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Horehound

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Myrrh

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Pau d'arco

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Plantain

Pleurisy Root

Red Clover

Red Raspberry

Rhubarb

Rosemary

Shepherd's

Purse

Skullcap

Slippery Elm

Sorrel

Spearmint

Squaw Vine

Stevia

Sweet Flag

Sweet

Marjoram

Tansy

Tea Tree

Thyme

Turmeric

Uva Ursi

Valerian

Watercress

White Willow

Wild Yam

Witch Hazel

Wood Betony

Wormwood

Buckthorn

Buckwheat

Burdock

Butcher's

Broom

Calendula

Cascara

Sagrada

Dong Quai

Echinacea

Elder

Elecampane

Ephedra

Irish Moss

Juniper

Kava Kava

Lavender

Sage

Sarsaparilla

Saw Palmetto

Yarrow

Yellow Dock

Yucca

# **AGRIMONY**

*(Agrimonia eupatoria)*



**Agrimony is a member of the rose family. It is a perennial herb and is also called Cockleburr, Common Agrimony and Church Steeples. It has numerous yellow flowers growing all along the stem blooming in the middle of the summer. The toothed leaves are covered with coarse hair. It can grow up to 3 feet tall. Agrimony grows throughout Britain, Europe, Asia and North America along roadsides, wasteland, hedges and banks**

**Sow in late winter (germination takes place under cold conditions) in a sunny location. Water regularly. Harvest the herb just before or while the flowers are in bloom.**

# ALFALFA

*(Medicago sativa)*



This herb is a perennial and is also called Buffalo herb. The plant has small purple-violet flowers that bloom from July to September and the leaves are growing in groups of three. Alfalfa can grow up to 3 feet high. Alfalfa's roots can grow as deep as 20 feet.

Alfalfa is rich in the green plant pigment chlorophyll, protein, fiber, and a variety of vitamins and minerals.

The leaves can be eaten raw or cooked. You can also try to add powdered alfalfa so salads or soups.

**Parts used: Leaves, flowers.**

**Don't use if you have an autoimmune problem. Don't use if you are taking blood thinning agents. Don't eat the seeds since they contain high levels of the toxic amino acid canavanine.**

# ALOE VERA

*(Alo barbadensis)*



This perennial herb is a member of the daylily family. There are over 500 species of aloe that are growing all over the world. Aloe originally came from Africa.

The flowers are yellow to orange and the leaves are triangular and they can grow up to 24 inches tall.

Aloe easily starts from offshoots, which appears at the base of the mother plant. They can be transplanted when they are 2 to 3 inches tall.

Grow aloe in sandy soil that is well drained in a sunny location. Don't overwater the aloe since it can lead to rot. It's enough to water the Aloe once every two weeks in the summer and once a month in the winter.

You can harvest aloe gel at any time, however the plant have to be at least two years old.

Aloe Vera is very rich in vitamins and minerals. Aloe Vera is an herb that should be in every cooks kitchen and in every family's first aid kit, since it's very good for burns and cuts.

External application (the jelly-like gel that you can find in the leaves) may help for healing of sunburns (add 1 or 2 cups of aloe into a nice and warm bath - that may help relieve your sunburn) and other minor burns.

Apply aloe gel on the affected area three to five times a day.

**Parts used: Fresh gel, yellow juice, leaves.**

**Don't take if you have any gastrointestinal conditions. Don't take aloe capsules for more than ten days. Don't take with Licorice root, Cortico-adrenal steroids, Cardiac glycosides or Antiarrhythmic agents.**

# ANGELICA

*(Angelica archangelica)*

This herb is a perennial and is easy to grow from seed; if planted in moist soil it will grow very well. It can grow up to 7 feet tall. The flowers are very tiny and grows in clusters. The leaves looks almost like celery.

Angelica is also called Masterwort and gives you a warming effect on your body. It can also have a good effect on the circulation of blood. Many women use Angelica for the treatment of painful menstrual cramps.

Bring some angelica with you in your pocket or purse to remove negativity or evil influence.

You can add chopped angelica leaves in salads, soups, stews and fruit drinks.

If you like rhubarb pie you should add some leaves and stems of angelica since it reduces the amount of suger needed.

**Parts used: Leaves, root, seeds.**

**Don't take if you are pregnant, if you have diabetes or if you are taking blood thinning agents.**

# ARNICA

*(Arnica montana)*

**This perennial herb, also known as Leopard's Bane, gives you bright, yellow, daisylike flowers that blooms in July. The leaves are hairy and oval. The stem can grow up to 2 feet tall.**

**Grow arnica in moist, sandy soil in a sunny location. Harvest the plant just as they become fully open.**

**Part used: Flower heads.**

**Don't use if you are pregnant since it can promote menstruation. Don't use if you have diabetes since it can increase the amount of sugar in the blood. Don't take large doses. Don't apply it to broken skin.**

**Arnica may cause vomiting, weakness and increased heart rate.**

# **ASTRAGALUS**

*(Astragalus membranaceus)*

**This perennial herb, also known as Huang Qi, is used in many of the Chinese medicinal formulas.**

**Astragalus can grow up to 18 inches tall. The flowers are white to yellow. The leaves are divided into 10 to 18 pairs of leaflets.**

**Plant Astragalus in well-drained soil, in a sunny location. Harvest the root when it is four years old.**

**Part used: Roots.**

**Don't use if you have a fever. Don't use if you suffer from skin disorder. Don't use the above-ground parts since they can be poisonous.**



# BARBERRY

*(Berberis vulgaris)*



This perennial herb can grow up to 10 feet high. The flowers are yellow and the berries, that appear in the fall, are red or black and they can be used for making jam and jellies. Grow Barberry in dry, sandy soil in a sunny location.

**Parts used: Rhizome, root bark.**

**Don't use if you are pregnant since it stimulates the uterus. Don't use if you have any heart disease. High doses of Barberry can also result in nausea, headaches and low blood sugar.**

# BASIL

*(Ocimum basilicum)*



This herb is native to India, Africa and Asia and is a member of the mint family.

Basil is also known as St. Josephwort and is an annual and comes in a wide variety of flavors, colors and sizes depending on what kind of seeds you choose. For example if you are looking for a basil with color you should choose Red Rubin, Dark Opal, Osmin or Purple Thai which gives you a purple basil. If you are looking for a Basil by size, Mammoth, Napoletano or Valentino is the

basil for you, and if you are looking for a Basil with a different flavor you should choose Anise, Licorice, Spice, Cinnamon, Lemon or Sweet Dani.

Basil can grow up to 3 feet tall. Grow Basil in a sunny location in a moderately rich, well-drained soil. Sow after last spring frost with about 12 inches between plants. The plant matures in about 85 days.

Basil have the tendency to get very tall so to increase the leaf production of your basil remove the bloom when the plant flowers. Harvest the leaves whenever you feel like having some basil. Harvest the flowers as they open.

Put some basil in your wallet or purse to attract money, success and prosperity.

The leaves makes a good addition to salads, veal, poultry, soups fish and egg dishes. Also try to mix Basil with rice, pasta or vegetables while you are cooking.

The purple Basil (*Ocimum basilicum purpurescens*) is also excellent as a garnish.

