

Farm Stand Herb Guide

Herb <i>Botanical Name</i>	Traditional Uses*
Anise Hyssop <i>Agastache foeniculum</i>	Leaves and flowers are edible. They can be steeped in tea to treat respiratory infections. Boosting to the immune system, Anise Hyssop relieves fevers and uplifts the mood. Apply topically to treat burns, wounds, and sores. Makes a nice iced-tea and adds a refreshing licorice taste to salads!
Astragalus <i>Astragalus membranaceus</i>	Root used to strengthen immunity in immunocompromised people. Supportive for cancer, depleted blood conditions, or therapies requiring the use of steroids. Bring roots to boil and then simmer for at least 20 minutes. Makes a good tincture.
Chamomile <i>Matricaria recutita</i>	Flowers used in tea for digestive issues after meals. Relieves anxiety and insomnia, great for baths, and safe for children. Gentle sedative and anti-inflammatory for eye conditions.
Echinacea <i>Echinacea purpurea</i>	Parts used: leaves, petals, and roots. To relieve bacterial or viral infections anywhere in the body by supporting the body's own immunity. <i>Leaves / petals:</i> dried or fresh, steep in boiled water for a mild immune-boosting effect. Apply topically on hard-to-heal wounds. <i>Roots:</i> tincture or a boil then simmer for 20 minutes at first sign of sickness to boost immune system. Drink 3 cups / day. Apply chewed up root directly to wounds, abscess, toothaches, insect, or snake bites – anywhere hard to heal!
Feverfew <i>Tanacetum parthenium</i>	Anti-inflammatory plant. Leaves used in tea or tincture to relieve headaches, migraines, period pains, arthritis, and rheumatism. Apply topically as a poultice to painful cramps and aches on body. *Do not use during pregnancy.
Goldenrod <i>Solidago spp.</i>	Leaves and flowers used in tea or tincture to help alleviate symptoms of seasonal allergies. Goldenrod supports the urinary and upper respiratory systems, relieves fevers, and heals wounds topically in a poultice.
Hibiscus <i>Hibiscus sabdariffa</i>	This fleshy fruit, also called the calyx, is the most commonly used part of hibiscus. Hibiscus tea can help relieve high blood pressure and hypertension. It cleanses the blood and contains high amounts of vitamin C. <i>Serving suggestion:</i> jelly/ jam, gummies, tea. <i>How to prepare:</i> remove the fleshy outer covering from the seed pod. Let the outer layer dry for 3-4 days or use a dehydrator. Steep in boiled water, then drink!
Lavender <i>Lavendula angustifolia</i>	Lavender provides a whole range of physical benefits! As a tea or tincture, Lavender's petals and leaves relax muscle aches and pains, relieve menstrual cramps, migraine headaches, gas, nausea, and mild anxiety. Improves sleep quality.
Lemon Balm <i>Melissa officinalis</i>	Leaves used as tea for digestive problems associated with anxiety or depression. Relieves colds and fevers and is safe for children. Calms tension-related headaches and helps lower blood pressure. Antiviral properties of lemon balm can be applied topically for herpes outbreaks. *Safe for lactation but do not use during pregnancy.
Lemongrass <i>Cymbopogon citratus</i>	Fleshy, white inner bulb is used in Thai & Indonesian cooking, as well as the tops of stalk for tea. Tea for reducing fevers and stimulating immune system to fight bacterial infections. The aromatic oil invigorates the senses, and cleanses oily skin.
Lovage <i>Levisticum officinale</i>	Bitter herb used to stimulate digestion and has anti-viral and anti-bacterial properties. Nurtures hair growth and reproductive health in men. Chop and use in foods such as soups, stews, or grains, as you would use parsley or celery leaf. Strong flavor!
Marjoram <i>Origanum majorana</i>	Leaves can used fresh or dried as tea or in foods. As a tea, Marjoram is beneficial for headaches, anxiety, grief, and insomnia. It eases musculoskeletal and rheumatic pains and

