

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Achillea filipendulina	Fernleaf (Gold) Yarrow		Yarrow is an easy perennial, growing in nearly any sunny situation, even where there is poor soil. This species forms a tall, bushy mound of fragrant ferny foliage, with huge clusters of golden-yellow flowers appearing on tall stems beginning in early summer. Outstanding for cutting, fresh or dried. Remove faded flowers regularly to promote continued blooming. Not a spreading species, this has a strongly clumping habit. Flowers attract beneficial insects.	The aerial parts can be harvested when the plants are in bloom in summer. The leaves and flowers are both used medicinally, and the woody stems discarded. Yarrow dries well, and can be also used fresh. The flowers are born on sturdy stalks and are long lasting in flower arrangements. They also dry well for everlasting bouquets.	Yellow Yarrow is edible and medicinal and can be used in much the same way as our native Common Yarrow (Achillea millefolium). Both contain the volatile oil azulene, known for it's powerful anti-inflammatory properties. An infused oil or salve made from Yellow Yarrow is useful for bruises, sprains, sore muscles, and wound healing. The leaves rubbed on the skin also make a pretty decent bug repellent in a pinch.
Achillea millefolium	Common Yarrow		The Yarrows are among the best perennials for planting in hot, dry and sunny locations, providing good colour throughout the summer months. Excellent for cutting, fresh or dried. Remove faded flowers regularly to promote continued blooming. Inclined to spread, so site this carefully or plan to reduce the clumps each spring. Trim back hard after the first flush of bloom, to maintain a compact habit. Heat tolerant. Flowers attract beneficial insects.	To harvest, hand-cut yarrow a few inches above the base when the plants are in the early stages of flowering. It's important to wait until the flowers have fully opened before harvesting. before harvesting check by crushing a leaf or two. If there's no fragrance, then be patient. It isn't ready quite yet. With yarrow, fragrance and potency typically go hand.	Yarrow is well known for its vulnerary (wound healing) and diaphoretic (perspiration inducing) properties. Applied topically as a poultice or rinse, this antimicrobial, styptic, and astringent herb helps promote the growth of healthy tissue while protecting against infection and preventing blood loss. Taken internally as an infusion or tincture, yarrow's diaphoretic properties cause a light sweat, which helps cool the body and reduce fevers. A uterine stimulant and antispasmodic, yarrow is also traditionally used for relieving painful and delayed menstruation (but should be avoided by pregnant woman).
Acmella oleracea	Spilanthes		Tropical perennial native to Brazil, grows 18 inches tall, in a mounding form. Flowers sport the characteristic bright crimson "fisheye" at the apex. Ancient, distinctively beautiful and highly entertaining plant. It is grown as an ornamental and attracts fireflies when in bloom. It is used as a medicinal remedy in various parts of the world. A small, erect plant, it grows quickly and bears gold and red inflorescences. It is frost-sensitive but perennial in warmer climates. Plant prefers full sun and well-manured soil and plenty of water. Start early indoors and transplant out after frost.	The entire plant is medicinally active - the leaves, stems, roots - but the flowers are by far the strongest. Once the plants begin to flower, usually in mid-July to early August, they will bloom though until frost, continuously forming new flower buds the more you harvest them. They make a wonderful fresh plant tincture that can be used when you feel the first signs or a cold coming on, as a digestive aid, and as a mouth moistener. The flowers dry well and maintain their tingly properties for up to a year after harvesting if stored properly.	Spilanthes is native to Brazil, where the leaves are used as a culinary herb for their bright lemony flavour. Similar to Echinacea, Spilanthes can be used for its immune boosting and antimicrobial properties. The spilanthal contained in the herb creates a tingling and eventually a numbing sensation and this attribute can be applied effectively as a remedy for mouth inflammation and tooth pain. This is where the herb gets one of its many common names 'Toothache Plant'.
Acorus calamus	Sweet Flag		Acorus calamus commonly called sweet flag is a deciduous, spreading, marginal aquatic perennial that features iris-like, sword-shaped leaf blades (to 3/4" wide) typically growing in basal clumps to 30" tall.	The best time for harvesting sweet flag is in spring before the new growth starts, or in autumn before the first frost. Sweet flag likes to grow in very wet conditions, like ditches or the shallow parts of streams. This means that harvesting sweet flag is bound to be at least a little messy. The leaves are stripped off and separated from the rhizomes, which have to be thoroughly cleaned and stripped of the less aromatic rootlets before slicing and drying. Calamus root should not be peeled as the cells containing the aromatic volatile oil are located in the outer section near the surface.	A grass like plant used medicinally for flatulent colic, gastritis, dyspepsia as well as a brain rejuvenator, thought to improve memory and intellect. Root powder is valuable as a fixative in potpourris. Esteemed in India as a vermifuge and insecticide, especially for fleas
Acorus gramineus 'Licorice'	Licorice Sweet Flag	Licorice	Perennial Herb: Deer resistant. Foliage has a stong licorice scent and flavor. Use between stepping stones, as a ground cover, poolside planting or in containers. Nice when used in edges. Foliage color: green. Height: 12 inches. Spread: 12 inches. Water: moderate/moist. Will grow in bog/shallow water. Supply occasional water if shaded. Exposure: sun or shade. USDA Z5.	Rhizomes as for Acorus Calamus. Leaves when green and succulent, or anytime during growing season.	Acorus gramineus 'Licorice' can also be used to brew tea and is used in Thai cooking. But Japanese Sweet Flag has medicinal application as well; it can be used to treat depression, gastritis and may increase appetite. Known as 'Sekisho' in Japan - rhizomes roasted or stir-fried. Flavour rice with the leaves. Medicinal uses: Antibacterial tonic herb. Rhizomes stimulate digestive system. Indigestion, flatulence, stomach cramps, chronic dysentery. Emetic, antispasmodic, anthelmintic. Asthma - clears bronchial passages. Strengthening effect on nervous system.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
<i>Actaea racemosa</i>	Black Cohosh		It is a native medicinal plant found in rich woodlands from as far north as Maine and Ontario, south to Georgia, and west to Missouri and Indiana. In North Carolina it can be found at elevations up to 4,000 feet and is most common in the western part of the state. It is an herbaceous perennial reaching a mature height of over four ft tall and can grow 18 to 22 inches per month during the growing season. The leaves are large with three pinnately compound divisions and irregularly toothed leaflets. Tall plumes of cream to white flowers, on wand-like flower stalks, bloom from May to July, often towering over six ft. From August to October, seeds develop in capsules that make a rattling sound when shaken. At this stage, the seeds are mature and ready to be harvested.	Most black cohosh is harvested in the fall before the plant dies back. At this time, the roots are at their peak in weight and bioactive constituents. A few buyers will also purchase fresh black cohosh roots in the spring. The entire root, including rhizome and fibrous roots, is harvested. Digging is usually done by hand using a spading fork. Shake the harvested roots free of soil and carefully separate out any roots that are not black cohosh. All soil, sand, rocks, and other foreign matter must be removed. If the roots will be sold for processing into an herbal product, wash them carefully with a pressure water hose or a root washer. A common root washer consists of a rotating drum with water nozzles positioned to spray the roots as they tumble, thoroughly cleaning them.	Native Americans used black cohosh for a variety of medical conditions ranging from gynecological problems to snake bites. Physicians made use of it in the 19th century to treat fever, menstrual cramps, and arthritis. In Europe, black cohosh has been used for over 40 years as a treatment for menstrual pain. Other traditional and folk uses were for treatment of sore throats and bronchitis. In recent years, this material has been used as an alternative to mainstream hormone replacement therapy for treatment of menopause and premenstrual syndrome. Black cohosh has been clinically proven to create an "estrogen-like" effect in the user, often reducing unpleasant menopausal symptoms, such as hot flashes and night sweats
<i>Agastache cana</i>	Double Bubblemint		Texas Hummingbird mint is a very rare wildflower with aromatic, raspberry- pink flowers that cover the plant for several months in late summer and fall. Licorice-mint scented foliage is deer resistant. The blooms of <i>Agastache Cana</i> mix well with other late blooming perennials. Hummingbirds and butterflies love this long blooming favorite. This plant is native to mountainous areas to 6000' in New Mexico and western Texas where it is sometimes commonly called mosquito plant because rubbing the aromatic foliage on one's skin reportedly repels mosquitoes. Leaves may be used fresh or dried to flavor teas	Harvest leaves and flowers in late summer and fall either for teas or for cut-flowers. Do not harvest more than 50% at a time. Cut back to higher nodes on the plant to encourage bushiness and re-blooming.	Closely related to Anise Hyssop, Double Bubble Mint leaves have a minty, licorice, bubblegum-like flavour that is lovely added fresh to salads or used to flavour deserts. Makes a lovely beverage tea. Traditionally used a remedy for coughs, fevers, and digestive upset.
<i>Agastache foeniculum</i>	Anise Hyssop		Anise Hyssop has very showy flowers, fragrant foliage and seems to be of little interest to deer. It often blooms the first year. It's a bee, hummingbird, and butterfly magnet and makes an excellent addition to herb gardens, borders, perennial gardens, and prairies. When the leaves of the Anise Hyssop are crushed they smell like licorice and have been used to make tea and cold remedies.	The aerial parts can be harvested during the peak-potency of summer bloom-time, or anytime during the growing season for culinary use.	Anise-Hyssop leaves have a minty licorice-like flavour that is lovely added fresh to salads or used to flavour deserts. Makes a lovely beverage tea. Traditionally used a remedy for coughs, fevers, and digestive upset.
<i>Agastache mexicana</i>	Giant Mexican Hyssop		<i>Agastache mexicana</i> is a herbaceous perennial plant producing a cluster of erect, branched stems from 1.5-4ft tall from slowly-spreading rhizomes. The plant is a popular medicinal herb in Mexico, where it is sold in local markets and also in national markets. It is cultivated for medicinal use and is also grown as an ornamental, valued especially for its flowers and their ability to attract bees, butterflies and humming birds to the garden. Prefers a warm sunny sheltered position and a well-drained soil. Succeeds in most soils so long as they are well-drained. Plants are not very long-lived, especially in cultivation.	Harvest Leaves and flowers in summer and fall either for teas or for cut-flowers. Do not harvest more than 50% at a time. Cut back to higher nodes on the plant to encourage bushiness and re-blooming.	Edible Uses: The highly aromatic young leaves are used as a flavouring in salads and cooked foods. A pungent, liquorice flavour. The young leaves are used to make a herbal tea. It is drunk as an aromatic tea after meals. Medicinal uses: The plant is used in traditional medicine as a tranquilizer, sleep inducer, anti-hypertensive, anti rheumatic treatment, and as a treatment for stomach pain. An infusion of the plant, both fresh or dried, is valued in treating various gastrointestinal, nervous, and cardiovascular ailments. The plant is harvested for drying as it comes into flower since this is when it is most aromatic.
<i>Agastache rupestris</i>	Mexican Hyssop		<i>Agastache rupestris</i> , known as the threadleaf giant hyssop, Mexican Hyssop, or licorice mint, is a wildflower of the mint family native to the mountains of Arizona, New Mexico, and Chihuahua, Mexico. <i>Agastache rupestris</i> (Licorice Mint Hyssop) is one of the best, most durable species in the <i>Agastache</i> family. With smoky orange flowers held by lavender calyxes, the entire plant is scented like licorice and mint. Some people smell a rootbeer like aroma as well. Tolerates poor soil as long as it's well drained. Tolerates drought but will bloom more if watered	The aerial parts can be harvested during the peak-potency of summer bloom-time, or anytime during the growing season for culinary use.	Closely related to Anise-Hyssop, Mexican Hyssop leaves have a minty, licorice, rootbeer-like flavour that is lovely added fresh to salads or used to flavour deserts. Makes a lovely beverage tea. Traditionally used a remedy for coughs, fevers, and digestive upset.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Agave parryi	Parry Agave		Parry's agave plants grow to 2' feet high and 3' feet wide. Flower spikes grow to 30' feet high and may branch 20' or 30' feet wide. Agave Parryi is a herbaceous evergreen perennial succulent.	Harvest just before flowering. Or harvest flower stalk as an alternative Christmas tree or sculpture or fiber material.	<p>Sugars concentrate in the core of an agave just before flowering. If the leaves are trimmed away, the core can be baked or roasted. Native Americans of many Southwestern tribes pit-roasted agaves in an elaborate process that took three or four days of cooking. The sweet meat is said to have a flavor of sweet potato, molasses, and pineapple, but is quite fibrous. Chunks of roasted agave were chewed and the tough fibers discarded. Roasted agave could also be pounded into cakes and dried for later use.</p> <p>Agave leaves have strong fibers good for many uses. Sisal fiber derived from Agave sisalana is grown worldwide and used for inexpensive twine, rope, paper, fabric, filters, mattresses, and carpets.</p>
Alcea rosea	Hollyhock		Hollyhocks (Alcea spp.) are classified as biennials or short-lived perennials. These easy-care plants originate in China and the Mediterranean. Hollyhocks produce showy blossoms that attract butterflies, bees and hummingbirds to the garden. Plant hollyhock seeds outside in the winter to produce blossoms by summer. Traditional spring-planted seeds will not flower until the next summer. Hollyhocks reseed themselves year after year.	Harvest leaves and flowers when they are full and vibrant throughout summer.	<p>So, how do you use Hollyhock? 1. Eat Hollyhock leaves. The leaves of Hollyhock can be used as a spinach. Choose the younger softer ones. 2. Eat Hollyhock flowers. The flowers of Hollyhock are edible and can be added to salads. 3. Hollyhock to sooth dry skin – face and body. Put flowers in warm water, crush a little and apply to dry or flaky skin on your face. You can add them to your bath too to soothe dry skin. 4. Make a Cold Infused Hollyhock Tea. Marshmallow and Hollyhock flowers, leaves and roots reduce pain and inflammation. They are good as a healing tea. Cold infused medicinal tea to soothe the respiratory tract, sore throat, dry cough, stomach issues and urinary tract inflammation. Note: do not boil this tea as it will loose lots of the healing properties. To make a cold infused tea, gather a handful of fresh flowers or leaves (dried is OK too) and place in a plunger, or wrap in a cheesecloth and tie with string as a homemade teabag. Leave overnight. Refrigerate and use within a day or two. 5. Make a Hollyhock Poultice. Hollyhock leaves can also be made into a poultice for chapped skin, splinters, and painful swellings. The leaves are quite thick so sometimes you might need to lightly steam them first to make them more flexible. Put the leaves on the affected area while the are still warm and strap it on for an hour or so.</p>
Alchemilla vulgaris	Lady's Mantle		Lady's mantle is an interesting plant to add to the garden, especially in shady borders. It is also commonly used as a ground cover and makes a nice edging when kept in bounds. The soft furry leaves delicately collect moisture, which then forms ethereal silver droplets; a simple and beautiful sight to behold. When it flowers, sweet, pale yellow blossoms adorn the leaves. Its soft gray-green foliage is semi-round with scalloped-shaped leaves. It is a low-growing ground cover, about 6 to 12 inches (15-30 cm.) tall.	Lady's mantle traditionally is harvested when the plant is in flower, but a study interestingly showed that the plant is higher in tannins when harvested later in the season	<p>Lady's mantle historically was used to heal wounds, staunch bleeding, and address a wide range of issues, especially in relation to excess discharges. Lady's mantle is most commonly used today for all matters relating to lax tissues in the uterus and vaginal mucous membranes, especially in regard to excessive discharges. Here are some examples: to staunch excessive menstrual flow or regulate menstrual cycles menorrhagia/metrorrhagia); to relieve menstrual pain; to address excessive vaginal discharge (leukorrhea); to address fibroids and endometriosis.6,7 In addition to stopping an excessive menstrual flow, lady's mantle is also an emmenagogue, helping to stimulate blood flow to the uterus and promote timely menstruation. This ability to both increase circulation as well as stop excessive flows is a poignant reminder that herbs don't operate within a world of black and white actions but act in very complex ways. Lady's mantle is also used to promote fertility. It is often combined with other herbs like red raspberry leaves (Rubus idaeus), red clover (Trifolium pratense), and stinging nettle (Urtica dioica).</p>
Alkanna orientalis	Oriental Alkanet		Herbaceous perennial native to Greece, Turkey, the Middle East, Egypt, Saudi Arabia and South-west Asia. Soft, forgiving, citrus-scented leaves give rise to dense, mounding, self-mulching tops studded with long-lasting, deeply golden yellow flowers. An exemplary herbal bedding plant.	Harvest the roots just before the plant flowers in the second year (typically only forms a rosette of leaves the first year). Alkanet root is generally infused in carrier oil or extracted with alcohol. Store mixture in a glass container in a cool dry place.	<p>Traditional use (TWM): burn remedy, digestive woes, an antimicrobial wound-healer. Source of antimicrobial and efflux-pump inhibiting compound serothrin. Plant prefers a full sun position and fast-draining soil.</p>

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
<i>Allium cepa x proliferum</i>	Egyptian Walking Onion		Egyptian walking onions taste much like shallots, although slightly more pungent. When the bluish-green stalk gets top-heavy, the stalk fall over, creating new roots and a new plant where the bulbs touch the ground. One Egyptian walking onion plant can travel 24 inches per year. Plant in full sun where you intend to have them for a long time. It can even be grown in a mixed border for an unusual effect!	There are 3 ways to harvest walking onions. Chives can be harvested when tender in early spring. Bulbs or whole plants can be harvested soon after. Once they start sending up shoots with bulbil sets, the bulbs become tough. The bulbils can be harvested from when they begin growing until they get dried and papery outer layers. As the bulbils form they get larger for a little while before the outer layers dry out.	Use chives like onion chives, bulbs like a strong onion, and bulbils like garlic cloves. They are particularly good in baked, stir fry and egg dishes.