**Parts used: Flower tops, leaves.**

**Basil should be avoided in early pregnancy.**

# **BAYBERRY**

*(Myrica cerifera)*

**This plant can grow up to 35 feet high.**

**It is said that where Bayberry is, so is money, so you should sprinkle some bayberry around the house, your business, your wallet or purse.**

**Parts used: Berries, root bark.**

**Don't take in large amounts since the tannin in the herb has carcinogenic properties.**

# BAY

*(Laurus nobilis)*

This herb, also known as Laurel, is an evergreen tree. The flowers are small and yellow and the leaves are oval and dark green. Bay also gets dark purple, or black berries. It can grow up to 50 feet tall, but it seldom grows taller than 20 feet.

Plant bay in rich, well-drained soil in a sunny location. Bay does better if you grow them indoors, since they do not survive cold winters.

Harvest the leaves as needed.

You can use its leaves for soups, stews, seafood and meat dishes. Remove the leaves from your food before serving.

**Parts used: Leaves.**

**This herb was once used to stimulate menstruation and abort so if you are pregnant you should stay away from medical doses.**

# BETH ROOT

*(Trillium Pendulum)*

This perennial herb is also known as Birth Root can grow up to 15 inches tall. The color of the flowers varies according to species. The berries are pink or red. Plant in rich soil in a shady location.

Beth root should be carried for attracting good luck, wealth and prosperity.

**Parts used: Rhizome, root.**

**Don't use if you are pregnant.**

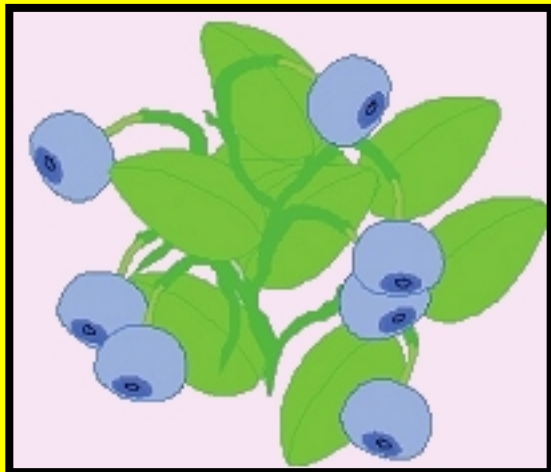
# BILBERRY

*(Vaccinium myrtillus)*

This perennial herb is also known as blueberry or huckleberries. There are over 100 species with similar names and fruit throughout the world. The berries are blue-black and the plant can grow up to 1.5 feet high.

Plant bilberry in moist, fertile soil in a shady location.

During World War II a lot of British pilots took Bilberry before their flights to enhance their night vision and they swore that it helped them.



Bilberry contain anthocyanosides, which improve circulation and also help protect blood-vessel walls from damage.

There are many way you can enjoy Bilberry. You can add it to salads and desserts and it can also be made into a jam, preserves and wine.

**Parts used: Leaves, berries.**

# BLACKBERRY

*(Rubus villosus)*



This perennial herb is also known as bramble, dewberry and goutberry. The berries can be made into jam, gelatin, jelly and vinegar. Blackberries are high in fiber and vitamin C.

Plant Blackberry in loose, moist soil in a sunny location. Harvest the leaves and roots any time and the berries as they ripen.

**Parts used: Bark, fruit, leaves, roots.**

# BLACK COHOSH

*(Cimicifuga racemosa)*



This perennial herb, also known as Snakeroot, has creamy-white flowers which can reach an height of eight feet when it flowers, in late spring to early summer. Black Cohosh was used by the Native Americans to reduce the pain of female problems and also applied to snake bites. Plant in rich, fertile and well-drained soil in partial shade. Harvest the roots in autumn.

Magically black cohosh is used for fertility, love and protection.

**Parts used: Rhizome, dried root.**

**Black Cohosh is a potential abortifacient and should be avoided, especially during the first trimester of pregnancy. Don't use if you are nursing or if you have heart problems.**



# **BLACK HAW**

*(Viburnum prunifolium)*

**This herb, also known as Cramp Bark, Sloe-leaved viburnum, Stagbush, grows in the eastern and central United States.**

**Black Haw can grow up to 25 feet tall. The flowers are white and grows in clusters. The plant produces pink berries which turn bluish-black in the fall. The fruit is sweet and edible.**

**Parts used: Bark of root.**

# BLACK WALNUT

*(Juglans nigra)*

**This herb, also known as Juglans nigra, is rich in vitamin B15, manganese and organic iodine. The black walnut tree is native to rich fertile woods and hillsides throughout Europe, North America, and Eastern Asia. The nut is a popular flavor for cakes, candy and ice cream.**

**Parts used: Hulls and leaf.**

# BLESSED THISTLE

*(Cerberia benedicta)*

**This herb is also known as Holy Thistle.**

**Blessed Thistle is magically useful for exorcism, hex-breaking and purification spells. You should sprinkle some blessed thistle outside your house since it is said to attract peace, love and harmony.**

**Parts used: Root, seeds.**

**Don't use if you have stomach disorders or are allergic to any of the plants in the Daisy family.**

# BLUE COHOSH

*(Caulophyllum thalictroides)*

**This herb grows throughout North America.**

**Parts used: Rhizome, root.**

**Blue Cohosh is a potential abortifacient and should be avoided, especially during the first trimester of pregnancy. However it is an excellent labor augmentation herb for use when labor is happening, but seems too slow.**

# **BONESET**

*(Eupatorium perfoliatum)*

**Boneset, also called White Snakeroot, is a perennial often used by Native Americans to treat fever-producing illnesses. Boneset can grow as large as 5 feet tall.**

**Parts used: Flower tops, leaves.**

**Don't use fresh Boneset since it contains a toxic chemical.**

# **BORAGE**

*(Borago officinalis)*

**This annual herb is also known as Bugloss. The flowers are blue and pink and shaped like stars. The leaves and the flowers have a mild cucumber flavor. Borage can grow up to 36 inches high and 20 inches wide.**

**Plant Borage in a sunny location in poor, well-drained soil. You can plant this herb anytime in warm winter areas or early spring in cold areas. The plant matures in about 80 days. Harvest the plant before the flower buds appear.**

**Borage can be added to vegetables, fish, poultry and pasta dishes.**

**Parts used: Leaves, seeds, flowers.**

# CATNIP

*(Nepeta cataria)*



This perennial herb, also known as Catmint, has small, soft heartshaped leaves to which cats are very attracted. The flowers are white with purple spots. This plant can grow up to three feet high. Plant Catnip in a sunny location in sandy, well-drained soil. You can plant this herb any time in mild climates or early spring in cold areas. The plant matures in about 80 days. Harvest individual leaves at any time.

You can add leaves in salads. The leaves can also be rubbed on raw meat to add flavor.

**Parts used: Flowers, leaves, tops.**

# CAYENNE

*(Capsicum frutescens)*

Cayenne, also called Capsicum, Hot Pepper, and Red Pepper, looks like a typical pepper plant. It's a perennial herb and can grow up to six feet.



There are many ways to enjoy cayenne. Add it to meat sauces, fish, vegetable dishes and soup.

Since Cayenne is a very hot pepper you might want to let it simmer for a while before you blend it with other flavors.

**Part used: Fruits.**

**Don't use if you have gastrointestinal problems, or if you are prone to over-heating or acidity of the stomach. Cayenne is also irritating to the eyes and to tender skin.**



# CELERY

*(Apium graveolens)*

This annual herb is also known as marsh parsley.

Grow celery in a sunny location in well-watered, richly organic soil.

Harvest the leaves as needed and the seeds when they mature.