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	<p>makes a great mouthwash or tincture for toothaches. In foods, mince fresh leaves with other herbs and garlic for a savory seasoning spice on meats, fish and vegetables.</p>
<p>Marigold <i>Tagetes spp.</i></p>	<p>Flower petals are edible and anti-inflammatory for the skin as a wash or poultice. Great in baths, Marigold heals chapped or cracked skin, wounds, bruises, and burns. Healing to the gut lining. Use as a garnish in baked goods or salads.</p>
<p>Oregano <i>Origanum vulgare</i></p>	<p>Leaves used in culinary dishes to enhance digestion of foods. Tea, tincture, and essential oils are anti-microbial, high in antioxidants, and anti-cancer. Highly aromatic and warming.</p>
<p>Peppermint <i>Mentha piperita</i></p>	<p>Leaves in a tea or tincture are used for dispelling gas and nausea. Stimulates the nervous system, restores strength during illness, and benefits the brain. Combines well with other herbs. Insect repellent. Safe for children. *Do not use if have heartburn.</p>
<p>Plantain <i>Plantago major</i></p>	<p>Celebrated as the “mother of all herbs,” Plantain has a knack for healing damaged tissues. The leaves are used to draw out poisons from snake and insect bites. A spit poultice on</p>
<p>Rosemary <i>Rosmarinus officinalis</i></p>	<p>Pt. used: Leaves. Culinary uses or tea. Steep covered as tea for 10-15 minutes in tea to retain the essential oils. Promotes cognitive function and memory, relieves mental fog and stagnant depression. Helpful for headaches. *Restricted use during pregnancy.</p>
<p>Sage <i>Salvia officinalis</i></p>	<p>Powerful antiviral, antibacterial, and anti-inflammatory. Used for colds, intestinal viruses, and as a gargle for sore throats. Use tea as a mouthwash for bleeding gums or general mouth inflammation. Reduces menopausal hot flashes. Stimulates the uterus and reduces milk flow. *Avoid during pregnancy and lactation.</p>
<p>Stevia <i>Stevia rebaudiana</i></p>	<p>Use as a low-glycemic sweetener. Steep leaves in tea for 10 minutes or boil into syrup. Dry and crush leaves into capsules to curb sugar cravings. *Do not use during pregnancy.</p>
<p>Thyme <i>Thymus vulgaris</i></p>	<p>Leaves are used as a flavorful culinary spice. Tea and tincture are used for respiratory infections, damp coughs, sinus congestion, colds, and flus. Powerful antimicrobial and antiviral. Steep covered for 20 minutes for gas, nausea, and diarrhea.</p>
<p>Tulsi <i>Ocimum sanctum</i></p>	<p>Tulsi leaves and flowers are edible and can be used fresh or dried in tea. Known as the “Great Protector” in Ayurvedic medicine, Tulsi promotes calm and energizes the mind and body. Supports adrenal and immune health, strengthens digestion, and decreases inflammation. <i>Serving suggestions:</i> Add leaves at the end in Thai curries. Mix with ginger, citrus rinds, and star anise for a warming caffeine-free chai tea!</p>
<p>Yarrow <i>Achillea millefolium</i></p>	<p>In a tea or tincture, the leaves of Yarrow can break colds and fevers from viruses, ease hypertension, regulate menstrual flow, and relieve painful UTI symptoms. Apply leaves topically as a spit poultice to stop bleeding and increase wound healing, even for the deepest cuts and nosebleeds.</p>
<p>Woolly Blue Curls <i>Trichostema lanatum</i></p>	<p>For colds, flus, headaches, memory enhancement, reducing inflammation, and pain relief. Use in tea and/or cook in soups, stews, and side dishes.</p>

*Statements throughout this publication have not been evaluated by the FDA. These statements are not intended to diagnose, treat, cure, or prevent any disease. The information, instructions, and general advice contained here is intended only as a general reference for further exploration and is not a replacement for professional health advice. We urge you to consult your qualified health care professional when using any of the information contained in this publication.