<i>Allium fistulosum</i>	Bunching Onion		<i>Allium fistulosum</i> , commonly called spring onion, Welsh onion, or Japanese bunching onion, is a clumping, slowly-spreading, evergreen perennial onion that is primarily grown as a vegetable for harvest of its tasty onion-flavored leaves. This bunching onion was developed in Asia from a wild relative native to China.	Plants can be harvested in two ways: you can pull entire plants and eat them like green onions, or you can snip off leaves as needed throughout the growing season, more like chives. Leaves will grow back quickly and can be cut down several times throughout the season. Harvesting can begin any time after plants have reached 4-6 inches high. The larger they get, the stronger the flavor will be! If pulling up entire plants, you may want to wait 4-5 months from seeding to harvest, until they reach full maturity. In the first year, do not begin harvesting until midsummer, and be careful not to over harvest, so that young plants will have the opportunity to develop strong roots. You should also remove flower heads when they form, unless you are planning to save seeds or enjoy the flowers in your cooking.	They have thick, round, hollow stems that are bright green in color, and unique and lovely greenish-white flowers that are slow to develop and bloom through much of the summer. The leaves have a mild onion flavor and are edible raw or cooked. Larger varieties are similar to leeks, and smaller ones resemble chives. The flowers are edible, with a similarly sharp flavor, though they tend to be a bit dry. In addition to being a tasty inclusion in all manner of cuisine, it also has many uses in Chinese medicine. It has been used to help improve metabolism, prevent cardiovascular disorders, and fight colds and upper respiratory infections. A poultice made from scallions is said by herbalists to even be helpful for treating infections or draining sores. A poultice is a moist lump of plant matter that is placed on the skin to treat wounds or skin ailments. It can be wrapped in cloth or applied directly to the skin.
<i>Allium schoenoprasum</i>	Chives		Easy to grow, onion chives pack a lot of flavor for their compact size. The plants form neat grass-like clumps of tubular leaves that contribute an onion flavor to salads, creamy soups, potatoes, egg dishes, and others. A wonderful addition to an herb garden. Great for containers, and also makes a neat border. Enjoy the light purple blooms in the spring—they are edible, too. Frost tolerant. Flowers attract beneficial insects.	Harvest fresh greens whenever they are young and tender. cut whole sections back to trigger tender regrowth. Cut flowers can be harvested in the spring and periodically through summer. Harvest flower clusters when 1/3-1/2 the flowers have opened. Cut flowers back with the whole plant to trigger reblooming as well. Chives can also be harvested like green onions in spring but tend to get tough in the bulbs and stems later in the year.	Chives can be featured in all sorts of recipes, from baked potatoes to soups, salads, sauces, and omelets. They're frequently mixed with cream cheese to make a savory spread. Chive butter, a compound butter made by blending chopped fresh chives into butter, is frequently served with grilled steaks or roasted poultry. Besides using the leaves, try the pretty purple flowers, separated into florets, in salads for colour and flavour. Medicinally, the leaves are mildly antiseptic as they contain a sulfur-rich oil found in all <i>Allium</i> . When sprinkled on food, they stimulate the appetite and promote digestion. They are high in vitamin C.
<i>Althaea officinalis</i>	Marshmallow		Upright perennial with a fleshy taproot, downy stems, velvety round to ovate leaves and pale pink flowers. The roots are whitish yellow outside and white and fibrous within. Dies down in winter and grow out again in spring. Grows in any soil - will grow larger in moist than in dry soil.	The roots of Marshmallow are large sturdy multi-branched taproots. They are considered to have the strongest action compared to the leaves. They are best harvested in the fall or winter of the second and third year. Marshmallow roots, leaves, and flowers can be used fresh or dried.	The entire plant is edible. A confectionary made out of the root was the original 'marshmallow' treat. The main healing properties of the herb are due to its mucilage content. Mucilage is a slippery plant starch that is soothing to the irritated tissues of the body. Marshmallow root is useful for irritations and inflammations of the respiratory, urinary, and digestive tracts. It can be taken for irritable coughs, bronchitis, sore throats and laryngitis. It also has a mild expectorant action. Marshmallow has an important application in ulcerations and inflammations of digestive tract. It can sooth, calm, coat and protect irritated mucus membranes helping to relieve pain and inflammation, and reducing cramps and spasms that can be triggered by the irritation. The decoction and cold infusion are useful for treating bladder inflammation The leaf has indications in the treatment of urinary tract infections. A 2004 study also demonstrated marshmallows strong antioxidant capacity; can be made into a tea, tincture, poultice or powder. Young leaves and crunchy seeds can be used in salads and the roots can be steamed.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Anchusa azurea	Azure Anchusa		Anchusa azurea, or Alkanet, is a flowering, bristly, short-lived, perennial. In its native Europe, it is often found on the sides of arable fields, waste places, roadsides and stony hills. The small, bright blue flowers of Alkanet are borne in loose clusters from late spring to mid-summer. The plant will grow best in full sun, but you should provide some afternoon shade during the hot summer months, and it tolerates heavy clay soil. It prefers moist, well-drained, soil, but established plants will tolerate drought. These plants are extraordinary in the landscape, but like many Boraginacea they do get rangy after flowering. At this point, cut them back to the base and they will gather their resources and go for another flowering cycle. A great choice for encouraging pollinating insect wildlife into your garden!	Harvest flowers as for Borage. Harvest whole plant and root to use for dye.	Flowers - raw. An excellent and decorative addition to the salad bowl, or used as a garnish. The tender young leaves and young flowering shoots can be cooked and eaten as a vegetable. The whole plant is antitussive, depurative, diaphoretic and diuretic. It is harvested when in flower and dried for later use. The dried and powdered herb is used as a poultice to treat inflammations. Use internally with caution, the plant contains the alkaloid cynoglossine which can have a paralyzing effect
Anethum graveolens	Dill		Dill is a tall herb with fine, feathery foliage. Foliage color can range from dark green to a blue-green. In mid-summer, dill will produce large, flat topped yellow flower clusters with seeds that can be harvested for culinary use	You can use dill weed once the fern-like leaves develop (about 8 weeks); cut them next to the stem. However, peak quality is just as flower heads open. Culinary quality of dill declines after cutting; if possible, cut just what you need when you need it. Gently harvest your herbs; use pruning scissors. Remove the stems when the seeds are brown and ripe.	Dill weed is an essential flavoring for pickling. The feathery, fresh young leaves add a delicate flavor to fish, potatoes and sauces
Anthemis nobilis	Roman Chamomile		Roman Chamomile is one of those small plants that packs a big aromatic punch. Smelling like a Jolly Rancher sour apple candy, it makes an odiferous bright green ground cover in cool summer climes. Often used in England to fill in cracks between pavers or as a path cover or even as a soft bench cover. Chamomile can be used for more than just a sweet smelling ground cover or a tasty tea. The fresh flowers can be used as a garnish. Just be sure to remove the green bitter leaves under the flowers. The flowers and the leaves can also be used in potpourri in combination with other dried flowers. And, there are endless combinations of tea, both hot and iced, that Chamomile can lend its unique flavor and scent to. Flowers attract beneficial insects.	The aerial parts are harvested when the plants are in bloom. The plants can be cut back to the ground and will re-grow.	Chamomile is one of the most well known herbs, most popular for its calming effect; both on the body and mind. Its antispasmodic makes it effective for muscle and digestive pain. Its medicinal properties dont end there! Also beneficial for inflammation, infection and more. A steam inhalation infused with chamomile essential oil can help nourish the skin and mucus membranes while its antibacterial and anticatarrhal action can help clear infection and eliminate mucus buildup. When added to a hot bath, chamomile aids in muscle pain relief. Flowering tops can be used to make a relaxing tea.
Anthemis Sancti-johannis	Saint John's Chamomile		Masses of striking, sunniest orange marguerite daisies rise above bushy, ferny fragrant foliage to 2' tall. Plants form a bushy mound of ferny green foliage, bearing loads of small bright-orange daisies from early summer on. Useful in containers, as well as in the garden. Relatively drought tolerant, and adapts well to poor soils. Removing faded flowers regularly will greatly increase blooming time. If plants become floppy in mid-summer, shear them back to 6 inches to rejuvenate. A short-lived perennial, but will often self seed.	Cut flowers when 1/3-2/3 are open for bouquets.	A fragrant cut flower, the petals are edible and may be used to garnish salads, and the dried flowers are good in pot-pourri.
Anthemis tinctoria	Dyer's Chamomile		A clump-forming, shrubby perennial growing to 3' tall which features profuse 1.5" diameter, yellow, daisy-like flowers and finely divided, fern-like, aromatic, green leaves which are whitish and woolly beneath. Good fresh cut flower. Large, lemon-yellow daisies used for tea or to dye wool. Plants prefer full sun and regular garden soil--will even naturalize in waste places	Harvest flowers every two to three weeks once they are mature and dry them completely ready to be used in a dye bath. Plant parts can be harvested throughout the growing season. Some sources recommend using only fresh flowers.	Dye Color and Parts Used for Dye: Flowers, leaves and stems can be used to achieve yellow, orange-yellow and buff dyes in wool mordanted with alum or alum and cream of tartar.
Arctium lappa	Burdock, Gobo		Japanese variety of Burdock	Harvest roots at the end of the summer about 100 days after planting	Japanese vegetable with powerful medicinal properties. Slender, smooth-skinned roots up to 1m/40" long have a delightful oyster-like flavour similar to salsify, but stronger. Peel, slice, and cook 30 minutes, drain and cook again for 10 minutes. Season with butter, salt and herbs and serve. Japanese research shows that this variety has potent anti-tumour effects. Commonly used as a blood purifier.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Arctium lappa	Burdock, Watanabe		Short Season variety of Burdock	Harvest roots at the mid-late summer about 50 days after planting	The long, thin, early-maturing roots of Watanabe are better than general burdock for eating. They are smooth textured and sweetly nutritious as a boiled vegetable or scrubbed hard and grated in a ginger and tamari marinade.
Arctium sp.	Burdock		Arctium lappa is a herbaceous, biennial plant that can grow up to 2 metres tall when flowering. The plant produces a rosette of basal leaves and a deep, stout taproot in its first year of growth, sending up a tall flowering stem in its second year. Burdock is a very important medicinal herb in both Eastern and Western traditions and is also often used as a food. Commonly harvested from the wild, it is also often cultivated for medicinal use and, especially in Japan, for its edible root. The plant has been spread through human agency to many temperate areas of the globe, including Australia and N. America.	Harvest roots at the end of the summer about 100 days after planting	Roots have blood purifying properties, termed it an alterative specifically targeted for skin complaints, especially associated with psoriasis, eczema and dermatitis. Also acts as a diuretic, antibacterial and has been studied for its effect on blood sugar regulation. Roots have a sweet mucilaginous texture when chewed. The bitter constituents as well as the mucilaginous nature may be the reason why it has been historically used as a digestive tonic. Typically dosed as a tincture and decoction. An infusion or tincture of the leaf can be used externally as a poultice.