Celery can also be eaten raw.

**Parts used: Whole plant.**

**Don't use in large amounts if you are pregnant.**



# CENTAURY

*(Centaurium erythraea)*



This annual herb is also known as Christ's Ladder and Feverwort. The flowers are pinkish purple and the plant can grow up to 14 inches high.

**Parts used: Whole plant.**

# CHAMOMILE

*(Matricaria recutita)*



**This herb is also known as German Chamomile. The flowers are white with a yellow center. Chamomile is a member of the daisy family. The German Chamomile is an annual and is the one most often used in the USA. The Roman Chamomile is a perennial. This plant can grow up to 20 inches tall.**

**Plant Chamomile in a sunny location in light, dry soil. Sow after last spring frost with about 6 inches between plants.**

**Part used: Flower heads and stem.**

**If you are allergic to ragweed you may also be allergic to chamomile.**

# **CHERVIL**

*(Anthriscus cerefolium)*



**Chervil is an annual and is one of the traditional herbs in French cuisine. It has a mild, parsley-like flavor with a small hint of licorice.**

**Chervil is a member of the Umbelliferae family and it can grow up to 28 inches high and 12 inches wide. Grow Chervil in a shady, sheltered location in moist soil. Sow 3-4 weeks before last spring frost with about 4 inches between plants. Harvest leaves and stems before the flower buds open.**

**Chervil doesn't dry very well so it is best if you add it to butter and keep it cold or frozen.**

**Its leaves give a good flavor together with fish or eggs. It can also be added to soups, salads and fish.**

# CHICKWEED

*(Stellaria media)*

**This herb is also known as Starweed, is a low, hardly noticeable plant that forms mats along the ground. The flowers are white and the leaves are tiny, oval and grow in pairs. Chickweed grows all year. It tastes like spinach and can be added to soups and stews.**

**Parts used: Leaves, stems.**

# CHIVES

*(Allium schoenoprasum)*



This herb is a perennial herb. It gives a delicate hint of garlicky-oniony flavor to many different kinds of foods.

Chives has grasslike leaves with purple flowers, and it gives you the best taste before the plant flowers. Chives can grow up to 18 inches high and 14 inches wide. Grow Chives in a sunny location in rich, well-drained soil. Sow 3-4 weeks before last spring frost with about 12 inches between plants. The plant matures in about 80 days. When you harvest the leaves cut them off in clumps about half an inch from the ground.

Chives are high in calcium, folic acid and vitamin A and C.

There are many ways to enjoy chives. Add it to vegetables, salads, soups, fish, potatoes, omelets and egg dishes.

**Part used: Leaves.**

# CILANTRO

*(Coriandrum sativum)*

This annual herb looks something like a flat-leaf parsley and gives a sharp and musky flavor. The seeds are called coriander and has a mild, sweet, citrus-like flavour. Cilantro is native to the Mediterranean and Middle East regions. The plant can grow up to 3 feet high.

Plant cilantro in a warm, dry, light soil in a sunny location. In August, when the seeds are ripe, you can cut the plant and separate the coriander (seeds) from the cilantro (plant).

Use chopped leaves in salads, vegetables, soups and beef stews.

**Parts used: Leaves, seeds.**

**If you have diabetes, consult with your doctor before using Cilantro.**

# CINNAMON BARK

*(Cinnamomum zeylanicum)*



There are two kinds of cinnamon. *Cinnamomum cassia*, and *cinnamon zeylanicum*.

*Cinnamomum cassia* is stronger and more spicy than cinnamon *zeylanicum*.

This tree can grow up to 30 feet high.

There are many ways to enjoy cinnamon. Sprinkle it on French toast, apple pie, rice pudding and baked goods. You can also add cinnamon sticks to coffee and teas.

**Part used: Dried inner bark.**

**Don't use if you have inflammation or hemorrhaging. Don't use if you have any kind of allergy. Don't take in large doses if you are pregnant.**



# **CLEAVERS**

*(Galium aparine)*

**This annual herb is also known as Clivers, Goosegrass.**

**Cleavers can be added to vegetables.**

**Part used: Aerial Parts.**

# CLOVES

*(Syzygium aromaticum)*

Cloves, which gives you a sharp and spicy flavor, are the dried flower buds of the clove tree. Cloves is native to Indonesia and can grow up to 25 feet high.



In the Middle Ages people studded oranges with cloves as a protection against plague. They believed that this would ward off bad luck. Today a lot of people do it to add a pleasing aroma to a room.

To determine whether a clove is fresh or not, put them in water. If the cloves float vertically or sink to the bottom they are fresh.

Jewish people smell cloves in the service that closes the Sabbath (Havdalah).

You can use cloves in baking and to give flavor to preserved meat.

**Parts used: Dried powdered flower buds and oil.**

**Don't use if you are pregnant, or if you have sensitive skin.**

# COLTSFOOT

*(Tussilago farfara)*

**This perennial herb has bright yellow flowers and it contains many useful vitamins.**

**Magically this herbs is used for love and peace.**

**Parts used: Flowers, leaves.**

**Don't use if you are pregnant or if you are nursing.**

# COMFREY

*(Symphytum officinale)*

Comfrey is also known as knitbone since it has been shown that a comfrey plaster has helped mend broken bones over and over again. Comfrey contain allantoin which is a protein that promotes the healing of sprains and broken bones.

Comfrey is a perennial herb and a member of the borage family. The flowers are blue-purplish, yellow, white or red. The plant can grow up to 5 feet high. Grow comfrey in well-drained soil in a sunny location.

**Parts used: Leaves, rhizome, roots (external use only).**

**This herb is recommended for external use only since comfrey contain high levels of pyrrolizidine alkaloids which are toxic to the liver. Don't use if you are breast-feeding or if you are pregnant. Always check with your doctor before taking this herb.**

# COMMON MELLOW

*(Malva silvestris)*

**This perennial herb, also known as high mallow, is a member of the Malvaceae family. The flowers are pink to purple and the plant can grow up to 5 feet tall.**

**Common mallow is native to Asia, Europe and northern Africa. Plant Common mallow in poor soil in a sunny to partial shady location. Harvest the leaves in spring and the flowers in late summer.**

**Parts used: Flowers, leaves, roots.**

# CORN SILK

*(Zea mays)*



Part used: Silk of corn.

# CRAMPBARK

*(Viburnum opulus)*

**This herb, also known as Guelder Rose, has red, acid berries which remain on the bush throughout the winter. The bush can grow up to 10 feet high.**

**Part used: Bark.**

**Don't eat the berries uncooked since they are poisonous.**

# CRANBERRY

*(Vaccinium macrocarpon)*



**Cranberries are rich in vitamin C. They can be added to desserts, salads and preserves.**

**Part used: Juice from the berries.**



# DAMIANA

*(Turnera aphrodisiaca)*

**Damiana is a small bushy plant with yellow flowers. Damiana grows abundantly in dry, rocky soils and is generally found in Mexico, South Arnerica, Texas and West Indies.**

**Part used: Leaves.**

# DANDELION

*(Taraxacum officinale)*



Dandelion, also known as Lion's Teeth, has long deeply toothed leaves with bright yellow flowers that look like a sun.

The word dandelion comes from the French "dents de lion," or "lion's teeth," because of the shape of the leaves and their color.

Dandelion is a perennial herb native to the entire Northern Hemisphere. It is a member of the Composite family and it can grow up to 12 inches high.

