

# COASTAL ROOTS FARM

## Farm Stand Herb Guide

Herb <i>Botanical Name</i>	Traditional Uses*
<b>Anise Hyssop</b> <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!
<b>Ashwaganda</b> <i>Withania somnifera</i>	For those with nervousness, fatigue, anemia, or run down by stress, Ashwaganda rejuvenates the body and soothes anxiety. It is highly regarded in Ayurvedic medicine as a hormonal tonic in both men and women - stimulating libido, increasing sperm count, tonifying the thyroid, and promoting conception. Ashwaganda has been reported to rebuild strength in the muscles, enhance athletic performance, and calm the mind. Contraindicated in pregnancy, and those with hyperthyroidism or Graves disease. Serving suggestion: Boil root for 15-20 minutes in either water or milk, sweeten with honey.
<b>Astragalus</b> <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.
<b>Calendula</b> <i>Calendula officinalis</i>	Flower heads and petals are used topically to treat all types of inflammatory skin conditions: eczema, psoriasis, cuts, wounds, and skin infections. Topically, it is antifungal and antibacterial. Internally, Calendula helps move the fluids of the lymphatic system, reducing swollen lymph nodes, regulating menstruation, and relieving cramps. Brewed in a tea, tincture, powdered herb, or an infused oil, it can relieve inflammation in the gut lining due to ulcers, gastritis, or leaky gut syndrome. The flowers are edible.
<b>Chamomile</b> <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.
<b>Echinacea</b> <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!
<b>Feverfew</b> <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.
<b>Garlic Chives</b> <i>Allium tuberosum</i>	Garlic chives have numerous culinary uses. They can be minced to enhance the flavor of stir-fries, meat, poultry, seafood, and egg dishes, and bring to life to marinades, dressings, and dipping sauces. Sprinkle in soups or stuff them into dumplings. All parts of garlic chives are edible. With a mild, garlicky flavor, treat them more like a vegetable - as you would chives, onions, or green onions.
<b>Goldenrod</b> <i>Solidago californica</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.
<b>Hibiscus</b> <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!

<p><b>Lavender</b> <i>Lavendula angustifolia</i></p>	<p>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.</p>
<p><b>Lemon Balm</b> <i>Melissa officinalis</i></p>	<p>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.</p>
<p><b>Lemongrass</b> <i>Cymbopogon flexuosus</i></p>	<p>Aromatic grass from India. The fleshy, white bulb makes a delicious addition to soups and curries, and the tops of stalk are used for tea. Tea can be used for reducing fevers and stimulating immune system to fight bacterial infections. The distilled essential oil can be used as an insect repellent, perfume, and for cleansing oily skin.</p>
<p><b>Lemon Verbena</b> <i>Aloysia Citrodora</i></p>	<p>Lemon verbena tea has a citrusy aroma, it is a caffeine-free natural tea that possesses great health benefits. To make the tea, all you need is to infuse the leaves of this plant in hot boiling water for five minutes.</p>
<p><b>Lovage</b> <i>Levisticum officinale</i></p>	<p>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!</p>
<p><b>Marjoram</b> <i>Origanum majorana</i></p>	<p>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 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><b>Marigold</b> <i>Tagetes patula</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><b>Mexican Tarragon</b> <i>Tagetes lucida</i></p>	<p>Parts used: leaves, flowers. Mexican tarragon has an anise-like flavor. It is used medicinally in Mexico and Central America as tea to treat the common cold, nausea, gas and diarrhea. As an herb used in cooking, it provides complimentary savory flavors to egg and meat dishes. The flowers can be used as a natural dye and condiment. When dried and burnt, use as an incense and to repel insects.</p>
<p><b>Oregano</b> <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><b>Peppermint</b> <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><b>Plantain</b> <i>Plantago major</i></p>	<p>Celebrated in Europe the "Mother of all herbs," Plantain leaf stops minor wounds from bleeding and insect bites from itching. Chew up leaves and apply spit paste to cuts and insect bites, nettle rashes, and burns to soothe itching. It stimulates the healing of sores and ulcers both internally and externally.</p>
<p><b>Rosemary</b> <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><b>Sage</b> <i>Salvia officinalis</i></p>	<p>Powerful antiviral, antibacterial, and anti-inflammatory. Used for colds, intestinal parasite, 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><b>Stevia</b> <i>Stevia rebaudiana</i></p>	<p>Use as a low-glycemic sweetener. Steep leaves in tea for 10 minutes or dry and powder to use as a sugar substitute in sweet dishes. Dry and crush leaves into capsules to curb sugar cravings. *Do not use during pregnancy.</p>
<p><b>Thyme</b> <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><b>Tulsi</b> <i>Ocimum africanum</i></p>	<p>Tulsi Kapoor (Holy Basil) has a variety of culinary and medicinal uses. The leaves and purple flowers are edible and ornamental and can be steeped in tea. Tulsi tea promotes calm and energizes the mind and body. Supports adrenal and immune health, strengthens digestion, and decreases overall inflammation in the body. Serving suggestions: Add leaves at the end of Asian soups, stir-fries, curries, and pho. Mix with ginger, dried citrus rinds, and star anise for an aromatic and spicy chai tea. Combined with lavender and hibiscus, infuse into warmed milk, and freeze for Tulsi popsicles.</p>
<p><b>Yarrow</b> <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><b>Valerian Root</b> <i>Valeriana officinalis</i></p>	<p>Used as a sedative to the nervous system, Valerian root promotes sleep for insomnia and calms anxiety-induced tension. Good for headaches, muscle spasms, stomach pains, and menstrual cramps. Useful for a tickling, nervous cough. Prepare in a tincture, as taste is pungent!</p>
<p><b>Woolly Blue Curls</b> <i>Trichostema lanatum</i></p>	<p>This is our native rosemary. Used for cooking soups and stews in Mexico, but it tastes much sweeter and fruitier than the Mediterranean rosemary. Infuse in tea for colds, flus, headaches, memory enhancement, reducing inflammation, and pain relief. Dry and powder leaves and infuse in honey for a sweet spread on toast.</p>
<p><b>Za'tar</b> <i>Origanum syriacum</i></p>	<p>Popular herb used in Middle Eastern cooking. Containing antimicrobial and antibacterial properties, Za'atar was used in the Bible to increase mental alertness, and anecdotally as a remedy for cough and intestinal parasites.</p> <p>Serving suggestions: Dry and grind the leaves, and mix with roasted sesame seeds, salt, sumac, and olive oil to make a homemade za'atar spread. Spread on toast or drizzle on labneh. Used fresh, mince leaves with garlic and thyme to create a marinade for meat and poultry.</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.