Armoracia rusticana	Horseradish		Horseradish grows up to 1.5 meters (5 feet) tall, with hairless bright green unlobed leaves up to 1 m (3 ft 3 in) long that may be mistaken for docks (Rumex). Often forms shiny spirally leaves. Dies back to ground in winter. It is cultivated primarily for its large, white, tapered root. The white four-petaled flowers are scented and are borne in dense panicles. Established plants may form extensive patches and may become invasive unless carefully managed	You can enjoy your first horseradish harvest one year after planting. Don't allow it to grow for more than a year as it will become tough and unpleasant tasting. Carefully dig away the soil from around the main root, taking care to free up the side roots and remove them at the same time. For the best yields, Oregon State University recommends harvesting after frost kills the foliage. Scrub the main root under running water and dry well. If enclosed in a perforated plastic bag, horseradish root will keep in the vegetable bin of your refrigerator for three months or even longer. After digging the roots you can replant any unused portions such as side shoots or the crown for more horseradish later! Newbie hint: For smoother, straighter, fatter roots, the University of Illinois recommends removing the suckers — leaf-bearing sprouts that form above ground. When the plants are about 8 inches tall, use a sharp knife to cut off the suckers, leaving only three or four at the center of the crown.	The taproot can grow more than 50cm (20") long and can be used to make horseradish sauce, or grated fresh to bring a sharp, sparkling flavour to coleslaws and dips. For homemade prepared horseradish, peel roots into cubes and puree in a food processor, adding white vinegar and salt to taste. For a twist, try the delicious young leaves in salads. Before it became a popular condiment, horseradish was a medicinal herb valued for its antibiotic and stimulant properties. Its mild antibiotic and diuretic effect made it one of the first, best treatments for urinary tract infections. A source of vitamin C, it was once used to combat scurvy.
Artemisia abrotanum	Citrus Southernwood	Citrus	Some people say the scent of the delicate foliage is tangerine and others say it's more like lemon. We can't decide which but it does have a lovely fresh citrusy scent with a dash of pine. Taller and more feathery than the standard southernwood. Ht. 4-6ft	Harvest and Use as for Southernwood	Harvest and Use as for Southernwood
Artemisia abrotanum	Southern wood		Artemisia abrotanum, commonly called southernwood, is a perennial sub-shrub that typically grows on woody, upright-branching stems to form a 3-4' tall bushy mound of ferny, strongly aromatic, medium to light green leaves, each of which is 1-3 times pinnately dissected into threadlike segments	Harvest July-September. Ideally The leaves should be collected before the flowering, then dried for future use.	Dried leaves and blooming stem parts are used medicinally and as a culinary herb. Use as a medicinal herb: stomach trouble, bilious complaint, liver complaints, malaria (supportive), menstruation, bladder weakness, common cold, cough. Use as spice herb: dish of wild game, meat, soft drinks. When dosing, however, caution is necessary, because even small amounts of the aromatic plant are sufficient to aromatize the food vigorously and give it a spicy and slightly bitter taste. Southernwood is not only used as a spicy and beneficial herb, it also has a tradition in combating or preventing moths. For this, the dried herb is hung in cotton or organza sacks in the closet. The intense scent of the essential oils expels the cloth-destroying insects. Furthermore, southernwood — especially the lemon southernwood (also called lemon herb (Artemisia abrotanum 'Citrina')) is used as part of fragrant potpourris. Do not use during pregnancy.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Artemisia absinthium	Wormwood		We admire the prolific and aromatic cushion of soft silver, laced leaf growth, and resiliency in dry or poor soil conditions. Wormwood is great for xeriscaping, rock gardens and anywhere there is reliably less moisture. Wormwood will self seed, and benefits from pruning in the spring.	The aerial parts can be harvested when the plants are in bloom in summer.	Though it has a medicine chest of uses ~ antiseptic, analgesic, astringent, anti-inflammatory, antiparasitic, digestive stimulant, anticancer, emmenagogue, nervine, antidepressant, diaphoretic, antispasmodic ~ Wormwood is probably most well known as a key ingredient in the drink absinthe. highly reputable as a digestive aid, with bitter leaves infused and distilled into absinthe, and vermouth; liquors of which are appetite stimulants and digestive aids. Today, we value the many varieties of Wormwood, planted for their medicinal components, used internally for fever, jaundice, parasites and externally to treat sprains, bruises and lumbago. Also appreciated as a pesticide against nematode soil pests.
Artemisia annua	Sweet Annie		Sweet Annie is one of the well-known Artemisias loved by hobby farmers and flower growers alike for its long, plume-like, sweetly scented foliage and its ornamental value in wreath making, leaf pressing and flower arrangements. It is a self-sowing annual that grows up to five feet tall and equally wide. It is hardy to zone 7 and like many Artemisias, is extremely vigorous and essentially disease and pest free. It does not produce large, striking blooms, but its sweet, luscious fragrance more than makes up for that.	Fresh or Dried - Once flower heads have developed on stems	Sweet Annie is used as a dietary spice, herbal tea, and medicinal plant in its native growing region in the milder climates of Asia. It has historically been used as a treatment for malaria. Extensive research is being conducted on its use in the treatment of cancer. Most recently, it has made the news for being used in Madagascar as a treatment for Corona Virus and is an ingredient in the region's Covid-Organics drink. The sap of Sweet Annie can cause dermatitis in some people, so use gloves and caution when working with the plant. The pollen can be extremely allergenic in some people. It should not be used during pregnancy due to a potential risk of embryotoxicity at high doses.
Artemisia dracunculoides	French Tarragon		French tarragon is a loose, open perennial growing to about two to three feet tall. Leaves are dark green, narrow and slightly twisted. Plant will occasionally produce small, greenish flowers that are sterile. makes a wonderful aromatic garden plant. Although these plants can survive long periods without water, they will not produce new foliage under these conditions and should be watered every 2-3 days. Ensure optimal flavour by giving plants enough root space as well as well drained alkaline soil. Thrives in full sun. Leaves have a licorice or anise flavor.	Two large harvests can generally be taken in the second year. The first cutting is possible when the plant reaches 8 to 10 inches tall. Cut the entire plant about 2" above the ground. Ideally preserve tarragon either by freezing or putting it in vinegar rather than drying it because it loses flavor and the leaves can turn brown when dried. Handle the leaves carefully as they bruise easily	French tarragon is grown for its distinctively flavored leaves. Its mint-anise taste is particularly suited to vinegar and fish. It was also used to stimulate the appetite, relieve flatulence and colic, cure rheumatism, and relieve toothache. It has antioxidant and antifungal properties making it a good food preservative. It has been found in perfumes, soaps, cosmetics, and liqueurs. Go lightly when using French tarragon in cooking as the herb can easily overpower the other flavors and can be somewhat bitter. Use fresh leaves in salads or as a garnish. It's superb as a seasoning for poultry, fish, eggs, vegetables, salads, and tomato dishes. And it's also used to great effect in condiments, dressings, sauces, and compound butters.
Artemisia ludoviciana	Western Mugwort		This is a stiff, aromatic, silvery-white perennial, 1 1/2-3 ft. tall, which can spread quickly to form large colonies. Shrub-like, white, densely matted with hairs, from rhizome. Small, yellowish flowers are secondary to the silver color of the erect stems and narrow leaves, created by a dense coat of hairs. This is a common artemisia, with attractive, fragrant, whitish green foliage. Its adaptability and tendency to colonize makes it a good choice for a low-maintenance, knee- to waist-high groundcover. It can even take mowing.	The leafy stems and flowers of Mugwort are best harvested at their peak of potency when the plants are in early bud.	The herb can be used fresh or dried and made into cold or hot infusions, tinctured, or infused into honey or vinegar. It was an important herb of the First Nations people throughout much of North America. It is one of the "sages" used in ceremonial smudging. Its bitter principles stimulate gastric and bile secretion, improves appetite, and help relieve colic caused by gallstones. Traditionally used to regulate menstruation when women are suffering from a difficult and painful period and to treat coughs and colds.
Asclepias tuberosa	Pleurisy Root		Asclepias tuberosa is a bushy warm season perennial with many branched pubescent stems emerging from a sturdy tap root. Unlike other milkweeds, this one does not contain milky latex sap. The leaves are bright green and lance shaped. It has a clumping habit and does not spread. It is commonly known as butterfly weed because of the butterflies that are attracted to the plant by its color and its copious production of nectar	The seed pods are edible, cooked when young, harvest them before the seed floss forms. Harvest flowers in bloom, also edible cooked, said to taste like sweet peas. Leaves and new buds are edible cooked like spinach. Harvest root in fall and dry for later herb use.	Edible Uses: The seed pods are edible, cooked when young, harvest them before the seed floss forms. Harvest flowers in bloom, also edible cooked, said to taste like sweet peas. Leaves and new buds are edible cooked like spinach. Medicinal Uses: Pleurisy root is used in herbalism as an antispasmodic, carminative, mildly cathartic, diaphoretic, diuretic, expectorant, tonic and vasodilator. Butterfly Weed Root is used internally in the treatment of diarrhea, dysentery, chronic rheumatism, and as an expectorant. It is said to be a valuable herb in all chest complaints and in the treatment of many lung diseases. A herbal poultice of the roots is used in the treatment of swellings, bruises, wounds, and skin ulcers.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Asparagus officinalis	Asparagus		Asparagus, <i>Asparagus officinalis</i> , is an herbaceous perennial plant in the family Asparagaceae which is grown for its young shoots, or spears, which are eaten as a vegetable. The asparagus plant is tall with scale like leaves emerging from the underground stem (rhizome) and has stout stems and feathery foliage.	Unlike other vegetables, asparagus takes considerable patience because it will not be until the third year after planting that you can harvest it. This takes some discipline, as the spears will appear in the first and second year, but if you harvest them, then you will very likely kill the plants—or at least seriously stunt their production for future years. But if you have planted the crown correctly, fertilized appropriately, and cared for your asparagus for two years, in the spring of your third year you will start to have an ongoing crop that will provide you fresh asparagus each year from early spring until July 1 for about 15 years or so. When the spears appear in spring, harvest them when they are 6 to 10 inches above the soil line, but before the flower buds are open. Simply cut or snap off the spears at ground level. Continue harvesting for six to eight weeks, but no later than July 1. If you notice decreased production and vigor in your asparagus plants, stop harvesting and let the plant store energy for next season. Any spears that reach a height of more than 10 inches should be allowed to continue growing to build root systems and energy for next year.	Asparagus is one of the most versatile vegetables, because you can eat it shaved raw in salads, chopped and cooked in brunch or pasta dishes or even roasted on its own. It's a source of fiber and potassium. Asparagus also contains glutathione, a powerful anticarcinogen and antioxidant.
Astragalus membranaceus	Astragalus		This rare and unusual herb is a herbaceous perennial herb native to southeast Asia. The vetch like foliage is aromatic. Plants get quite large, flowering to 6 feet, with yellow flowers giving way to pea-like follicles. Plant is a sturdy survivor, and prefers full sun, average soil, and good drainage.	The roots are the medicinal part of Astragalus herb plants. While it can take anywhere from two to four years for the taproot to grow to a usable size, roots of any age can be harvested. Older roots are considered more potent. Harvest Astragalus in the fall by first removing the foliage and stems. The Astragalus herb plants have no medicinal value and can be composted or discarded. Next, carefully dig around the base of the stem to expose the taproot. Continue digging and twisting until the majority of the root can be extracted from the ground.	Also called Huang Qi, Bei Qi, Ogi, Hwanggi, and milk vetch, Astragalus root has been used for a number of illnesses including: Anorexia Blood sugar control Cancer therapy Diarrhea Fatigue Fibromyalgia Heart Disease Hepatitis Upper respiratory infections Also believed to stimulate the immune system, improve kidney function, and prevent senility Astragalus root is one of the 50 fundamental Chinese herbs. Clearly more studies are needed to prove the usefulness of this herb in Western medicine.
Baileya multiradiata	Desert Marigold		Desert marigold seeds thrive in the deserts of the Southwest, throwing a carpet of color over stony, dry, and sandy areas that usually discourage growth. The fine hairs on the foliage serve the important purpose of reflecting heat and the brightest rays of the sun, controlling the temperature of the leaves. Though the foliage is attractive enough to stand on its own, the brilliant yellow flowers bloom practically all season long. This plant's drought tolerance and long lasting blossoms have made it valuable in desert landscaping, though its toxic foliage makes it unsuitable for pastures.	N/A	N/A
Ballota nigra	Black Horehound		Ballota nigra has a very strong characteristic smell reminiscent of mold or humidity, and can be recognized by its clusters of hairy, reddish-purple flowers. It can grow up to 3 feet in height	The plant is harvested as it comes into flower and is dried for later use.	Black horehound has a long history of herbal use, though is not widely employed in modern herbalism because of its unpleasant flavour. Nonetheless, it does have a range of medicinal virtues, being especially effective in its action as an antiemetic. In the past it was often used for treating problems connected with the respiratory system, convulsions, low spirits and the menopause, but present-day authorities differ over whether it was effective in these applications. The whole plant is antiemetic, antispasmodic, expectorant, stimulant and vermifuge. It is taken internally in the treatment of nervous dyspepsia, travelling sickness, morning sickness in pregnancy, arthritis, gout, menstrual disorders and bronchial complaints. It should not be stored for longer than a year. The fresh herb is sometimes used to make a syrup.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Balsamorhiza hookeri	Hooker's Balsamroot		The leaves of this species are deeply segmented, appearing in basal tufts from a woody taproot with the 4-12 in., leafless flowering stems. These bear solitary, 2-3 in. wide, yellow sunflower-like flowers. Hooker's balsamroot is a perennial, native forb. It has a carrot-like taproot and simple crown, often producing slender, short creeping roots from which new plants arise, so that separate rosettes are connected underground. It is recognized by pollination ecologists as attracting large numbers of native bees	As for Arrowleaf Balsamroot	The Atsugewi people parched, winnowed and ground the seed into cakes. The Gosiute, Northern Paiute, and Okanagan-Colville cooked and ate the roots. The Paiute used the plant root for food, as a decoction to treat severe stomach problems and for bladder troubles. The Washo made a decoction of the root to treat gynecological complaints
Balsamorhiza sagittata	Arrowleaf Balsamroot		This perennial's large, silvery "arrowhead" to heart-shaped leaves, 6 in. wide and 12 in. long, form impressive tufts. A woody taproot gives rise to several 8-24 in. stems, each bearing a solitary, 2 1/2-4 in. wide, yellow, sunflower-like flower. An almost leafless stalk with 1 large bright yellow flower head at tip grows from a basal cluster of large silvery-gray leaves covered with felt-like hairs.	Harvest flower stalks before flower opens and peel furry skin away to eat fresh. harvest root in late fall or early spring.	The leaves, stems, roots and seeds of arrowleaf balsamroot were commonly eaten by several western tribes. The Flathead, Kutenai, Montana, Nez Perce, Okanagan-Colville, Paiute, Thompson and Ute tribes ate raw or cooked leaves and young stems. Native Americans used the sticky sap of this plant as a topical antiseptic for minor wounds. The entire plant is edible and nutritious, but not necessarily enjoyable because it contains a bitter, strongly pine-scented sap. The large taproots produced by Balsamorhiza sagittata are edible and were harvested, dried, and ground into a starchy flour by Native Americans when other food plants were scarce. The plants' large taproots are reported to be very palatable and far less bitter than the above-ground parts of the plant
Borago officinalis	Borage		Borage, (<i>Borago officinalis</i>), an edible and ornamental plant with loose drooping clusters of starlike bright blue flowers, in the family Boraginaceae. Leave the flowers alone if you are hosting a honeybee colony. The blooms produce an excellent flavored honey.	The leaves and flowers may be picked at any time and used fresh.	The leaves and flowers are used in salads, and in Europe the leaves are cooked as a vegetable.