**Dandelion is not a hard plant to find because it grows pretty much everywhere. If you haven't cut your grass in awhile, I'm sure you can find plenty of Dandelions growing there.**

**Dandelion is a good source of potassium, phosphorus, calcium and vitamin A.**

**There are many ways you can enjoy dandelion. Cook fresh leaves and eat it or just add it to salads. Best is if you eat them while they are young. You can also use the root in soups.**

**Parts used: Leaves, rhizome, roots.**

**The milky juice can lead to nausea, vomiting or diarrhea if it's sucked excessively by children. Don't take if you have gallstones.**

# DILL

*(Anethum graveolens)*

This annual herb is often used in European and Scandinavian dishes and it improves the flavor of many foods. The leaves are feathery and the flowers are yellow. Dill is a member of the Umbelliferae family.



Dill can grow up to three feet high. Dill is very easy to grow. Sow the seeds in a sunny, sheltered location in well-drained, moist soil. Harvest the leaves before flowering begins. You can gather the seed umbels when they turn brown.

Add Dill to salads, potatoes, eggs, vegetables, soups, sauces, grilled lamb and pork, stews and fish dishes.

**Parts used: Leaves, seeds.**

# EUCALYPTUS

*(Eucalyptus globulos)*



There are more than 500 species of Eucalyptus. It's an evergreen member of the myrtle family and it can grow from 5 - 475 feet high. The leaves are narrow and slightly curved. Eucalyptus is native to Australia.

Magically Eucalyptus is used to promote health. Place leaves all around the house!

This herb is recommended for external use only.

**Part used: Leaf oil.**

**Don't use on open wounds or broken skin.**

# **EVENING PRIMROSE**

*(Oenothera biennis)*

**This biennial herb, also known as Fever Plant, can grow up to 4 feet high. The flowers are yellow and they usually open around seven o'clock in the evening which make this plant different from many other blooming plants.**

**Grow Evening Primrose in fairly good sandy soil in a sunny location.**

**The French often use Evening Primrose for garnishing salads.**

**Part used: Bark, leaves.**

**Don't use if you suffer from migraines or if you have epilepsy.**

# EYEBRIGHT

*(Euphrasia officinalis)*

This is an annual plant that can grow up to 8 inches high. Eyebright has purple and yellow flowers with a black center.

Eyebright is a member of the figwort family and can be found in grasslands and meadows in Europe.

Its Latin name *Euphrasia officinales* comes from the Greek word *euphrosyne* which means "good cheer."

**Part used: Entire overground plant.**



# FALSE UNICORN

*(Chamailirium luteum)*

**This herb is also called Helonias.**

**Parts used: Root, rhizome.**



# FENNEL

*(Foeniculum vulgare)*

This perennial herb has yellow flowers and is a close relative of dill. Fennel can grow up to 6 feet tall and 18 inches wide. Grow Fennel in a sunny location in well-drained soil. Sow after last spring frost with about 10 inches between plants. The plant matures in about 90 days. Harvest the leaves and stems as needed before flowering and the seeds as they turn brown.

You can add Fennel in sauces, stews, soups, and salads and as a garnish for fish.

To make fennel tea, boil one cup of water with 2 grams of crushed seeds for 15 minutes. Keep the pot covered. Let it cool and strain.

**Parts used: Bulbs, seeds, stalks.**

**Don't use if you are pregnant. Don't take if you have liver disease or epilepsy.**



# FENUGREEK

*(Trigonella foenum-grecum)*



This annual herb has a bitter flavor and can grow up to 24 inches high. The leaves are cloverlike.

Fenugreek is a member of the Leguminosae family and grows wild in the Mediterranean area. Harvest the seeds in the fall.

There are many ways you can enjoy fenugreek. Add some seeds as a flavor to pea soups, meat stew and curries.

**Part used: Seeds.**

If you have diabetes be aware that fenugreek may interfere with other therapies. Don't use if you are pregnant since it may stimulate the uterus.

# FEVERFEW

*(Tanacetum parthenium)*

**Feverfew, also called Featherfew, is a perennial. It was once used to help bring down a fever, hence the name. Feverfew can grow up to three feet high. Grow Feverfew in a sunny location in a well-drained soil.**

**Part used: Leaves.**

**Don't use if you are pregnant.**

# FLAX

*(Linum usitatissimum)*

**Flax is one of the oldest known plants and flax seeds have been discovered in ancient Egyptian tombs.**

**It is an annual herb and has pale blue flowers that bloom in May-July. It can grow up to 80 -120 cm tall. Plant in an area of good soil in the spring. Harvest the plants in August just before the seeds are fully ripe.**

**There are many ways you can enjoy flax. You can add it to your cereal or yogurt.**

# **GARLIC**

*(Allium sativum)*



**Garlic is a perennial plant that is cultivated worldwide. The garlic bulb is made up of 4 to 15 smaller cloves enclosed in a white skin; these individual cloves enhance the flavor of most foods.**

**The only problem with Garlic is that you can smell for hours and even days after eating it. To eliminate this garlic breath try chewing Parsly immediately after eating Garlic. This should help.**

**Grow Garlic in a sunny location in rich, well-drained soil. Harvest the garlic about 6 months after it's planted.**

**There are many ways you can enjoy Garlic. Add it to spaghetti sauce, pork roast, fresh salads, stuffings, dressings, stews, soups and marinades.**

**Parts used: Bulbs, leaves.**

**Don't use if you are breast-feeding or if you are taking blood thinning agents.**

# GENTIAN

*(Gentiana amarella)*



This perennial herb, also known as Bitter Root, Autumn feltwort, is a member of the Gentianaceae family. The flowers are purple-yellow and will flower at the end of the summer. The plant can grow up to 6 feet high. Gentian prefers mountainous regions and dry, cool air so it is best if you plant Gentian in moist soil in a shady location.

Gentian contains one of the most bitter substances known - the glycoside amarogentin.

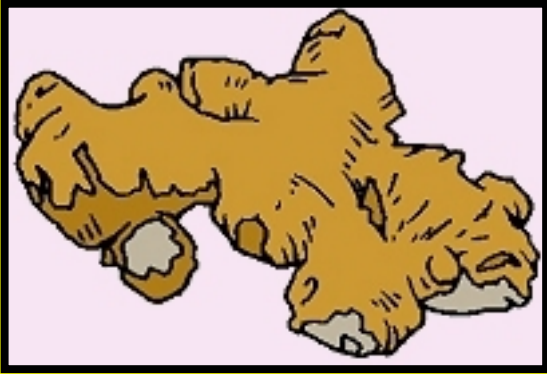
Magically Gentian is used for power.

**Part used: Roots.**

**Don't take if you have diarrhea. Avoid large doses which may cause vomiting.**

# GINGER

*(Zingiber officinale)*



This herb, also known as African Ginger, is most famous for relieving vomiting and nausea, no matter what the cause is. Ginger is a perennial that can grow up to 4 feet high. Grow it in a shady location. Ginger is often used in Chinese and Indian food because it gives a hot and strong taste.

There are many ways to enjoy ginger. You can add it to soups and stir-fried vegetables or even brew it into a tea.

