while its expectorant and stimulant factors make this a great remedy for common colds and reducing fevers.