Bunias orientalis	Turkish Rocket		Turkish Rocket is a very hardy perennial in the brassica family with a lot going for it. The main edible part are the young florets that can be harvested and cooked like a broccoli raab, although we've read that most parts are edible/useful at different times of year. We love the vibrant, rich green color and incredible vegetative vigor of this plant, and the mid-season flowers seem to be a real joy for all sorts of beneficial insects.	Harvest the young florets and stalks in spring before the flowers open. It is much more productive if you pick a good long stem along with the flower head. Harvesting the stalks will prompt more regrowth, similar to asparagus.	The young florets and stalks make a delicious vegetable when cooked like asparagus, with tastes of broccoli rabe and cabbage. Leaves are are mildly bitter, especially when older, but this bitterness mostly disappears with cooking, making them good eats boiled, steamed, or sautéd
Calendula officinalis	Calendula		Calendula can grow to almost two feet tall, and the flowers tend to open with sunny, dry weather and close in cold or moist conditions. They enjoy full sun — or even partial shade in hot summer regions — and average soil. They need a moderate amount of water and if flower production dwindles, you can cut back the plants to promote new blooms. Calendula will self-sow yearly in many gardens and don't mind crowding. Direct-sow the seeds in early spring or late fall, as they can withstand some frost. Calendula makes an excellent companion plant in any vegetable or pollinator-friendly garden! This flower attracts bees and butterflies, and is said to repel pest insects. Its roots may help increase the activity of beneficial microbes and fungi in the soil.	The best time to harvest calendula flowers is in the morning after the dew has dried. They are fresh, opening to the sun, but don't have wet petals. You should also harvest the blossoms when they are half-open. Soon after this point they open more and are past their prime medicinally, and the petals begin to wither. Snipping off the flower head at the top of the stalk is the standard way to harvest calendula. Use scissors or your fingers to pinch the stem. You could also pull entire plants and include the leaves, which have much of the same medicinal quality as the flowers, but it's so much easier to continually harvest flower blooms from a patch of calendula throughout the season. You may want to trim back the stem that remains on the plant so that the stem does not begin to rot. With calendula, the more often you harvest, the better. If you allow blossoms to stay on the plants, they will go to seed. When you deadhead frequently, the blooms will return and multiply. So snip early and snip often!	Calendula is used as both a culinary and medicinal herb. Sprinkle fresh or dried calendula blossom petals on top of salads (or any dish really) as a cheerful pop of color! They also make a beautiful and tasty addition to scrambled eggs, frittata, summer salsa, or even in soup! Whole dried flowers can also be added to soups, broths, and stews in the winter for an extra immunity boost. Or, put some pep in your summer beverages with a calendula garnish. Medicinally, it is commonly used to make teas, oils, and salves. Topically, calendula can ease, heal, or otherwise treat a huge array of skin conditions. This includes: "rashes, stings, wounds, burns, sunburn, swelling, eczema, acne, surgical wounds, scrapes, chicken pox, cold sores, and even genital herpes sores." It works its magic by promoting cells repair and growth, coupled with its natural antiseptic properties and anti-inflammatory properties. Above all, it is gentle in its work. Internally, it can help boost the immune and lymph system, fight fungal infections, reduce inflammation, menstrual cramps, and gastrointestinal upset, as well as keep fevers at bay. It is also an anti-viral.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Centranthus ruber	Jupiter's Beard		Bushy, well-branched, with one of the longest blooming seasons, a showy bloom of star-shaped crimson, pink or white flowers from spring to frost. Flowers are fragrant and attract bees and pollinators. Easily grown in average to sandy, medium moisture, well-drained soils in full sun to part shade. Prefers slightly alkaline soils in full sun.	Harvest flowers when 1/3 to 1/2 a stalk is in bloom. Leaves can be harvested when young and tender, before onset of blooming.	The cut flowers look great in a bouquet. The young, fresh leaves of Centranthus Ruber can be used in salads and added to soups, though can be overly bitter.
Chamaemelum nobile	Roman Chamomile		Roman chamomile is a low-growing evergreen perennial that forms a spreading mat of aromatic foliage typically growing 3-6" tall and spreading by decumbent stems to 12" wide.	Harvesting chamomile is a continuous activity, since chamomile flowers will bloom all summer long, especially if picked regularly. So, get ready to harvest chamomile blossoms all summer! Good thing, it's easy to do. Chamomile flowers are ready to harvest when they are at full bloom. Ideally, the blossoms are open to their fullest, just before the tiny white petals begin to droop down. It's not unsafe to harvest the blossoms if they're a little premature or a little droopy, it's just that they're beneficial properties may not be at their fullest and most potent state.	Chamomile has been used for centuries in teas as a mild, relaxing sleep aid, treatment for fevers, colds, stomach ailments, and as an anti-inflammatory, to name only a few therapeutic uses. Chamomile may be used internally or externally. Extensive scientific research over the past 20 years has confirmed many of the traditional uses for the plant and established pharmacological mechanisms for the plant's therapeutic activity, including antieptic, antispasmodic, antipyretic, antibacterial, antifungal, and anti-allergenic activity. Recent and on-going research has identified chamomiles specific anti-inflammatory, antibacterial, muscle relaxant, antispasmodic, anti-allergenic and sedative properties, validating its long-held reputation. Specifically, chamomile may: As a tea, be used for lumbago, rheumatic problems and rashes. As a salve, be used for hemorrhoids and wounds. As a vapor, be used to alleviate cold symptoms or asthma. Relieve restlessness, teething problems, and colic in children. Relieve allergies, much as an antihistamine would. Aid in digestion when taken as a tea after meals. Relieve morning sickness during pregnancy. Speed healing of skin ulcers, wounds, or burns. Treat gastritis and ulcerative colitis. Reduce inflammation and facilitate bowel movement without acting directly as a purgative. Be used as a wash or compress for skin problems and inflammations, including inflammations of mucous tissue. Promote general relaxation and relieve stress.
Cichorium intybus	Chicory		Common chicory (<i>Cichorium intybus</i>) is a somewhat woody, perennial herbaceous plant of the daisy family Asteraceae, usually with bright blue flowers, rarely white or pink. Many varieties are cultivated for salad leaves, chicons (blanched buds), or roots. Chicory is grown as a forage crop for livestock.	If you plan to use the roots, harvest them in the first year after the plants have flowered. This typically happens around 120 days after planting the seeds. Harvesting should take place as late in the season as possible as there is usually a marked increase in size and weight of roots during cool weather. After the first year of growth, the roots get woody. To harvest them, dig a few inches around the plant and gently tug the long taproot to pull it free. You can pluck the leaves and flowers whenever you want them, but the leaves are best when young, and before the plant flowers.	Medicinal Uses: Chicory has a long history of herbal use and is especially of great value for its tonic affect upon the liver and digestive tract. It is little used in modern herbalism, though it is often used as part of the diet. The root and the leaves are appetizer, cholagogue, depurative, digestive, diuretic, hypoglycaemic, laxative and tonic. The roots are more active medicinally. A decoction of the root has proved to be of benefit in the treatment of jaundice, liver enlargement, gout and rheumatism. A decoction of the freshly harvested plant is used for treating gravel. The root can be used fresh or dried, it is best harvested in the autumn. The leaves are harvested as the plant comes into flower and can also be dried for later use.
Cleome serrulata	Rocky Mountain Bee Plant		Rocky Mountain Bee Plant is a colorful long blooming native annual with large showy flowers in shades of pink and rose pink, it is invaluable as a nectar source for bees and butterflies.	Primarily for use as a self seedling pollinator plant. Collect some seeds in fall after frost. allow some to fall on their own to re-seed.	Cleome serrulata is an important cultural plant for many Southwestern Indian tribes. The young, tender shoots and leaves are good sources of vitamin A and calcium. In the past they were used as potherbs or medicinally as teas for fevers and other ailments. The seeds were ground and used to make gruel or bread.
Coriandrum sativum	Cilantro		a warm weather annual that is commonly grown in herb gardens for its lacy, strong-scented foliage (cilantro) and its aromatic seeds (coriander). It is native to southern Europe and the western Mediterranean. It typically grows in a basal clump to 24" tall and to 18" wide.	When harvested for its leaves, this herb is called cilantro. Harvest leaves anytime. When it is harvested for its fragrant edible seeds, cilantro is known as the spice coriander. Harvest cilantro seeds after they ripen and dry slightly on the plant.	wonderful culinary herb.
Crambe maritima	Sea Kale		Beautiful, unique, perennial green with a lot going for it. Incredibly hardy, comes up very early in the season, has massive edible leaves, interesting 'broccoli' tops and a very ancient feel about it.	Harvest young florets and stalks just before flowering. Leaves can be harvested anytime, but become bitter as the summer gets hot.	Sea kale makes an abundance of tasty, succulent leaves that serve a great addition to salads, soups, and stews. The florets are another great vegetable, used raw, steamed, or sautéed, very similar to broccoli.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Cucurbita foetidissima	Buffalo Gourd		Buffalo gourd is a fast-growing perennial that is very drought tolerant. It sends out long vines from a large, underground tuberous root that can be as large as 16 inches in diameter at the ground level. It usually splits into two descending roots that can go as deep as 3 feet. From this tuber, the long vines can extend for tens of feet along which large triangular green/gray leaves are produced. The large, roughly triangular leaves of this plant are coarse, almost leathery, and emit what many consider an offensive odor when brushed against. The gourd itself is usually 3 to 4 inches in diameter.	Harvest flowers as for squash flowers. Harvest seeds from mature fruits in fall after first frost.	The seeds of the buffalo gourd contain 30-35% protein and up to 34% oil. The seeds are roasted and eaten, ground into a meal, or pressed for their edible oil. Roots are used as a source of starch. Fruits contain poisonous compounds and should not be consumed. The flowers are also edible.
Cuminum cyminum	Cumin		Cumin (Cuminum cyminum) is an annual flowering plant from the family Apiaceae, or parsley family, whose seeds are used in the cuisines of Mexico, Asia, the Mediterranean and the Middle East. Its stem is slender and branched, rarely exceeding 1 foot in height and somewhat angular. The leaves are divided into long, narrow segments like Fennel, but much smaller and are of a deep green colour, generally turned back at the ends. The upper leaves are nearly stalkless, but the lower ones have longer leaf-stalks.	To harvest seeds, allow pod to ripen and turn brown. Remove from the plant and dry. Rub pods to remove the seeds.	Edible uses: seed is used whole or ground as a fabulous culinary spice. Medicinal Action and Uses---Stimulant, antispasmodic, carminative. The older herbalists esteemed Cumin superior in comforting carminative qualities to Fennel or Caraway, but on account of its very disagreeable flavour, its medicinal use at the present day is almost confined to veterinary practice, in which it is employed as a carminative.
Delosperma cooperi	Hardy Purple Ice Plant		One of the finest drought-resistant ground covers available. Succulent foliage reaches only 3" high and has daisy-like 2" flowers that are a wonderful shade of rosy-purple. Purple Ice Plants begin to bloom in early to mid-summer and continue to bloom all summer long! Great bee and pollinator plant! Spreads 12-15". Prefers a well-drained area and a sunny location. Deer-resistant.	N/A	N/A
Delosperma nubigenum	Hardy Yellow Ice Plant		Hardy Yellow Ice Plant is a mat-forming, evergreen succulent with bright yellow, daisy-like flowers, 3/4 in. across (2 cm). Blooming continuously from late spring to fall, the blossoms are produced in such quantities that they literally cover the foliage of closely-packed, fleshy green leaves. Great Bee and pollinator plant. Perfect for edges and rock gardens.	N/A	N/A
Diplotaxis erucoides	Sylvetta		Easy to grow. Multiple plantings provide continued harvesting. Also known as wild rocket. Compared to salad arugula, Sylvetta is slower growing, about half the height, and has yellow flowers. The leaves are also more deeply lobed with a more pungent flavor. Heavily sought after by chefs. One of the latest flowering plants in N Nevada. Wonderful fall bee forage. Self seeds readily if allowed	Harvest leaves at any time before flowering. Leave about 25% or more of the plant to regrow	Like arugula, though a bit more spicy and strong flavored
Dracocephalum moldavicum	Moldavian balm		Moldavian Dragonhead is a self seeding annual, and is hardy in zones 3a-7b. It gets about 1 foot high or so and about the same width, and the flowers are very long lasting, bright purple, proportionally large to the plant, and shaped outrageously like the toothed head of a dragon.. It grows quickly so it is often one of the first flowering herbs of the summer.. it is easy to grow, flowers all summer, prolific to self seed, and makes a great tea. It is also loved by pollinators	To harvest, wait until the flowers have bloomed up most of the stem and start harvesting by cutting the top 5-6" or so off of each flowering stem.	Historically it was used as an astringent, tonic and vulnerary. This plants smells and tastes similar to lemon balm but keeps its aromatic fragrance even when dried (which lemon balm does not do as well). It adds a fresh aromatic bright lemony flavor to blended herbal teas. And it makes a wonderful iced tea. This plant has unique nutritional characteristics. It is a good source of protein, lipids and fibre. Dragonhead seeds are useful for extraction of oil rich in omega-3 fatty acids. This can be used in culinary recipes - as a substitute for lemon balm. Properties: analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, cardiovascular tonic, immunostimulant, sedative, stomachic. Main benefits: Soothes an upset stomach Supports the immune system Protects the body against environmental threats Uplifts the mind and body Relieves stress, helps the body and mind handle stressful situations

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
<i>Echinacea angustifolia</i>	Narrow-leaved coneflower		This species of Coneflower is the preferred one for medicinal uses. Plants form a medium to tall clump of coarse dark-green leaves, by midsummer bearing large daisy flowers with mauve-purple to rose-pink petals surrounding an orange-brown central cone. Petals droop down in an attractive way. Removing faded flowers regularly will greatly increase the flowering period. Seedheads have good winter interest. Outstanding for cutting. Attractive to butterflies.	Harvest the roots of a 3-4-year-old plant in the spring or the fall. <i>E. angustifolia</i> has a taproot. To harvest <i>Echinacea</i> , using a shovel or a garden fork, lift the roots out of the ground around the <i>Echinacea</i> plant. Now you can take pieces of the root from the root ball to harvest or you can remove the whole plant to harvest the roots. Removing the whole plant can allow you to thin out your <i>Echinacea</i> patch. If you choose to just harvest parts of the root ball, you can place the remaining roots back in the ground to replant.	<i>E. angustifolia</i> has a long tradition of use among the native people of North America. It continues to be the most widely used herbal remedy in native cultures. In modern cultures of North America and Europe, <i>E. angustifolia</i> is primarily used in medicines believed to stimulate the immune system. It is also used as an antibacterial agent. Traditional and folk uses include treatments for blood poisoning, fever, acne, infections, and sores.