**Part used: Rhizome, roots.**

**Don't use if you have gastritis or peptic ulcers. Long term use of ginger is not recommended during pregnancy.**

# GINGKO

*(Gingko biloba)*



**Ginkgo, also known as Maidenhair Tree, has been used for thousands of years by Chinese herbalists for the treatment of asthma.**

**Ginkgo is widely used in Europe to treat strokes and poor circulation in the brain. Ginkgo may also boost blood flow into the penis.**

**Today, this herb is one of the five-top selling herbs in the United States.**

**Parts used: Leaves.**

**Don't use if you have a bleeding disorder. Ginkgo may cause mild stomach upset.**



# **GINSENG**

*(Panax ginseng)*

**Ginseng is a perennial herb that has been used for more than 5000 years. The name *Panax* comes from Latin and means *cure-all*.**

**The flowers are yellow-green and the berries are red. It's a slow-growing, shade-loving herb that can grow up to 28 inches tall. The plant takes at least 6 years to mature.**

**It is very difficult to grow this herb and also very expensive, but if you would like to try to grow ginseng, plant it in a well-drained soil in a shady location. Harvest the roots when the plant is six to seven years old.**

**You can add some ginseng to your soup.**

**Part used: Roots.**

**Don't take for more than six weeks at a time since it can cause sleep disturbances, restlessness and anxiety.**

# **GOLDENSEAL**

*(Hydrastis canadensis)*

**This perennial herb, also known as Yellow Root, acts as an antibiotic.**

**Goldenseal grows in the Appalachian Mountains and surrounding areas. It is one of the most expensive herbs on the market since the plant has been largely overharvested.**

**Parts used: Rhizome, root.**

**Don't take if you are pregnant or if you have diabetes, any kind of heart disease, glaucoma, stroke or high blood pressure.**

**If you would like more information about this herb, click below.**

# GOTU KOLA

*(Centella asiatica)*



This herb is a member of the parsley family and it grows primarily in India and some parts of Africa. The leaves of this herb contains asiaticoside which have been used to treat burns. Gotu Kola is rich in vitamins A, B, E, G and K, and magnesium.

You should carry some gotu kola with you since it is said to increase good health and to attract love.

**Part used: Leaves, roots.**

**Don't use if you are pregnant or breast-feeding. Don't use if you are allergic to gotu kola.**

# GRAVEL ROOT

*(Eupatorium purpureum)*

**This herb is also called Joe-Pye Weed, Queen-Of-The-Meadow.**

# HAWTHORN

*(Crataegus oxyacantha)*



**This herb, also known as May Blossom, can grow to a height of 25-35 feet. The leaves are heart-shaped, the flowers are white and the fruits are bright red.**

**Hawthorn is a member of the rose family.**

**Parts used: Fruits, flowers, leaves.**

# HOPS

*(Humulus lupulus)*



Hops is native to Asia, Europe and North America. It's a perennial herb that can grow up to 40 feet tall. The fruit doesn't form until the plant is three years old.

Hops has a calming effect on your whole body.

You can cook and eat the young side shoots.

**Part used: Fruits.**

**Don't use if you suffer from depression.**

# HOREHOUND

*(Marrubium vulgare)*

**This is a perennial herb that can grow up to 2 feet tall. Plant Horehound in a sunny location in a dry soil. Sow 3-4 weeks before last spring frost with about 15 inches between plants. The plant matures in about 75 days. Harvest the plant when the flowers are at their peak bloom.**

**The leaves are used in teas and candies.**

**Part used: Flower tops, leaves.**

# **HORSERADISH**

*(Armoracia rusticana)*

**This herb is a perennial. The flowers are white and numerous and the leaves are large. The root is long and white. Grow Horseradish in a sunny location in moist, rich soil. Harvest the root at the end of the growing season.**

**The roots can be frozen, but you need to clean them before freezing.**

**Horseradish is very rich in vitamin C. By eating 70 grams of Horseradish you reached the daily requirement of 75 milligrams of vitamin C.**

**You can add fresh leaves to salads. Horseradish can also make a good sauce to roast beef. Oprah Winfrey used Horseradish in her famous mashed potatoes in her Chicago restaurant!**

**Parts used: Leaves, roots.**

**Don't use if you have kidney disorders or hypothyroidism.**



# HORSETAIL

*(Equisetum arvense)*

Horsetail, also known as shavegrass, bottlebrush, scouoring rush, is a nonflowering perennial herb that can grow up to 3 feet tall. The stems are rich in silica which can help you heal broken bones. Many herbal beauty products use horsetail because it is a good conditioner for nails, hair and skin.



Growing Horsetail from seed is pretty much impossible since it's not commercially available, so you might want to try to dig up a plant from a meadow. Horsetail can be found throughout the entire Northern Hemisphere. Make sure you get the right horsetail since Marsh Horsetail is a very similar plant but the plant is very poisonous.

Plant horsetail in a moist, rich soil in full sun or partial shade. Make sure to keep the plant damp. Harvest the stems in June to the end of October.

**Part used: Stems.**

**Don't use if you are pregnant, nursing or have a kidney disease. Horsetail can be toxic if used in excessive amounts.**

# **HYSSOP**

*(Hyssopus officinalis)*

**Hyssop is a perennial herb. It's an evergreen, bushy herb that can grow up to 36 inches high and 16 inches wide. The flowers are white, pink or blue. Hyssop should be planted in poor and dry soil for the best results. Sow 3-4 weeks before last spring frost with about 12 inches between plants. Harvest the flower-tops in august if it is for medicinal use.**

**The word Hyssop stems from the Greek "Azob" which means "Holy Herb".**

**You can add a few leaves in tea, to meat dishes, stews, salads and fruit cocktails.**

**Parts used: Flowers, leaves.**

**Don't use if you are pregnant, if you have epilepsy or high blood pressure.**

# LICORICE

*(Glycyrrhiza glabra)*

This perennial herb has been used for over 3000 years. It can grow up to 7 feet high. Licorice is 50 times sweeter than sugar so it's often used to disguise the bitter taste of medicines.

Licorice candy does not contain Licorice.

**Parts used: Rhizome, roots and runners.**

**Don't use if you have diabetes, glaucoma, heart disease, high blood pressure, kidney disease, severe menstrual problems, edema or a history of stroke. Don't use in large quantities.**

# LOBELIA

*(Lobelia inflata)*

**This annual or biennial herb is native of Eastern USA. Lobelia grows 4" to 6" tall. Most lobelias have blue or purple flower that bloom from mid June to mid October.**

**Plant in fertile, sandy soil in part sun or shade. Avoid hot and dry locations. Water frequently.**

**Other common names for this herb is Pukeweed, Indian tobacco, bladderpod, wild tobacco, emetic herb, emetic weed, lobelia herb, asthma weed, rag root, eye-bright and vomit wort.**

**Parts used: Leaves, tops.**

**Don't use if you are pregnant.**

# LUNGWORT

*(Pulmonaria officinalis)*

This perennial herb is found throughout Europe. The flowers are pink when they first open and then they fade to shades of blue and purple. The leaves can grow up to 60 cm long. They are downy, spotted or blotched with white, abruptly narrowing at the base.

Plant in moist, organic rich soil in a shady location.

Other names for this herb are Lungwort, spotted lungwort, maple lungwort, Jerusalem cowslip, Jerusalem sage, spotted comfrey, oak lungs and lungmoss.

**Parts used: Leaves**

# MARSH MALLOW

*(Althaea officinalis)*

This perennial herb is native of most countries of Europe. The plant has beautiful pink to white flowers and can grow up to 5 feet high. It's a member of the Malvaceae family.

Marsh Mallows prefer a moist soil however they will do equally well in dry soil, sun or partial shade.

