

## ***Herbal Remedies From Your Garden, Morningsun Open House 2023***

### Medicinal Qualities of Plants

This is by no means an exhaustive list of the traditional medicinal qualities and uses of these plants, and I encourage you to research additional uses! Please see disclaimer and safety statements at the end of this document.

**Aloe Vera** – leaf gel is used; very cooling, reduces inflammation for burns, wounds, and other skin problems; reduces pain; acts as a laxative internally

**Artichoke, Cynara cardunculus** – leaves are used; improves digestion by stimulating and supporting liver and gallbladder function in the release of bile; protects the liver; antioxidant

**Burdock, Arctium lappa** – root is used; gentle liver support; helps clear metabolic waste and helps clear up skin conditions like acne and eczema; is a “prebiotic” feeding good intestinal bacteria

**Calendula, Calendula officinalis** – dried flowers are used; excellent healing herb for wounds and ulcerations; moves lymph fluid which supports immune function and reduces infections

**Cayenne, Capsicum annuum or frutescens** – fruit is used; very warming and is a “mover and shaker” that increases circulation, reduces inflammation and pain, and inhibits bleeding. Very warming to digestion

**Chamomile (German), Matricaria chamomilla** – flower is used; relaxes the digestive tract and is good for “butterflies in the stomach” and IBS; promotes restful sleep; reduces inflammation

**Cleavers, Galium aparine** – fresh leaves and stems are used; excellent at moving lymph fluid and clearing infections; supports urinary function and has been used to decrease fibrous tumors and calcifications

**Comfrey, Symphytum officinale** – generally root is used; as a poultice, it has been used for sprains, swelling, bruises, wounds and ulcers; can stop bleeding; very healing to wounds by stimulating tissue repair and cell reproduction.

**Dandelion, Taraxacum officinale** – leaves and root are used; bitter herb that stimulates digestion and supports liver function; helps clear metabolic waste and improves skin conditions; leaves are diuretic and help reduce fluid retention

**Elder, Sambucus nigra** – flowers and berries are used; highly antioxidant and are rich in Vitamin C; excellent antiviral used during cold/flu season to reduce infection and move respiratory congestion; flowers help reduce fever and are anti-inflammatory

**Fennel, Foeniculum vulgare** – leaves, bulb, and seeds are used; reduces intestinal cramping like colic; settles an upset stomach and calms coughs; Excellent for infants, children, and pets

**Ginger, Zingiber officinale** – root is used; very warming; quells nausea and improves digestion; can be helpful in reducing acid reflux; stimulates circulation and helps reduce fever

**Holy Basil/Tulsi, Ocimum tenuiflorum** – leaves and flowers are used; reduces the negative effects of stress on the body and mind; modulates and strengthens the immune system; helps reduce bacterial or fungal infections; helps move respiratory congestion up and out of the body

**Lavender, Lavandula angustifolia or latifolia** – flowers used; antiseptic used to clean wounds, clean surfaces; calms the nerves and reduces anxiety; promotes sleep; antibacterial and antifungal; repels insects

**Lemon Balm, *Melissa officinalis*** – fresh leaves and stems are used; cools the body; eases digestive issues; relaxes muscles and the nervous system and reduces anxiety; can promote sleep

**Lemongrass, *Cymbopogon flexuosus var. albescens*** – leaves and bulb are used; aids in digestion and reduces nausea; antibacterial and preservative; stimulates circulation and reduces inflammation

**Nettle, *Urtica dioica*** – leaves and stem are used; highly nutritious tonic and builds blood and is useful for anemia; helps maintain blood glucose levels; reduces metabolic waste, reduces fluid retention, and provides urinary support; used for gout, arthritis, rheumatism, and eczema; ***be cautious and handle with gloves***

**Parsley, *Petroselinum crispum*** – leaves and stems are used; aids in digestion and freshens the breath; reduces urinary gravel from bladder and kidneys, and reduces fluid retention; reduces inflammation

**Peppermint/Spearmint, *Mentha x piperita* and *M. spicata*** - leaves and stems are used; stimulates digestion and reduces digestive issues, reducing pain and spasms (great for IBS); relaxes muscles; reduces nausea; antimicrobial and is useful for many different types of infections; fragrance can be stimulating

**Plantain, *Plantago major* or *lanceolata*** - leaves and stems are used; used to soothe pain and itchiness of bites, stings, and cuts; can be used to draw out splinters and stingers; helps heal wounds and other skin conditions; has been used for varicose veins; can be made into a mouth wash to tighten gum tissue and reduce bacteria

**Rosemary, *Salvia rosmarinus*** – leaves and stems are used; warming; stimulates circulation and enhances cognitive/mental function, energy, and performance; aids in digestion and the release of bile, and good for digestive upset due to mental anxiety or worry; highly antibacterial

**Sage, *Salvia officinalis*** – leaves and stems used; aids in digestion; enhances mental cognition, memory, and mood; antioxidant; astringent and antimicrobial, making it a great gargle for sore throats; eases the excess loss of fluids and is often used for menopause sweating; helps thin and move mucus out of the respiratory system