<i>Echinacea purpurea</i>	Purple Coneflower		<i>Echinacea purpurea</i> (Purple Coneflower) is a garden classic perennial plant and one of our most popular native wildflowers. <i>Echinacea purpurea</i> (Purple Coneflower) has a large center cone, surrounded by pink-purple petals and brightens the garden in mid-summer. It attracts bees, butterflies, hummingbirds and more. great for cut flowers, both fresh and dried. Also a wonderful medicinal herb.	Both the flower heads and the roots are medicinally valuable. The flowers can be collected as they open during the summer months. The root is best harvested after the second or third year in the fall. Now you can take pieces of the root from the root ball to harvest or you can remove the whole plant to harvest the roots. Removing the whole plant can allow you to thin out your <i>Echinacea</i> patch. If you choose to just harvest parts of the root ball, you can place the remaining roots back in the ground to replant.	<i>Echinacea</i> is one of the most effective detoxifying herbs available in the Western materia medica. It was used primarily for the purpose of detoxifying the blood and lymph long before it became popular as an immune system booster. <i>Echinacea</i> acts as a herbal antibiotic both internally and topically. It strengthens the immune system making it more effective against infection. It is especially useful for infections of the upper respiratory tract, such as from cold and flu. It is also a good remedy for toothaches, and can be used as a mouthwash to reduce bacterial build up and encourage healthy tissue growth. The flowers, seeds, or roots, when chewed cause a mouth tingling sensation similar to that of <i>Spilanthes (Acemela oleracea)</i>
<i>Echinacea simulata</i>			Commonly called pale purple coneflower or wavy leaf purple coneflower. Features very narrow, parallel-veined, toothless, dark green leaves (4-10" long) and large, daisy-like flowers with drooping, pale pinkish-purple petals (ray flowers) and spiny, flattened-knob-like, coppery-orange center cones. Flowers appear on rigid stems to 3' tall over a long summer bloom.	May be used similar to other <i>Echinacea</i> sp. Do not wild harvest this Rare and endangered plant.	As for other <i>Echinacea</i> sp.
<i>Ephedra viridis</i>	Green Ephedra		Green Ephedra or Mormon Tea is a native, evergreen shrub, 4 ft., it grows in high elevation desert areas, Calif. to Utah, looks like leafless, green branched shrub. <i>Ephedra</i> spp. are good wildlife plants. <i>Ephedra viridis</i> tolerates sand. <i>Ephedra viridis</i> is great for a bird garden.	The stems can be harvested at any time of the year and are dried for later use.	The stems can be used fresh or dried and are usually made into a tea, though they can also be eaten raw. The young stems are best if eating them raw, though older stems can be used if a tea is made
<i>Eriogonum umbellata</i>	Sulphur Buckwheat		This is a spreading, mat-forming perennial that is noted for its tiny sulphur yellow flowers which bloom from late spring into summer in compound umbels (rounded flower clusters to 4" wide) located atop leafless flowering stalks rising to 12" tall. Flowers are attractive to a large number of butterflies and bees.	N/A	N/A
<i>Eschscholzia californica</i>	California Poppy		<i>Eschscholzia californica</i> , commonly called California poppy, is the state flower of California. Single, cup-shaped, 4-petaled, silky flowers (3" diameter) are typically bright orange or less frequently yellow-orange. Flowers bloom on long stems from late spring to early summer.	The whole plant is harvested when in flower and dried for use in tinctures and infusions.	The Californian poppy is a bitter sedative herb that acts as a diuretic, relieves pain, relaxes spasms and promotes perspiration. It is taken internally in the treatment of nervous tension, anxiety, insomnia and incontinence (especially in children). The watery sap is mildly narcotic and has been used to relieve toothache. It is similar in its effect to the opium poppy (<i>Papaver somniferum</i>) but is much milder in its action and does not depress the central nervous system. Another report says that it has a markedly different effect upon the central nervous system, that it is not a narcotic but tends to normalize psychological function. Its gently antispasmodic, sedative and analgesic actions make it a valuable herbal medicine for treating physical and psychological problems in children. It may also prove beneficial in attempts to overcome bedwetting, difficulty in sleeping and nervous tension and anxiety. An extract of the root is used as a wash on the breasts to suppress the flow of milk in lactating females.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Fallopia multiflora	Ho-Shou-Wu (Fo-ti)		Fo-ti is a legendary plant in traditional Chinese herbal medicine used to nourish the heart and calm the spirit. The vining herbaceous perennial has red stems, heart shaped leaves and either white or pink flowers. It is a fast growing, almost to the point of being unstoppable and good for fences, creating shade for porches, etc. Grow in full sun, semi-shade, or dappled shade in moist well-drained soil.	The tuber, known as he shou wu, is harvested in the fall after three to four year.	The functionality of Ho-shou-wu in traditional chinese formulas is to nourish the blood, liver and kidneys. This would help support the health of the skin, hair, and support overall energy levels. There are more anecdotal stories about it's success than recorded clinical studies. The root is harvested and has a distinctive sweet yet bitter taste. In Chinese herbalism fo-ti is thought to unblock the channels of energy through the body, allowing the escape of the pathogenic influences that causing generalized weakness, soreness, pain, and fatigue. t's used to treat a variety of ailments and has been linked to a number of health benefits, such as healthy aging, longevity, and virility. However, despite its widespread use, this herb has come under scrutiny as it may cause serious side effects, such as liver damage
Fallugia paradoxa	Apache Plume		Fallugia paradoxa is an erect shrub not exceeding two meters in height. It has light gray or whitish peeling bark on its many thin branches. The leaves are each about a centimeter long and deeply lobed with the edges rolled under. It is a drought hardy plant native to the SW USA and provides good habitat for wildlife. Apache plume has single, white, rose-like flowers in a fine-textured shrub up to 5 feet tall and 8 feet wide. Flowering occurs from late spring until late summer, and is followed by clouds of showy, pink, feater-duster-like seed heads that are just as showy as the flowers.	N/A	N/A
Gaillardia sp.	Blanket Flower		Gaillardia, also known as blanket flower, is an easy to grow, short-lived perennial with richly colored yellow, orange, and red, daisy-like flowers. The flower can reseed and sprawl through the garden. Since the original plants are hybrids, expect some variation from self-seeding. Drought hardy and attractive to pollinators. Plants reach 1-3' tall and wide.	Gather blossoms to use as cut flowers just after they open. If you like dried flowers, harvest some of the older flowers and dry them after the petals have been removed by hanging them up in a dry, well-ventilated place	Cut flower
Galium odoratum	Sweet Woodruff		Galium odoratum, commonly called sweet woodruff, is a mat-forming perennial that is most often grown as a ground cover in shady areas. Plants typically grow 8-12" tall and feature fragrant, lance-shaped, dark green leaves in whorls of 6-8 along square stems. Plants have also been used commercially in perfumes	For best fragrance, sweet woodruff leaves should be harvested right after the plants have bloomed.	the leaves develop their full bouquet when dry and remain fragrant for years as apotporri. Sweet woodruff is also edible. Its most well-known use is as an ingredient in May wine, traditionally drunk on the first day of May to both welcome spring and as a healthful spring tonic. It has also been used to flavor other wines, as well as brandies, fruit salads, sorbets and jellies.
Galium verum	Yellow Bedstraw		Galium verum, commonly called yellow bedstraw, is a rhizomatous, somewhat weedy perennial herb that typically grows to 8-30" tall and to 36" wide on erect to sprawling stems. Yellow dye from flowering stems has been used as a food coloring for cheese or butter. Red dye can be made from the roots. Prefers a loose moist leafy soil in some shade, but it tolerates a position in full sun. Plants are tolerant of dry soils, but do not thrive in a hot climate. They dislike very acid soils. An aggressive spreader, though it is low-growing and mixes without harm with any plants at least 2' tall. It grows well in the summer meadow and is a food plant for the larvae of several species of butterflies	For edible uses: harvest flowering stems, tops, or seeds as appropriate for each use. For medicinal uses: The plant is harvested as it comes into flower and is dried for later use. For Dyes: To make a yellow dye, harvest the flowering tops of Our-Lady's bedstraw when in full bloom, simmer them in water for 30 to 60 minutes, then strain the dye liquid. To make a red dye, dig the roots of established plants in late fall. Wash, then chop them into small pieces. Simmer in water to cover for an hour, let stand overnight, and strain the liquid. You may repeat this step, using fresh water, until no more dye is released. Four plants yield enough roots to dye 4 ounces of wool.	Edible Uses: Leaves - raw or cooked. A yellow dye from the flowering stems is used as a food colouring. The roasted seed is a coffee substitute. The seed is also said to be edible. The chopped up plant can be used as a rennet to coagulate plant milks. The flowering tops are distilled in water to make a refreshing acid beverage. Medicinal Uses: Lady's bedstraw has a long history of use as a herbal medicine, though it is little used in modern medicine. Its main application is as a diuretic and as a treatment for skin complaints. The leaves, stems and flowering shoots are antispasmodic, astringent, diuretic, foot care, lithontripic and vulnerary. The plant is used as a remedy in gravel, stone or urinary disorders and is believed to be a remedy for epilepsy. A powder made from the fresh plant is used to soothe reddened skin and reduce inflammation whilst the plant is also used as a poultice on cuts, skin infections, slow-healing wounds etc. Other uses: A red dye is obtained from the roo. It is rather fiddly to utilize. A yellow dye is obtained from the flowering tops. The dye is obtained from the foliage when it is boiled with alum. The dried plant has the scent of newly mown hay, it was formerly used as a strewing herb and for stuffing mattresses etc. It is said to keep fleas away. A sprig in a shoe is said to prevent blisters.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Gaura lindheimeri	Showy Gaura		Gaura lindheimeri, commonly called gaura, is a herbaceous clump-forming perennial that is native to Texas and Louisiana. It grows to as much as 5' tall on stems clad with spoon-shaped to lanceolate leaves (to 3" long). Pinkish buds along wiry, erect, wand-like stems open to white flowers which slowly fade to pink. It has quite a long blooming time and makes an amazing pollinator summer hedge.	The flower stems may become leggy and flop if grown in rich soils or too much shade. Plants can be sheared in late spring, removing up to half the height of the plant, to keep plants smaller.	N/A
Glycyrrhiza glabra	Licorice		Once established, the plants shoot up like a young willow thicket, setting erect lilac flowers that give way to the smooth pods. The part used is the stoloniferous root, which can be harvested after 2 or 3 years of growth. Plant prefers full sun and dry, alkaline soils. Can take years to establish a good plot. This is a great crop for people in Arizona, or at elevation in California, or any other place where the weather is clear, high and hot.	Licorice roots are ready for harvest after three years of planting. Harvest the plant in spring or fall of the 3rd to 4th year. Dig a hole beside the planting row and remove just the horizontal roots to leave the main roots undamaged. Extract the horizontal roots with a sharp spade and replant the plant so that it will regrow again. Preserve the main roots, particularly the deep taproot, so as not to damage the plant.	Sweet roots are great for teas. Dried roots can also be used as toothbrushes or chewing sticks. is a traditional remedy used to relieve chronic gastric issues, heal ulcers and soothe heartburn through its demulcient or mucilage forming properties. Its anti-inflammatory and expectorant properties make it ideal for relieving respiratory conditions. It has been widely used throughout history; the troops of Alexander the Great used it for stamina, as it has mild adaptogenic properties. It was also used in the middle ages to balance spicy foods and was even used by the Egyptians as a drink flavouring. Its delightful flavour has been widely utilized throughout the ages. It is a sweetener that finds its way into herbal teas, liquor, candy, tobacco, beer, soft-drinks, and pharmaceutical products. In fact, glycyrrhizin (the sweet compound) is 50 times sweeter than sucrose!
Glycyrrhiza uralensis	Chinese Licorice		Herbaceous perennial native to Siberia and China. Flowers blue to 3 feet. The plant prefers alkaline soil and thrives on neglect. This plant produces the fine-flavored licorice root.	Licorice roots are ready for harvest after three years of planting. Harvest the plant in spring or fall of the 3rd to 4th year. Dig a hole beside the planting row and remove just the horizontal roots to leave the main roots undamaged. Extract the horizontal roots with a sharp spade and replant the plant so that it will regrow again. Preserve the main roots, particularly the deep taproot, so as not to damage the plant.	Sweet roots are great for teas. Dried roots can also be used as toothbrushes or chewing sticks. One of the most commonly prescribed Chinese medicinal herbs. Its use is associated with longevity, mainly helping to relieve chronic gastric issues and respiratory symptoms. It is a tonic sweetener that is considered anti-inflammatory and expectorant while able to soothe irritated mucus membranes in the respiratory and GI tract. It is said to neutralize toxins and help regulate blood sugar levels.