Other Common Names for this herb is Altea, Common Marshmallow, Ghasul, Hatmi, Iviscus, Khatmah, Khitmi, Mallow, Malvavisco, Usubeni-Tati-Aoi, White Mallow and *Althaea officinalis*.

Marsh Mallow contain mucilage which is important to the human body since it protects the skin and internal membranes from irritants.

**Parts used: Flowers, leaves, roots.**

# MEADOWSWEET

*(Filipendula ulmaria)*

**This perennial herb is a member of the rose family. Meadowsweet is common in damp woods and meadows, in fens and by riversides throughout Europe. The flowers blossom from June to almost September. They are yellow to white and smell like almonds. The plant can grow up to 7 feet high.**

**Plant meadowsweet in damp fertile soil. Harvest the upper part of the plant in the end of July.**

**Meadowsweet is considered an herbal aspirin.**

**Parts used: Entire plant.**

# MILK THISTLE

*(Silybum marianum)*

**This annual herb is also called Mary thistle, Wild Artichoke, Blessed Milk Thistle and Silybum marianum.**

**Milk Thistle is easy to grow from seeds. Plant in a sunny location. The flowers are red-violet and the leaves have white veins and are very spiny and prickly. The plant can grow up to three feet high.**

**In the 20th century German scientists did a chemical analysis of Milk thistle and discovered that it contains "silymarin," a mixture that may support the production and regeneration of liver cells. Silymarin is also believed to help the liver prevent various toxic substances from entering its membranes.**

**Milk Thistle is said to be one of the best herbs you can use to help protect the liver.**

**Part used: Seeds.**



# MOTHERWORT

*(Leonurus cardiaca)*

This herb is also known as Mother Herb, Heart Heal, Lion's Tail, and Lion's Ear. There are about ten species of this perennial plant and it can grow up to four feet high. Plant in full sun to a partly shady area.

The botanical name *cardica* stems from the Latin word for heart.

**Parts used: Flowers, leaves, stems.**

**Don't use if you are pregnant.**

# MULLEIN

*(Verbascum thapsus)*

This biennial herb, also known as common mullein, great mullein, mullein dock, velvet dock, has green-gray leaves with tiny yellow clustered flowers. The entire plant is covered with fine, downy hairs. The plant can grow up to 6 feet. Mullein is native to Europe and Asia.

Plant mullein in sandy, well drained soil in a sunny location. Mullein should only be watered when it's really dry. If the soil is too wet the root will rot. You can harvest the leaves and the flowers from late spring to late summer.

To make tea, pour 1 cup of boiling water over 1 heaping tablespoon of Mullein flowers. Let steep 10 minutes, strain, and sweeten with honey if desired.

**Part used: flowers, leaves, roots.**

# MYRRH

*(Commiphora molmol)*

Myrrh is a large shrub that grows in the Middle East, Ethiopia and Somalia. It contains volatile oil, triterpenes, and mucilages.

From reading the Bible you can see that Myrrh has been used since ancient times, it was one of the gifts presented to the infant Jesus by the Three Wise Men.

Other Names for Myrrh is bola, bol, Balasmodendron.

Myrrh is used in many perfumes and incense.

**Part used: Gum resin from the stem.**

**Don't take in large amounts since it can be toxic.**

# NETTLE

*(Urtica urens)*



This perennial herb is also called Stinging Nettle because it's covered with tiny hairs that contain formic acid which sting when you touch them.

Nettle has toothed, egg-shaped, dark green leaves and it can grow up to three feet tall. The flowers are green or greenish-white which flowers from June to September.

If you have been stung by a nettle it may help to rub the part with Rosemary, Mint or Sage leaves.

Young leaves can be cooked for soups or can be added to salads and vegetables.

To make tea of nettle, pour one cup boiling water over 3-4 teaspoons of dried nettle. Let the tea draw for for about 10 minutes. For best effect, drink 1 cup three times a day. Sweeten the tea with honey.

**Parts used: Leaves, stems of young plants.**

**Don't eat uncooked leaves, and handle the plant with care.**

# OAK

(*Qurecus spp.*)

Oak grows in parts of Europe and and in some parts of North America.

The fruits are called acorns and are traditionally symbols of fertility. The acorns can be strung into necklaces.

Oak contain suger, pectins, starch and protein but the main components are the tannins which give powerful astringent properties.

**Part used: Bark.**

**Don't use oak extract in the eyes since it can dry out the eye mucosa. Don't use of you are pregnant or nursing. Don't take for more than 4 days.**

# OATS

*(Avena sativa)*

Oats is a member of the Gramineae family. It's an annual that can grow up to 3 feet high.

In folk medicine, oats were used to treat nervous exhaustion, insomnia, and “weakness of the nerves.

You can make oatmeal out of cooked oats:

Combine 1/2 cup of oatmeal with 3/4 cup of water and 1/8 teaspoon salt in a microwave-safe bowl. Cook on medium 3-5 minutes.

Remove and mix well. Add cinnamon, raisins, sugar or applesauce to taste.

**Part used: Grain.**

# Parsley

*(Petroselinum crispum)*



Parsley has been used as a medicinal herb for more than 2000 years. It is a very popular herb that is grown all over the world. The leaves are dark green in color and gives you a fresh and peppery flavor. It can grow up to 24 inches tall and 16 inches wide.

Plant parsley in a sunny location with rich, moist soil for best result. Sow 3-4 weeks before last spring frost with about 6 inches between plants. The plant matures in about 70 days. Harvest the leaves as needed.

Parsley is rich in vitamin A and C and it also contains flavonoids. Parsley oil is found in many shampoos and soaps.

There are many ways to enjoy parsley. Add it as a garnish for fish, potatoes, smoked salmon, pasta, cheese and egg dishes. Don't cook parsley since it destroys its flavor and vitamins.

Tips: If you have been eating garlic, chew some Parsley and you won't smell any more.

**Parts used: Leaves, seeds, stems.**

**Since parsley, in large quantities, can stimulate uterine contractions it should not be used by pregnant women. Don't use if kidney inflammation exists.**

# PASSIFLOWER

*(Passiflora incarnata)*

This perennial herb is also known as Maypop, Passion Vine, Granadilla and Maracoc. It was named by Spanish explorers in South America in the 1500s because the flowers reminded them of elements of the crucifixion and symbolized, to them, the passion of Christ.

Passionflowers grows in sandy thickets, open fields, roadsides and fence rows.

Plant in a well-drained soil, sandy slightly acid soil in full sun. The flowers are purple and white and bloom from June to August. The fruit is yellow-green when ripe.

To make tea, steep 2-3 teaspoonfuls of dried herb in 8 oz. (240ml) boiling water for 10 minutes.

**Parts used: Flower, leaves and stem.**

**This herb may cause sleepiness in some people and should not be used before driving or operating machinery. Don't take if you are pregnant.**



# PAU D'ARCO

*(Tabebuia impetiginosa)*

**This tree, also called Lapacho, Taheebo, can reach a height of 125 feet.**

**Pau d'arco grows primarily in Argentina and Brazil.**

**The bark is harvested by being stripped by hand in vertical strips from the ground up about six or seven feet, leaving enough bark intact to ensure the life of the tree.**

**Part used: Bark.**

# PEPPERMINT

*(Mentha piperita)*



Peppermint was first recorded by John Ray an English naturalist in 1696.

It is a pleasant-tasting herb which gives you a refreshing drink if you add the leaves to iced tea.