**Thyme, *Thymus vulgaris*** – leaves and stems are used; aids in digestion and relaxes spasms; antimicrobial, protecting against infection; dilates and relaxes bronchial tubes and reduces inflammation, making it helpful with breathing difficulties and a gentle respiratory expectorant

**Yarrow (white), *Achillea millefolium*** – leaves and flowers are used; healing to wounds and bruises, and stops bleeding; antiseptic and antimicrobial so it is a good cleansing agent; bitter which stimulates digestion; reduces inflammation and fever

## Herbal Remedies with Culinary Herbs

### Teas/Infusions

- **Sage and Thyme Tea**, equal parts, dried or fresh, add honey to taste – respiratory tea that can help expectorate mucus and soothe a sore throat; highly antimicrobial – helps fight bacteria/viruses
- **Fennel Tea** – reduces indigestion, gases and colic; good for adults, children, and pets; can also chew on dried seeds (adults only) for same effect
- **Parsley Infusion** – helps reduce fluid retention, supports urinary function; helps to clear skin issues
- **Rosemary Tea** – improves brain and thinking function

**Stems - Rosemary and/or Thyme Steam** – put fresh plant material in boiling water, reduce to simmer and inhale steam; opens airflow, moistens and relaxes airways, thins mucus with antimicrobial oils

**Syrups – Thyme Syrup** – infusion mixed with honey (and brandy, if you'd like), it is a gentle expectorant to bring up mucus from respiratory system

#### **Powders**

- **Dried Cayenne powder** – can be used to stop bleeding in wounds; mixed with oil, can be applied to arthritic joints to ease inflammation
- **Dried Fennel Leaves powder** – can be added to dog food to aid in digestion

**Dried Herb** – added to food for digestive support; put into capsules for easier ingestion

**Extracts/Tinctures** – alcohol, vinegar, or glycerin extracts can be made with any of these; easy to carry and use as needed

## Herbal Remedies with Tea Herbs

#### **Well, obviously teas/Infusions!**

- **Chamomile Infusion** – hot, it will relax you and your digestive tract, and bring on sleep; cold, it will brighten you
- **Ginger Tea** – reduces indigestion, quells nausea
- **Spearmint Tea** – gives you energy
- **Tusli Tea** – helpful in balancing the body and mind during stressful times

**Baths – Ginger bath** - great during cold/flu season; can help reduce a fever; warms and relax muscles

**Extracts/Tinctures** – alcohol extracts can be made with any of these; easy to carry and use as needed

#### **Plant material in its raw form**

- **Lemon Balm Infused water** – refreshing and relaxing
- **Fresh Ginger** – added to dishes, it supports digestive fire and aids in digestion

## Herbal Remedies with Landscape Herbs

#### **Teas/Infusions**

- **Lavender Tea/Infusion** – calming to nervous system; can be used as a wound wash; add garlic for a soak for athlete's foot
- **Yarrow Tea** – gently reduces fever; cleans and heals wounds and stops bleeding
- **Lemongrass Infusion** – spray as a bug repellent

#### **Healing Oils and Salves**

- **Calendula and/or Yarrow oil** – moisturizes and heals wounds, bites, scrapes
- **Calendula and Lavender salve (oil and beeswax)** – heal wounds, sores, bites, diaper rash

**Syrups – Elderberry Syrup** – Decocted berries, mixed with honey and brandy, used to ward off or lessen cold/flu symptoms (Yum!). Leave out the brandy and give to children.

**Tinctures** – alcohol, vinegar, or glycerin extracts can be made with any of these; easy to carry and use as needed

#### **Plant Material in its raw form**

- **Yarrow leaves** – can help stop bleeding
- **Aloe Vera** – soothes and heals burns
- **Burdock** – as food; supports liver function, helps clear metabolic waste and improves skin conditions
- **Artichoke leaf** – dried and powdered, can be pinched and eaten before meals to release digestive juices

## Herbal Remedies with Pesky Weeds

#### **Teas/Infusions**

- **Dandelion Tea/Infusion** – supports liver function and stimulates digestive juices; leaves help reduce fluid retention
- **Nettle Infusion** – highly nutritious and used as a daily tonic; supports urinary function and reduces fluid retention
- **Plantain Tea/Infusion** – as a mouth wash, helps tighten gum tissue and reduce bleeding

**Poultices – Plantain Spit Poultice** – used to reduce pain, itchiness, and swelling from bites and stings; can be used to draw out splinters

**Tinctures** – alcohol or vinegar extracts can be made with any of these; easy to carry and use as needed

- **Cleavers** – great lymphatic herb that helps clear metabolic waste and support immune function
- **Dandelion leaf and root** – taken before meals can stimulate digestive processes

#### **As Food**

- **Nettle leaf** – make into a pesto or add to pizza for a super nutritious meal
- **Dandelion leaves** – add to salads for that bitter action that stimulates digestion

**Disclaimer:** *It is the policy of The Herb Society of America not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment.*

**Safety:** *The plants discussed today are generally very safe for use by most people – however, it is always good to make sure that you understand any safety related issues (allergies, etc) and that there are no known contraindications or interactions between these plants and any medications or supplements that you take.*

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