Helianthus maximiliani	Maximilian Sunflower		Maximilian Sunflower is very showy and towers above surrounding vegetation when in bloom. It is best suited for full sun in dry to medium conditions. It grows to 6' tall and spreads both by seed and slowly by rhizome to form a large clump. Flowers are great for pollinators and goldfinches love the seeds in fall.	Harvest cut flowers as they are opening, when 1/3 to 1/2 the blooms on a stalk are open	Native Americans used parts of this plant as sources of food, oil, dye, and thread. Pioneers planted Maximilian sunflowers near their homes to repel mosquitoes and used the blossoms in bathwater to relieve arthritis pain
Helianthus tuberosus	Sunchoke (Jerusalem Artichoke)		A rhizomatous, spreading tuber producing sunflower. grows into a clump and shoots up 6' stalks that are topped with small sunflowers in late summer and fall. great for late season pollinators and goldfinches love the seeds on dried flowerheads.	Harvest the tubers in fall or spring when the above ground parts of the plant have died back	Primarily great for pig feed. the tubers can be eaten raw in salads, cooked by steaming, roasting, or baking similar to potatoes, and can be fermented. Generally considered to be tasty but often causes flatulence. Hence the nickname "Fartichokes"

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Hemerocallis sp.	Daylily		Daylilies are a common, hardy and beautiful landscape plant. Blooming throughout the summer, the buds and blooms also add color and crunch to any dish. The daylily produces 4 edible parts: the shoots, the tubers, the buds, and the flowers.	If you harvest daylilies properly they will continue to grow and replenish. In order to harvest daylilies, you can cut the shoots, dig up the tubers, and pick the buds and flowers. For the best tasting daylily shoots, you should harvest them when they are approximately 8 inches (20 cm) tall or smaller. Measure the shoots from the soil to the top. If they are taller than 8 inches (20 cm) the flavour will be stronger and they will not taste as good. cut the daylily shoots just above the soil level. Once you have picked the daylily shoots, you should peel back the outer leaves until you reach the tender inner portion. In spring, dig up a plant to harvest tubers. Cut off the tubers from the root. The root of a daylily consists of spindly roots and tubers that look like small fingerling potatoes. The tubers will range in size from the size of a pea to the size of a large almond. Using garden clippers, cut some of the tubers from the root. Then replant the rest. The buds of daylilies are also edible and taste delicious when fried in butter. In the early spring the small green buds can be harvested by pulling them off the plant with your hands or by cutting them with clippers. You can also harvest and eat the buds when they are larger, immediately before they bloom. Harvest the flowers in summer. In the late spring and early summer the daylilies will begin to bloom. These flowers are edible and can be harvested for food, or used in a floral arrangement. It is important to note that each flower only blooms for 1 day, which is how they got the name daylily. Daylily flowers only bloom for 1 day, so you will need to eat them shortly after picking them. You can store the buds in the refrigerator for later use.	For shoots, Chop them up and use them in stir-fries or pasta. For tubers, cook them like small potatoes. For flower buds, add them to stir-fry. For flower petals, add them to salads or other dishes for color and crunch.
Hylotelephium spectabile	Showy Stonecrop		The fleshy foliage grows with a mounding habit and is attractive even without blooms. The stems can be pruned in summer to obtain a shorter bushier plant but will delay bloom time. The showy flowers appear mid to late summer into fall and attract bees and butterflies. Leaving the seedheads on the plant will add some winter interest.	Harvest stems and leaves when young, until onset of flowering. Flowers can be harvested for cut flowers. harvest when 1/3-1/2 of the blooms on a stalk are open.	Stems and leaves, when very young and tender, may be eaten raw. Later, until they flower, they may be briefly cooked. Flavor is mild with a bit of sour similar to sorrel.
Hyssopus officinalis	Hyssop		Hyssop is an evergreen, bushy perennial native to southern Europe. A member of the mint family, Hyssopus officinalis can be used sparingly as a spice or macerated as a unique flavor to liqueurs. The plant has a long history of folklore in ancient Europe and was often hung in homes for protection. Hyssop herb is also typically made into a syrup or steeped and enjoyed as an infusion of hyssop tea.	The aerial parts can be harvested when in bloom	Hyssop is sometimes used as a culinary spice, similar to thyme. Hyssop is a wonderful herb to soothe sore throats, and simply chewing on a fresh leaf or two out of the garden will bring great relief in this respect. The herb is a specific for respiratory infections, helping ease the symptoms of cold and flu, and bring about expectoration. High in volatile oils, Hyssop is energetically warming, pungent, and bitter. It has a stimulating effect opening the pores and increasing secretions in the body. Slightly skunky smelling when fresh, the leaves become lovelier in minty and camphorous aromatics as they dry.
Inula helenium	Elecampane		a perennial herb in the aster family with a long history of medicinal uses. In appearance, it is reminiscent of a sunflower plant, with tall stalks, pale green foliage, and bright yellow flowers with large seed heads in the center. The flowers of elecampane are much smaller than sunflowers, but it has enormous leaves that can grow to 2 feet in length. All parts of the plant have medicinal applications, but the octopus-like roots provide the main source of useful material.	The roots have a warm energy and a strong medicinal taste that reminds one of balsam and is bitter and sweet at the same time. They spread more laterally then downward, and resemble a many-tentacled octopus. It is best to wait until the third year onward when they are large and potent, then they can be dug in the fall or winter until early spring.	The immense stature of its above ground parts hint at the goodness below. The medicine is warming and soothing like glowing amber honey-coloured coals cradled against the deep cool brown earth. The roots are a wonderful medicine for the lungs, easing irritating bronchial coughs and asthma. The infused honey is especially wonderful for this. The tea or tincture can also be taken as a warming digestive aid and antimicrobial.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Iris germanica	Iris		Bearded Irises are some of the most popular perennials in gardens throughout the world, and we're not surprised! The endless array of colors and sizes makes them a versatile and show-stopping element of any garden. They are loved by many because they are easy to grow, deer-resistant, they multiply each year.	Harvest when buds have formed and right before opening or after 1 has opened	Cut Flowers. Fiber/Basketry
Kniphofia uvaria	Hot Poker Plant		Kniphofia uvaria, commonly known as red-hot poker or torch lily, is an upright, clump-forming, rhizomatous perennial that is native to South Africa. From an 18-24" tall basal tuft of coarse, linear, sword-shaped, semi-evergreen, bluish-green leaves (to 3' long and 1" wide) arises a succession of thick, naked flower scapes (typically to 3-4' tall) with dense terminal racemes (6-10" long) of drooping, tubular flowers. Buds and emerging flowers are red but mature to yellow, giving each spike a two-toned appearance. Flowers bloom from late spring to early summer.	Harvest flowers when 1/2 stalk is in bloom	cut Flowers. Fiber/Basketry
Lavandula x intermedia.	Dutch Lavender		Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the augustifolia group have finished, beginning in July until late summer	Essential Oil
Lavandula x intermedia.	Dutch Lavender	Edelweiss	Edelweiss has white blooms. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the augustifolia group have finished, beginning in July until late summer	Essential Oil
Lavandula x intermedia.	Dutch Lavender	Dutch Mill	Dutch Mill is an early blooming variety of oil producing lavender similar to Grosso. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the augustifolia group have finished, beginning in July until late summer	Essential Oil
Lavandula x intermedia.	Dutch Lavender	Provence	Provence is 24-36 inches, copious flowers, somewhat lighter than grosso, evergreen good oil and a great plant for fresh or dried bouquets. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the augustifolia group have finished, beginning in July until late summer	Essential Oil

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Lavandula x intermedia.	Dutch Lavender	Super	Super is 24-36 inches or larger, lighter purple flowers, evergreen, good oil. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the angustifolia group have finished, beginning in July until late summer	Essential Oil
Lavandula x intermedia.	Dutch Lavender	Twickle	Twickle is 24-36 inches, sagey colored leaves, flowers tend towards blue, not a lot of oil but a distinct peppery essential oil. evergreen, full sun. Dutch Lavender is in the same lavender family as Fred Boutin, Provence, and Grosso lavender called Lavandin. It is one of the hardiest lavenders you can plant in your garden. It will grow into a large, silver, shrub-like plant that is one to two feet tall. Be careful not to overwater your lavender. Dutch flowers later in the summer, often not beginning until July, then will bloom into the fall. In the winter, the broad silver foliage is striking.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness. Varieties in the intermedia group are typically the latest to bloom, occurring right after those in the angustifolia group have finished, beginning in July until late summer	Essential Oil
Lavandula angustifolia.	English Lavender		Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	Flowers can be used in the kitchen, offering a prized mild and delicate flavour. Has similar medicinal and essential oil properties to other English Lavenders
Lavandula angustifolia.	English Lavender	Dela vande	Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	Flowers can be used in the kitchen, offering a prized mild and delicate flavour. Has similar medicinal and essential oil properties to other English Lavenders
Lavandula angustifolia.	English Lavender	Melissa	Melissa has pink blooms. Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	Flowers can be used in the kitchen, offering a prized mild and delicate flavour. Has similar medicinal and essential oil properties to other English Lavenders
Lavandula angustifolia.	English Lavender	Skylark	Smaller than some other lavenders. grows 12-18" good purple flowers, excellent culinary lavender, dark green leaves.	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	Flowers can be used in the kitchen, excellent culinary lavender. Has similar medicinal and essential oil properties to other English Lavenders
Lavandula angustifolia.	English Lavender	Mary Diana	Mary Diana is 18-24 inches, purple/blue flowers, good oil, this plant was developed by Campie's Lavender Patch in Stagecoach, NV. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	The flowers are used to flavour confectionaries, beverages, and jellies. Mainly prized for its essential oil content, the scent of lavender is both uplifting and relaxing. The essential oil is calming to the mind and uplifting to the spirit, and commonly used to treat headaches and relieve tension. A tincture of the flowers can be taken as a carminative and bitter to improve digestion. The infused oil makes a nice addition to wound healing and sore muscle blends. Lavender preparations are energetically cooling and pungent with an affinity for the nervous system, digestive system and liver.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Lavandula angustifolia.	English Lavender	Premier	Premier is the first to bloom, very dark purple flowers, 12-18 inches dark green leaves, full sun, a great early bloomer. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	The flowers are used to flavour confectionaries, beverages, and jellies. Mainly prized for its essential oil content, the scent of lavender is both uplifting and relaxing. The essential oil is calming to the mind and uplifting to the spirit, and commonly used to treat headaches and relieve tension. A tincture of the flowers can be taken as a carminative and bitter to improve digestion. The infused oil makes a nice addition to wound healing and sore muscle blends. Lavender preparations are energetically cooling and pungent with an affinity for the nervous system, digestive system and liver.
Lavandula angustifolia.	English Lavender	Royal Purple	Royal Purple is 18-24 inches, violet to blue flowers, one of our favorite culinary lavenders. mixes well with Premier and De-Lavande, full sun. Often associated with the famous purple fields of Provence, Lavandula angustifolia, also called English Lavender, is not native to England but to the Mediterranean. Ideal for garden borders, cooking and potpourri, this lavender also produces the best oils	The flower spikes are traditionally harvested when in bud, or just as they begin to open. After the second year of growth, begin pruning once or twice a year, cutting back a third of its foliage. This will help maintain its shape, leaf and flower production as well as prevent woodyness.	The flowers are used to flavour confectionaries, beverages, and jellies. Mainly prized for its essential oil content, the scent of lavender is both uplifting and relaxing. The essential oil is calming to the mind and uplifting to the spirit, and commonly used to treat headaches and relieve tension. A tincture of the flowers can be taken as a carminative and bitter to improve digestion. The infused oil makes a nice addition to wound healing and sore muscle blends. Lavender preparations are energetically cooling and pungent with an affinity for the nervous system, digestive system and liver.
Lavandula x heterophylla	Indoor Lavender	Goodwin Creek	Goodwin Creek is 12-18 inches, the only lavender plant that we recommend for all year inside. it will grow indoors all year. outside in winter will kill it. light green leaves with sawtooth edges and purple flowers. A wonderful fragrant indoor lavender to enjoy year round.		
Leonurus cardiaca	Motherwort		Perennial flowering to 5 feet tall. Native to Europe. Traditional usage (TWM): menstrual woes, tonic to the heart. Decorative flowers on a lithe and blowsy plant. Plant prefers part shade to full sun, regular garden soil and plenty of water. Space plants 1 to 2 feet apart.	Motherwort plants begin to bloom in mid-June to mid-July with their unique mint-like flowers in tiny spiky whorls around the stem. When they are setting their first flower buds it is the most idea time to harvest the aerial parts and make them into a tincture. As the herb is incredibly bitter the tincture is the easiest way to take it.	As its name suggests, mother and wort, meaning "to heal", it isn't surprising that motherwort traditionally surrounds aspects of fertility, childbirth, and menopause; especially valuable for PMS, menstrual pain, or delayed menstruation. It is said to calm the entire nervous system, anxieties and nervousness; a gentle sedative. Cardiaca indicates its affinity for the cardiovascular system as it strengthens the heart and is often prescribed for palpitations. It can also help an overactive thyroid and reduce inflammation due to its antioxidant effect. Other actions include antispasmodic, hepatic and hypotensive. Dried leaves can be brewed into a tea or used as a tincture.
Lepidium peruvianum	Red Maca		Small low-growing plants in the mustard family. Grown for their nutritious root.	Harvest the roots like radishes or beets, when the root head can be seen aboveground and before flowering	Maca is mainly grown for consumption of its root. The majority of harvested maca is dried. In this form, the hypocotyls can be stored for several years.[1][16] In Peru, maca is prepared and consumed in various ways, although traditionally it is always cooked. The cooked roots are also used with other vegetables in empanadas, jams, or soups. The root may be ground to produce a flour for bread, cakes, or pancakes.
Leuzea carthamoides 'Lujza'	Maralroot		Produces a large rosette of large mid green leaves that can be up to 2 feet long and are deeply incised with pointed edges. In late spring it puts up thick round stems up to two feet tall topped by large solitary purple flowers that can be three inches across. Plant in part shade or sheltered areas.	They produce lots of wiry roots and thicker tubers which can be very hard to dig out. Harvest roots no sooner than the autumn of the second year.	One of the many bright stars of the Russian pharmacopoeia, Maral Root is not recommended for daily use. The roots of this plant have been used by Russian athletes for many years. They contain a substances called ecdysteroids which have anabolic-like growth promoting effects without the side effects associated with drugs . These substances are known as adaptogens. These can helps athletes increase endurance, reflexes an concentration, and helps them to recover faster from exertion. Studies show that the root extract greatly increases the work capacity of muscles and normalizes blood sugar levels quickly after exertion, and improves memory and learning. There isn't enough reliable information available to know how maral root might work

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Levisticum officinale	Lovage		The plants can grow up to six feet tall, with a 32-inch spread, so they make stately specimens in the garden. It prefers partial shade or afternoon shade. Flowers attract beneficial insects. The leaves and stem of the lovage plant add an intense celery-like flavour to soups, stews and stocks or pork and poultry dishes. Seeds are milder and can be used like dill seed and coriander.	Harvest leaves when young and tender, in the spring. Then allow lovage to bolt and flower for beneficial insects and to mature seed for seed harvest. If only leaves are desired, the plant can be cut back to the ground during or after flowering to create fresh new growth.	Leaves possess excellent flavouring qualities for soups, stews and casseroles. Flavour is reminiscent of celery, and of the famous yeast extract, Maggi. Can replace meat and bone stock in soups. Also gives the character to vegetable, meat and fish dishes. Seeds are milder and can be used like dill seed and coriander.