Peppermint, also know as American mint, Brandy mint, Lamb mint and Lammint, have green fuzzy leaves and in the summer they have purplish stem and pink or lilac flowers. The plant is a member of the labiate family and can grow up to 36 inches high and 24 inches wide. Peppermint grows easily from seed. Plant in well-drained soil in a shady location.

There are many ways you can enjoy peppermint. Add peppermint leaves to salads, drinks and fruit dishes as a garnish. It is also a great flavoring for ice cream, chocolates, and other deserts.

**Part used: Leaves, oil, and flowering tops.**

**The oil may be toxic if taken internally in large doses.**

# PIPSISSEWA

*(Chimaphila umbellata)*

This herb, also called Prince's Pine, Bitter Wintergreen, Ground Holly, Love-In-Winter and Pine Tulip, is a perennial. The flowers are light purple and they can grow up to eight inches high. Pipsissewa commonly occurs in mixed woods and or sandy soils.

The word *Chima* comes from the Greek, "winter"; and the word *phila*, from the Greek "lover". *Umbellata* comes from the Latin, "umbrella, lit. little shadows",

A tea can be made from an infusion of the stems and roots.

Pipsissewa is said to draw good spirits for magical aid.

# PLANTAIN

*(Plantago lanceolata)*



This herb, also known as Ribwort, Common Plantain, Greater Plantain, Rat's Tail, is a member of the Plantaginaceae family.

Plantain is native to Europe and now widespread over the world. It is commonly found on lawns and along roadsides, sidewalks and pathways.

The flowers are white and the plant can grow up to 18 inches high. Grow plantain in a sunny location.

There are many ways to enjoy plantain. Try to add some young plantain leaves in salads. To make tea, (can be made of the entire plant - leaves, green seeds and roots) pour on boiled water and steep for 30 minutes.

**Part used: Leaves, seeds.**

# PLEURISY ROOT

*(Asclepias tuberosa)*

**This perennial herb, also known as Butterfly Milkweed, White Root, Wind Root and Flux Root, is native to North America.**

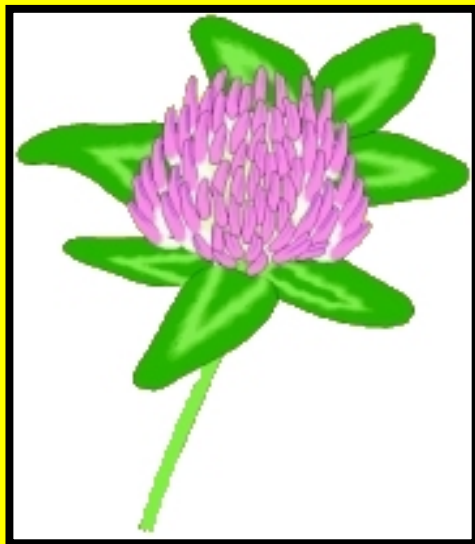
**Pleurisy Root flowers in late summer with bright orange-yellow flowers that can grow up to three feet high. The flower are very butterfly and hummingbird attracting.**

**Plant in sandy, loam soil in a sunny location.**

**Part used: Root.**

# RED CLOVER

*(Trifolium pratense)*



This perennial herb, also known as Purple Clover, Trefoil and Wild Clover, gives you red or purple flowers shaped like a ball and can grow up to 12 inches tall.

Red Clover is native to Europe, central Asia, and northern Africa and is a member of the legume family.

The Latin word "pratense" translates as "found in meadows".

Red clover contains vitamins A, C, F, B-complex, P. It has a high iron, magnesium, calcium and copper content. Red Clover is also rich in phytoestrogens and tannin.

The best time to plant Red Clover is in the Spring in Moist, Cultivated soil.

To make a tea, pour 1 cup of boiling water over 2 to 3 teaspoonfuls of dried Red Clover flowers, cover, and let it steep 10 to 15 minutes.

**Part used:** Only the flower heads are used for medicinal purposes.

**Don't use if you have a history of stroke, heart disease or if you are taking blood thinning agents.**

# RED RASPBERRY

*(Rubos idaeus)*



This perennial herb can grow up to ten feet tall. The plant grows both in the wild and in cultivation. The berries, which are high in iron and vitamins A, B, C and E, are red and the leaves are oval and grows in groups of three to five.

Red Raspberry is a cousin of the rose. Plant raspberry (best is if you buy the plant as a root stock) in a well-drained soil in a sunny location. Harvest the leaves in may and the berries as they ripen.

To make tea of raspberry, pour one cup boiling water over 1 tablespoon dried raspberry leaves. Let the tea draw for about ten minutes.

You can also make juice and jam out of raspberry.

**Parts used: Fruits, leaves.**

**This herb may cause mild loosening of stools and nausea.**

# RHUBARB

*(Rheum palmatum)*



This perennial herb can grow up to 3 feet high.

The Rhubarb root contains vitamin A, B, C, and P.

You can make jam, pudding or a pie out of the rhubarbs.

**Part used: Roots.**

**Don't use if you are pregnant.**



# SHEPHERD'S PURSE

*(Capsella bursa-pastoris)*

This herb, also known as mother's heart, is a member of the Cruciferae family. The flowers are white and the plant can grow up to 16 inches high.

Shepherd's Purse is native to Europe.

**Parts used: Flowers, stems, leaves.**

**Don't take if you are pregnant or if you have kidney stones.**

# SKULLCAP

*(Scutellaria baicalensis)*



**This perennial herb, also known as Helmet flower, can grow up to two feet high.**

**To make tea, pour 1 cup of boiling water over 5 gram (1 teaspoon) of dried herb. Let it steep for 15 minutes. Drink three times a day.**

**Parts used: Aerial Parts.**

**Don't use if you have liver disease. Don't use if you are pregnant.**

# SLIPPERY ELM

*(Ulmus fulva)*

This herb is also called Moose Elm, Red Elm, and it can grow up to 60 feet tall.

Slippery Elm is well known for its ability to cleanse, and strengthen the body.

Slippery Elm Bark contain vitamins A, B complex, C, K, and P.

Magically Slippery Elm is used to cease gossip. Tie a knotted yellow thread around the Slippery Elm and throw it into a fire - all gossip about you will stop.

To make tea, boil 2 grams of the bark in 200 ml of water for 15 minutes. Let it cool. Drink three cups a day.

**Part used: Inner bark.**

**Slippery Elm may interfere with the absorption of medicine taken at the same time.**

# **SORREL**

*(Rumex acetosa)*

**This perennial herb is also known as garden sorrel, dock. It is a member of the Polygonaceae family and it can grow up to 24 inches high.**

**Plant sorrel in moist soil in a sunny to partial shady location.**

**The leaves can be added to salads.**

**Parts used: Leaves, stalks.**

**Sorrel contain oxalic acids which can be toxic in large quantities. So it is recommended not to eat too much fresh sorrel!**

# **SPEARMINT**

*(Mentha spicata)*

**This perennial herb, also known as Garden Mint, Green Mint, Spire Mint, Sage of Bethlehem, Fish Mint and Lamb Mint, can grow up to 24 inches high and 24 inches wide.**

**Spearmint enjoys a shady location and will succeed in almost any soil but a moist situation is preferable. Harvest as needed.**

**Spearmint sprigs can be added to drinks and fruit dishes as a garnish. It also makes a refreshing tea.**

**If you would like more information about this herb, click below.**

# SQUAW VINE

*(Mitchella repens)*

**This herb is also called Partridgeberry.**

**Part used: Whole plant.**

# STEVIA

*(Stevia Rebaudiana)*

This perennial herb is also known as Sweet Leaf of Paraguay, Caa-he-é, Kaa jheé, Ca-a-jhei, Ca-a-yupi, Azucacaa, Eira-Caa, Capim Doce and Erva Doce.