Lomatium dissectum	Biscuitroot		Fernleaf Biscuitroot is a perennial herb that brings a lush appearance to dryland gardens (but it can handle wet, too). Resprouting every spring from its underground taproot, it grows graceful fern-shaped leaves and yellow to purple carrot-like flowers. Lomatium dissectum is a perennial herb reaching up to 1.4 meters tall, growing from a thick taproot. The leaves are mostly attached near the base of the plant, spreading with petioles up to 30 centimeters long and large blades divided into many small, narrow segments.	<p>If you have gophers in the area, care must be taken to protect roots from predation. Besides this, Biscuitroots are quite easy to care for, and need very little water. They spread by seed, which can be manually replanted to increase the patch size. The leaves and young shoots are an early spring treat, easily plucked or cut and added to raw salads or vegetable dishes. Only harvest a few young shoots from each plant each spring.</p> <p>Seeds are mature in mid-summer and can be easily stripped or shaken from the plant and stored as a seasoning - used ground or whole in many dishes like Caraway seed.</p> <p>Harvesting the root requires digging the entire plant, and is best done during dormancy of Fall/Winter. Harvest roots within the first two years for fresh eating, as they are still tender enough (older roots may be better for medicine). The root can then be cleaned, peeled, and cooked like a parsnip. Serve alongside other root crop</p>	<p>The starchy root vegetable of this native food can be eaten cooked or ground into flours, with a unique, earthy and spicy flavor. The young leaves and shoots are a hardy spring green, eaten raw or cooked, with a taste like parsley. The seeds are especially aromatic and spicy like Caraway - a great flavoring agent for soups and stews. Fernleaf Biscuitroots are more commonly known for their medicinal value, whereas the Bare Stem Biscuitroots are more known for their delicious and sweet roots if harvested when young before they grow woody. Lomatiums are used as a panacea for a wide variety of ailments, from respiratory infections to skin complaints to digestion issues to arthritis. The volatile oils in the roots, which give the spicy flavor, are what is behind much of the medicinal action Lomatiums have on the respiratory system. These volatile oils are antiviral and antibiotic, as well as antibacterial and antifungal. The Fernleaf Biscuitroot in particular stops the growth of invading viruses, bacterial and funguses, without harming good bacteria. This makes Lomatium a powerful ally to have in your garden or your medicine cabinet for when colds, flus, and respiratory illnesses come around.</p> <p>***Fernleaf Biscuitroot can resemble Poison Hemlock in the wild. Confirm identification before any wild harvest.*** ***Some people with underlying health conditions can experience a serious detox rash from ingesting Fernleaf Biscuitroot. It is not harmful to the body, but very uncomfortable. Use at your own risk.***</p>
Malva sylvestris	High Mallow		A vigorous biennial/perennial plant with showy flowers of bright mauve-purple, with dark veins, standing 3-4 feet (0.91-1.22 m) high and growing freely in meadows, hedgerows and in fallow fields. Flowers are similar to marshmallow and visited by many pollinators.	Leaves, in spring; flowers from late spring; seed pods from early summer. Roots could be harvested from larger rosettes whenever large enough.	Edible Uses: Common mallow yields disc-shaped seeds, or 'nutlets', that are edible and snacked on like 'cheeses'. The leaves can be cooked and eaten like spinach, added to thicken soups or deep-fried like green wafers. The flowers and buds can be eaten fresh or pickled. Creative cooks can substitute mallow for spinach in many dishes, including soups, salads, gnocchi and quiche. Medicinal uses: As with many wild food plants, the common mallow has also had a long history of medicinal use. Due to its high mucilage content, mallows make excellent soothing demulcent herbs, especially for cases of inflammation, either for the urinary, digestive or respiratory systems. Pregnant women or new mothers may like to know that mallow leaves can provide useful amounts of iron, as well as being quite high in zinc and most vitamins.
Marrubium vulgare	White Horehound		An attractive shrub with small, grey-green leaves that are covered in small white hairs, creating a fuzzy appearance.	The aerial parts can be harvested in summer	Source for the flavouring of old fashioned horehound cough candy. Used as an appetite stimulant, to soothe irritated throats, and to relieve gas. Traditionally used to treat bronchitis and whooping cough, as it is an expectorant, relaxing smooth muscle and encouraging bronchial excretions to be expelled from the lungs. Bitter compounds make it an effective digestive aid stimulating digestive enzymes. Can be used topically to heal wounds. Useful for coughs and persistent lung infections.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Matricaria recutita	Chamomile		German chamomile is a delicate looking plant that is surprisingly tough. It has an almost wildflower look about it. The fragrant flowers are daisy-like with white petals surrounding a yellow disk. The stems are not particularly strong and bend and flop as the plant grows taller.	Both the flowers and the leaves of the German chamomile plant are used for making tea. Select the flowers that are nearly open or just fully opened. Pinch the stalk just below the flower head and pop off the bloom. Collect them in a tightly woven basket.. They can be used fresh or dried and stored for later use. If you find the leaves make your tea a bit too bitter, leave them out and just harvest the flowers. If you keep your patch picked daily, it will continue to bloom all summer.	Chamomile is most often made into tea and is commonly used for many ailments including hay fever, menstrual disorders, inflammation, insomnia, muscle spasms, gastrointestinal disorders, and rheumatic pain. It can be applied to the skin for inflammations and skin diseases. It has a gentle calming effect.
Medicago sativa	Alfalfa		Growing 1-3' tall and wide, Alfalfa is one of the most cultivated and useful plants on the planet. Alfalfa is a perennial legume that is drought and heat hardy, can be cut and regrows many times per year, produces a profusion of purple flowers to attract bees and pollinators, and has many medicinal qualities.	Harvest leaves at beginning of flowering stage	Alfalfa or lucerne is a highly valued legume forage, extensively cultivated in warm temperate and cool subtropical regions. It has been heralded as having the highest feeding value of all commonly grown hay crops, producing more protein per ha than any other crop for livestock. In some areas it is used in combination with corn for silage. In parts of China and Russia tender alfalfa leaves serve as a vegetable. It is used to reduce water runoff and soil erosion. It is an excellent pasture for hogs, cattle, and sheep, often in mixtures with smooth brome grass, orchard grass or timothy. Supplemental feeding of grain to dairy cows, sheep and fattening cattle reduces bloating and balances the high protein level of the alfalfa pastures with energy and extends the usefulness of the pasture. Alfalfa meal is presently made into pellets and used in mixed feeds for cattle, poultry and other animals. Alfalfa may be grown as a cover crop and often increases yield of succeeding crops, as potatoes, rice, cucumber, lettuce, tomatoes (increased by 10 MT/ha), corn, apples, and oranges. It is valued for bee pasturage. Extracts produce antibacterial activity against gram-positive bacteria. Powdered alfalfa is used as a diluent to adjust strength of digitalis powder, and the root has been used as an adulterant of Belladonna root. Seeds yield 8.5–11% of a drying oil suitable for making paints and varnish. Seed screenings are ground and used to a limited extent in feeds for ruminants. The seeds also contain a yellow dye. Alfalfa fiber has been used in manufacturing paper. Medicinal Uses: Alfalfa leaves, either fresh or dried, have traditionally been used as a nutritive tonic to stimulate the appetite and promote weight gain. The plant has an oestrogenic action and could prove useful in treating problems related to menstruation and the menopause. Some caution is advised in the use of this plant, however. It should not be prescribed to people with auto-immune diseases such as rheumatoid arthritis. See also the notes above on toxicity. The plant is antiscorbutic, aperient, diuretic, oxytocic, haemostatic, nutritive, stimulant and tonic. The expressed juice is emetic and is also anodyne in the treatment of gravel. The plant is taken internally for debility in convalescence or anaemia, haemorrhage, menopausal complaints, pre-menstrual tension, fibroids etc. A poultice of the heated leaves has been applied to the ear in the treatment of earache. The leaves can be used fresh or dried. The leaves are rich in vitamin K which is used medicinally to encourage the clotting of blood. This is valuable in the treatment of jaundice. The plant is grown commercially as a source of chlorophyll and carotene, both of which have proven health benefits. The leaves also contain the anti-oxidant tricinin. The root is febrifuge and is also prescribed in cases of highly coloured urine. Extracts of the plant are antibacterial

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Melissa officinalis	Lemon Balm		Strongly aromatic herb with lemony fragrance and excellent medicinal and culinary qualities. Shiny green leaves on full plants up to 2' tall. Harvest before flowering since leaf quality declines as flower stalks mature. Attracts bees and pollinators.	The best time to harvest lemon balm is in early flower, through the blooming period. It is essential to wait until bloom time so that the volatile oils will be at their most concentrated in the leaves. The aerial parts can be gathered. The leaves should be stripped from woodier stems and these stems discarded	Very aromatic lemon scented leaves are delightful in tea, cooking and baking. Medicines should be made fresh if possible or from plants that have been dried quickly in the shade. The dried herb loses its medicinal properties over the course of a few months after drying. Lemon balm is a mood enhancer and restorative to the nervous system. It is helpful for tension and anxiety, specific for social anxiety, insomnia, frayed nerves, and agitation. Lemon balm tea is great for calming children and adults alike. It is useful for easing upset tummies, as it is calming and antispasmodic to the digestive tract. Lemon balm essential oil is used for the treatment of topical viral infections such as cold sores, genital herpes, and shingles. Using St. John's Wort (<i>Hypericum perforatum</i>) infused oil makes a great carrier oil for this as it is also antiviral.
Melissa officinalis ssp. altissima	Lime Balm		Herbaceous perennial to 2 feet, native to the mediterranean. Light-green lime-flavored foliage is softly pubescent, with outsize flowers of light lavender. A rare and unusual subspecies of lemon balm	as for Lemon Balm	as for Lemon Balm
Mentha x piperita	Peppermint	French	French Peppermint' is a classic aromatic herb. This very attractive herb with medium green leaves is extremely hardy to zone 3. A low growing spreading groundcover. French Peppermint will readily make itself at home in full sun to partial shade in moist soil.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Peppermint is the most effective mint medicinally because it is the source for menthol. Menthol acts by stimulating the flow of bile to the stomach, which promotes digestion. It also acts as an antispasmodic, calming the action of muscles.
Mentha x piperita	Swiss Mint	Swiss Mint	Swiss Mint (mentha x piperita 'swiss') - Interesting and hard to find mint variety used in the flavoring of Swiss candies. also sometimes called "Swiss Ricola" mint. Attractive upright-growing plant features large slender light green leaves with toothed edges. Light and refreshing flavor for culinary or tea use. Flowers attract beneficial insects.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Compared to other peppermint varieties, this has a lighter, more refreshing scent and flavour. It originally came to us bearing the name of a very well known Swiss brand of herbal candies, as the story went, this mint is used to flavour the Swiss company's candies.
Mentha aquatica	Berries and Cream Mint	Berries and Cream	Berries and Cream mint is a vigorous grower and can grow up to 3' tall. The plant has dark green, spear-shaped leaves with wide, rounded bottoms that grow in opposite pairs. Has spikes of light purple flowers in summer. The leafy herb has a berry-like aroma combined with the scent of menthol and a hint of citrus. Plant Mentha aquatica along the edges of bodies of water or in shallow water. The plant prefers slightly acidic soil in moist loam. Watermint plants do best in full sun but can also thrive in partial shade.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Edible Uses: 'Berries and Cream' is an unique variety with a fruity-mint flavour and scent. Sweet and fruity, like a bowl of fresh berries and cream. Leaves can be used fresh chopped or as a garnish. Use as for other mints in teas or to flavor meats, sweets, or other food. Medicinal uses: The leaves are anodyne, antiseptic, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emetic, refrigerant, stimulant, stomachic, tonic and vasodilator. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments. It is also used as a mouth-wash and a gargle for treating sore throats, ulcers, bad breath etc. The leaves are harvested as the plant comes into flower and can be dried for later use. The essential oil in the leaves is antiseptic, though it is toxic in large doses
Mentha aquatica 'Citrata'	Orange Mint	Orange	Aslo known as Bergamot Mint. Treasured for its very special fragrance. Its hint of citrus is tantalizing in fruit punches, teas and potpourris. The oil is an ingredient in chartreuse and perfumes. Plant Mentha aquatica along the edges of bodies of water or in shallow water. The plant prefers slightly acidic soil in moist loam. Watermint plants do best in full sun but can also thrive in partial shade.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Edible Uses: Its hint of citrus is tantalizing in fruit punches, teas and potpourris. Leaves can be used fresh chopped or as a garnish. Use as for other mints in teas or to flavor meats, sweets, or other food. Medicinal uses: The leaves are anodyne, antiseptic, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emetic, refrigerant, stimulant, stomachic, tonic and vasodilator. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments. It is also used as a mouth-wash and a gargle for treating sore throats, ulcers, bad breath etc. The leaves are harvested as the plant comes into flower and can be dried for later use. The essential oil in the leaves is antiseptic, though it is toxic in large doses

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Mentha arvensis	Banana Mint	Banana	Banana mint grows low to the ground and bears many small, oval to lanceolate shaped leaves on medium to slender, green stems. The bright green leaves have lightly serrated edges and are coated in a soft layer of fuzz. In the summer, Banana mint also develops many small lilac flowers that grow in clusters and are highly fragrant. In addition to the flowers, the leaves of the Banana mint are aromatic with a sweet, tropical scent and are crisp with bright, herbal flavors of peppermint and bananas. Delightful and unusual banana scented leaves provide endless culinary possibilities! This mint from France has a low growing creeping and trailing habit that makes this variety nice for containers or hanging baskets. Perennial zones 5-9.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Edible Uses: Banana mint is most commonly consumed raw as its flavor and scent are showcased when lightly crushed and used fresh, out-of-hand. The leaves can be added to both hot and cold drinks such as teas, smoothies, milkshakes, and lemonade, and they can be used in cocktails as an unusual twist on the classic drinks such as the mojito. Banana mint can also be minced and tossed into green and fruit salads, chopped into sauces, or lightly sprinkled over cooked meats. The leaves are popularly incorporated into desserts and can be baked into brownies, muffins, fudge, and cookies, or they can be topped over ice cream and pudding. Banana mint pairs well with lime juice, honey, toasted nuts, pineapple, chocolate, sparkling wine, and brown sugar.