Stevia is a member of the Compositae family and grows wild in parts of Paraguay and Brazil.

The plant can grow up to 3 feet tall. The leaves grows up to 3 inches tall and up to one inch wide.

For hundreds of years, indigenous peoples in Brazil and Paraguay have used the leaves as a sweetener. Today it is used in Japan as a noncaloric sweetener, but has not been approved for this use in the United States by the FDA.

It is said that when the leaf is processed, Stevia is 300 times sweeter than sugar, but unlike sugar, Stevia sweetens without calories.

The leaves of the plant contain proteins, carbohydrates, iron, potassium, zinc, calcium, magnesium and vitamins A and C.

In South America Stevia has been used to treat diabetes, because of its ability to lower the blood sugar level. That's because stevia does not elicit a glucose response in the body.

**Part used: Leaves.**

**Some people have experienced a bitter aftertaste from some brands of Stevia.**

# **SWEET FLAG**

*(Acorus calamus)*

**This perennial herb is also known as calamus. The flowers are greenish-yellow and it can grow up to 3 feet high. Plant Sweet Flag in wet soil in a sunny location. Harvest as needed.**

**Sweet Flag is used to make candy.**

**Parts used: Oil extract, rhizomes, roots.**

**Don't use if you are pregnant.**



# **SWEET MARJORAM**

*(Origanum majorana)*

**This is a perennial herb. The flowers are tiny red and white and the leaves are pale green. The stem is square with grey hair. Sweet Marjoram can grow up to 12 inches tall.**

**Grow Sweet Marjoram from seeds in a sunny location in a well-drained, rich soil. Harvest the plant before they are in full flower.**

**Add chopped leaves to soups, beef, veal, lamb, poultry, fish, green vegetables, eggs and mushroom dishes and it will give you a sweet and spicy flavor.**

**Sweet Marjoram may help you relieve menstrual cramps and it may also help fight colds.**

**Parts used: Essential oil, leaves.**

# TANSY

*(Tanacetum vulgare)*

**This perennial herb, flowers from spring to autumn with bright yellow button flowers. It can grow up to three feet tall. Plant Tansy in average, well drained soil in a shady location. Harvest the leaves as needed and the flowers as they open.**

**You can add fresh leaves in salads and egg dishes.**

**Parts used: Leaves, tops.**

**Don't use if you are pregnant. Don't use for a long period of time since it can be toxic.**

# TEA TREE

*(Melaleuca alternifolia)*

**Tea tree, also known as Ti Tree, is a small tree native to Australia. This herb is not recommended for internal use.**

**Parts used: Leaves, volatile oil.**

# THYME

*(Thymus vulgaris)*



This perennial herb, also known as mother of thyme, can grow up to 12 inches tall. The plant have bluish purple to pink flowers that blooms in midsummer. There are over 350 species of thyme, but only a few of them are used medicinally.

Plant Thyme in a sunny location in light, well-drained soil. Sow 2-3 weeks before last spring frost with about 10 inches between plants. The plant matures in about 70 days.

Harvest the leaves as needed and the flowers as they open. To get the best flavor, harvest the leaves and flowertops before the flowers bloom.

There are many ways you can enjoy thyme. Add it to cheese dishes, vegetable dishes and for cooking with lamb, pork and fish. Some people even add thyme to bread.

**Parts used: Flower tops, leaves.**

**Don't use if you are pregnant. Don't use in large quantities since it can be toxic.**

# TURMERIC

*(Curcuma longa)*

This perennial herb is native of India and Indonesia. It is often used together with other herbs. Turmeric is the main ingredient in curry powder and mustard. Turmeric contains a yellow pigment called curcumin.

Add Turmeric to stews, rice, vegetable and shellfish dishes for a delicious taste.

Other common names for this herb is curcuma, haldi, haridra and gauri.

**Part used: Roots.**

**Don't use if you have symptoms from gallstones.**

# UVA URSI

*(Arctostaphylos uva-ursi)*



This perennial herb is also known as bearberry. The word "uva ursi" comes from Latin and means *bear's grape*. This is because bears are very fond of the plants red, sour berries. The flowers are pink and the plant can grow up to 16 inches high.

Plant uva ursi in a well-drained, sandy soil in a sunny location.

**Part used: Leaves.**

**Don't use in large amounts if you are pregnant. Don't use if you have a kidney disease. Don't use this herb for more than 7 days.**

# VALERIAN

*(Valeriana officinalis)*



This perennial herb, also known as phu and all-heal, is native to Europe and parts of Asia.

The name *Valeriana* comes from Latin and means "well-being".

Valerian can grow up to five feet tall and three feet wide. The flowers are very tiny and comes in white, pink or lavender.

Plant valerian in rich, moist, well-drained soil in a sunny location. Once the plant is there it will self-sow and spread by root runners. Harvest the roots every second year in autumn.

Valerian is believed to have a calming effect on your body.

**Parts used: Rhizome, root.**

This herb may cause sleepiness in some people and should not be used before driving or operating machinery. Don't give Valerian to children under the age of 2. Do not use with sedative or tranquilizing drugs. Don't use for more than three weeks.

# **WATERCRESS**

*(Nasturtium officinale)*

**This perennial herb is a member of the crucifer family. Watercress grows in streambeds, springs and ditches. The plant can grow up to 36 inches long.**

**Watercress contains a lot of minerals and vitamins but the most noteworthy is vitamin C.**

**Part used: Leaves, stems.**



# WHITE WILLOW

*(Salix alba)*

This herb, also called Salicin, is native to Europe. There are over 500 varieties of willow and they all vary in size.

White willow could be taken as a natural alternative to aspirin since the bark contains Salicin, which is a compound chemically related to aspirin.

To make tea of White Willow, soak 1 tablespoon of powdered bark in a cup of cold water for about 8 hours. Strain and drink 1/2 cup 3 times a day.

**Part used: Bark.**

**Don't use if you are sensitive to aspirin.**

# WILD YAM

*(Dioscorea villosa)*

**This perennial herb, also known as Colic Root, is native of North and Central America. The leaves are heart-shaped and the plant can grow up to 20 feet high.**

**Parts used: Rhizome, root.**

# WITCH HAZEL

*(Hamamelis virginiana)*

**This perennial herb is also known as Spotted Alder and winterbloom. The flowers have long, bright yellow petals which only bloom in late fall after the leaves have dropped.**

**Plant witch hazel in moist, rich, sandy soil in a shady location.**

**The leaves and bark from Witch Hazel contain high levels of tannins.**

**Parts used: Bark, leaves.**

# WOOD BETONY

*(Betonica officinalis)*

**This perennial herb is also called Betony. The flowers are pink or purple and they can grow up to 2 feet tall.**

**Part used: Flowering herb.**

# WORMWOOD

*(Artemisia absinthium)*

This perennial herb, also known as Green Ginger, is a very bitter herb. It can grow up to 48 inches tall.

**Part used: Aerial Parts.**

**Don't use if you are pregnant. Longer-term use of Wormwood can cause nausea, vomiting, insomnia, vertigo, and seizures.**