Mentha arvensis 'Variegata' (M. x gentillis)	Ginger Mint	Ginger	Ginger mint is a cross between corn mint and spearmint, and smells very much like spearmint. Often called slender mint or scotch mint, variegated ginger mint plants have beautiful bright yellow stripes on the leaves. Heart-shapes leaves flecked with gold make this a spectacular ornamental mint. Its fruity taste carries a hint of ginger. The attractive plant brightens up the herb garden. The plant is happy in moist soil with sun or part shade and will expand into the garden easily unless it is restrained in pots or bottomless buckets sunk into the garden bed. Ginger mint is well suited to container gardening, where it can decorate a patio or doorstep while offering its many benefits to the cuisine.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	The leaves bring a refreshing flavour to the kitchen in fruit salads, with melon and with tomatoes. A few leaves will garnish any yogurt-based recipe beautifully. Infusions made by steeping fresh or dried leaves of ginger mint can be used to calm a nervous stomach or ease a headache. The leaves can be added to fruit salads and pair very well with melons or tomatoes. They can also be used to brew herbal teas, which can treat fevers, headaches, and digestive ailments. Finely chopped leaves make a great addition to butter spreads, lemonade, and hot chocolate. Ginger mint can be mixed with lemon juice, salt, and pepper to flavor fish and other meat dishes. The essential oil from ginger mint is used as a spearmint flavoring. Furthermore, the oil has medicinal value because of its antiseptic properties. However, it can have unhealthy effects on the body if it is ingested in large doses, especially for pregnant women.
Mentha canadensis [2]	Wild/ Canadian Mint		One of the few native mints, this aromatic perennial has dense whorls of tiny, white, pale pink, or lavender, bell-shaped flowers nearly hidden by the opposite leaves in hairy leaf axils on the square stems of a branched, minty-smelling plant.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Strong aroma and flavor. use for teas and to flavor beverages, juices, and other dishes
Mentha haplocalyx	Chinese mint 'Bo He'		Chinese mint is native to China where it is widely grown as a tea plant used for medicinal purposes. It can grow up to 60cm tall and has square stems, toothed oval leaves and bears whorls of pale lilac flowers growing from the leaf axils. It prefers sun to partial shade and moist soils	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	A tea made with Chinese mint has a pleasant, not overpowering taste. Chinese mint is a valuable remedy for several ailments in Chinese herbal medicine. It is considered to be one of the cooling herbs for treating tender throats, colds, sore mouth and tongue as well as an assortment of other health conditions varying from measles to toothache. Similar to peppermint it also facilitates in reducing temperature and possesses anti-congestive attributes. It may be given to patients suffering from diarrhoea and dysentery. The juice extracted from the Chinese mint has also been given to provide relief from headaches as well as to treat sore or red eyes.
Mentha sp.	Citrus Kitchen Mint	Citrus Kitchen	A mint hybrid known for its strong, pleasant citrus flavor and aroma. It's prized for its culinary uses both for cooking and beverages. On top of being useful in the kitchen, its fragrance makes it a great choice for garden borders where its tendrils can be easily bruised by foot traffic, releasing its scent into the air.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Great in Orange juice! A fantastic citrus scented mint useful in most dishes mint pairs well with. Great for baked goods, sweets, fruit salads, and even savory dishes like fish and lamb.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Mentha sp.	Cotton Candy Mint	Cotton Candy	A fuzzy blue leafed, spreading groundcover mint with spikelets of lavender flowers in summer. As mint breeder Jim Westerfield once told Richthers, "The first time I smelled this hybrid a voice in my head said 'Cotton Candy'. It had a certain soft, sweet aroma, combined with, of all things, pink flowers! What's interesting is that there exists not one bottle of flavoring ANYWHERE on any shelf in the world, whose label reads 'Cotton Candy'. Nope, such a seasoning has simply NEVER existed."	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	As for other mints, experiment to find the best applications for the 'cotton candy' flavor!
Mentha spicata	Spearmint	Spearmint	Spearmint, (<i>Mentha spicata</i>), aromatic herb of the mint family (Lamiaceae), widely used for culinary purposes. Mint thrives in moist to slightly soggy soil. Consider planting mint near downspouts or in low, damp spots in your yard. Great for sweet teas. Flowers attract beneficial insects.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	Spearmint is a versatile culinary mint. Its flavor is milder than peppermint. It enhances meat, fish, and veggie dishes. It goes well with veal, eggplant, white beans, black beans, lentils, tabouli, fruit salad, and beverages. It is a condiment for lamb, jellies, sauces, candy, and chocolate. Stuff spearmint leaves and garlic beneath the skin of roast lamb, and add interest to split pea soup by using dried leaves. Press the leaves and coat them with chocolate for your own after dinner mints.
Mentha x piperita	Chocolate Mint	Chocolate	Chocolate mint has a fragrance of chocolate. A variety of peppermint, it is a rhizomatous, upright perennial which is most commonly grown as a culinary herb and/or ground cover. It typically grows to 2' tall and spreads by rhizomes to form an attractive ground cover. The rounded, lance-shaped leaves are a darker green than other forms of mint. Lavender flowers appear in summer.	Begin harvesting as soon as it comes up in spring. The main harvest should be taken as flowering begins. the best quality being picked in early summer before it begins flowering, or early fall after flowering is over. Don't take more than one-third of the leaves at any one harvest	In cooking, chocolate can be used for flavoring desserts and drinks. Chocolate mint is great sprinkled on fruit dishes, makes a scrumptious tea, and is a nice addition to mojitos.
Mirabilis longiflora	Long flowered Four O'clock		Mirabilis longiflora (Angels Trumpets) is a shrub-like, tuberous perennial often grown as an annual, with clusters of exquisitely fragrant flowers from summer to fall. Their purple fused center provides a purple stamen that protrudes outside the flower accompanied by red colored anthers. A sweet orange blossom scent draws nighttime visitors, human and invertebrate alike! Grow in moonlit gardens or in pots placed on the patio.	N/A	N/A
Mirabilis multiflora	Desert Four O'clock		15-18" tall x 48-72" wide. In its full afternoon glory, Desert Four O'clock has few rivals. A mature plant will have hundreds of magenta-pink flowers open at one time! This short grass prairie wildflower is a xeric species with an enormous, deep-growing taproot. Plant it in any soil, even clay, where it will get plenty of sun and heat. Once established, it grows best when given just a little extra irrigation. Semi-succulent foliage. Great pollinator plant, particularly for nocturnal pollinators.	generally not harvested	Used by native Americans for a wide range of medicinal uses. Take care and only use with guidance from experienced practitioners.
Monarda citriodora	Lemon Bee Balm		Monarda citriodora (Lemon Bee Balm) is a short-lived perennial, often grown as an annual or biennial, boasting showy clusters of scented, two-lipped, tubular, lavender to pink flowers resting upon white or lavender bracts	Harvest leaves and flowers when they are full and vibrant throughout summer.	Use as for other Monardas. Leaves - raw or cooked. They are used as a flavouring in salads and cooked foods[46, 105, 161, K] and also as a tea. They have a pleasant lemon flavour.
Monarda didyma	Red Bergamot		The boldest blossoms of the bergamot varieties and a favourite for those who are looking to attract a flurry of pollinators to the garden! Red ragged blossoms are easy to spot in their blooming months of July and August.	The aerial parts can be harvested by cutting the plants down to a few inches above the ground. The medicinal properties are more concentrated when the plants are in bloom during the heat of summer	It has a minty fragrance use fresh flowers and leaves in fruit, salads, teas, lemonade, pork, poultry, and jellies. Bergamot has a long history of use by the Native Americans, who would use it for its antibacterial properties as well as topically to treat wounds. Makes an attractive topping to summer salads. Citrus-scented leaves and flowers can be brewed into a pleasant, soothing tea! Antiseptic properties are beneficial for coughs and colds.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Monarda fistulosa	Bee Balm		Bee Balm is a great insect attracting flower, particular for bumblebees and hummingbirds. A North American native. It grows 3-4' tall and spreads slowly. It has pink showy whorled blooms; leaves have aroma of orange and spice. Often used in tea, It has a soothing flavor and aids digestion.	The aerial parts can be harvested by cutting the plants down to a few inches above the ground. The medicinal properties are more concentrated when the plants are in bloom during the heat of summer	Leaves and flowers are useful for flavouring various beverages and deserts. Flowers are edible and may be added to salads. Bee Balm is used to treat colds and flus, as a strong antiseptic for healing wounds, and for its carminative & diaphoretic actions. here is also something wonderfully light and uplifting about Bee Balm, and the aroma of a pot of tea steeping on the stove can bring a sense of lightness and calm to a home.
Monarda fistulosa	Bee Balm, Mixed		This is a highly aromatic and showy cultivar that makes mixed colors, foliage giving rise to blossoms of pink, lavender and purple.	The aerial parts can be harvested by cutting the plants down to a few inches above the ground. The medicinal properties are more concentrated when the plants are in bloom during the heat of summer	Leaves and flowers are useful for flavouring various beverages and deserts. Flowers are edible and may be added to salads. Wild Bergamot is used to treat colds and flus, as a strong antiseptic for healing wounds, and for its carminative & diaphoretic actions. here is also something wonderfully light and uplifting about Bee Balm, and the aroma of a pot of tea steeping on the stove can bring a sense of lightness and calm to a home.
Monarda fistulosa	Bee Balm, Wild Bergamot		Bee Balm is a great insect attracting flower, particular for bumblebees and hummingbirds. A North American native. It grows 3-4' tall and spreads slowly. It has pink showy whorled blooms; leaves have aroma of orange and spice. Often used in tea, It has a soothing flavor and aids digestion.	The aerial parts can be harvested by cutting the plants down to a few inches above the ground. The medicinal properties are more concentrated when the plants are in bloom during the heat of summer	Leaves and flowers are useful for flavouring various beverages and deserts. Flowers are edible and may be added to salads. Wild Bergamot is used to treat colds and flus, as a strong antiseptic for healing wounds, and for its carminative & diaphoretic actions. here is also something wonderfully light and uplifting about Bee Balm, and the aroma of a pot of tea steeping on the stove can bring a sense of lightness and calm to a home.
Monarda fistulosa	Bergamot, Sweet leaf		With showy flowers of lavender to rose and leaves both pungent and minty, this wild native plant, hardy in the face of severe frost, drought or flood, accommodates well to the domestic garden and brings long-lasting joy. Fantastic fresh cut flower and tasty tea herb.	The aerial parts can be harvested by cutting the plants down to a few inches above the ground. The medicinal properties are more concentrated when the plants are in bloom during the heat of summer	Leaves and flowers are useful for flavouring various beverages and deserts. Flowers are edible and may be added to salads. Wild Bergamot is used to treat colds and flus, as a strong antiseptic for healing wounds, and for its carminative & diaphoretic actions. here is also something wonderfully light and uplifting about Bee Balm, and the aroma of a pot of tea steeping on the stove can bring a sense of lightness and calm to a home.
Monarda punctata	Spotted Bee Balm		This native beauty boasts pale yellow blooms with purple spots. Also known as Spotted Bee Balm and Horsemint, this Monarda has a lovely thyme scent and has been used in teas and for other medicinal purposes. Spotted Bee Balm is drought tolerant and thrives in dry, sandy conditions, requiring little water and upkeep. Growing to be 40" tall, this Bee Balm attracts an abundance of pollinators to the summer garden or meadow.	Harvest when in full bloom. Cut back to 1/3 or so. Leave at least 25% of the plant.	Similar to oregano and thyme. Can be even stronger in flavor. Contains Thymol and carvacrol known for their antibiotic and antifungal properties as well as potent aroma and flavor.
Monardella odoratissima	Oregano de la Sierra		Perennial miniature woody subshrub native to North America, Flowers lavender in showy globular whorls, sometimes as many as 3 to a stem, to 18 inches tall. Does well on a dry, rocky and sunny exposure—scree slopes, path, roadside or full-sun garden bed. The leaves give off a bright lemony mintiness when fresh and when dried, are spicily aromatic, attaining the fragrance of Oregano—deep, complex and pungent.	Harvest flowers or leaves in summer when growing vigorously.	Traditional usage (Native American, TWM): Diaphoretic, emmenagogue, colds and influenza, skin wash or tincture for disinfecting wounds. Source of anxiolytic rosmarinic acid and antiseptic carvacrol. The tea of dried leaves and flowers is tasty, while the leaves dried and pulverized really do make a very credible spice for protein dishes and salad dressings

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Myrrhis odorata	Sweet Cicely		Herbaceous perennial native to Europe and Asia. The plant exudes the fragrance of Anise from its ferny leaves, white terminal umbels and deeply grooved, resinous seeds. The seeds are the part that earned this plant the name "myrrh," as they are shellacked with resin. Plant prefers rich garden soil of shade garden or woodland-part to full shade.	<p>Leaves can be harvested throughout the year, and will produce new leaves throughout most of the year. However it is not recommended that first year plants be harvested until the fall to allow them to establish themselves first. Leaves tend to wilt quickly so harvesting just before use is considered preferable. If leaves are the desired harvest it is best to prevent the plant flowering as the leaves lose their flavor once the flowers bloom. Leave can be dried for later use, but ensure that such leaves come from early in the season not close to flowering to ensure the highest flavor content.</p> <p>Seeds. Can be either harvested when still slightly green and allowed to ripen indoors or wait until the pods are brown. Harvest the whole stem especially when green so the stems can be bunched for further drying. Once totally dry seeds can be stored in airtight containers in a dark cool dry place.</p> <p>Roots. Best dug in late fall, but can be dug at most times of the year if necessary. Choose older plants at least 2-3 years before digging roots to ensure suitable size. Be aware that they can go deep and digging them is not an easy task.</p>	Garden myrrh is a food plant used raw in salads. Leaf, stem and/or young root may be simmered with other vegetables. The dried herb can be made into a good tea. Sweet cicely is known for its delightful anise scented tall fern-like leaves. The sweet leaves can be used as a sugar alternative; very versatile in the kitchen as an addition to soup, salads and other sweet or savory meals. Seeds can be chewed as a breath freshener and stems candied like angelica. Traditional uses (TWM): nutritive, carminative, stomachic, blood cleansing.
Nepeta cataria	Lemon Catnip	Lemon	Catnip is easy to grow and gets about three feet by three feet. Catnip dies back to the ground in winter but returns in the spring. Leaves can be harvested anytime. Be careful that your cats don't maul it;) Uses: Butterfly, Culinary, Fragrant, Medicinal. Catnip has a long history of medicinal use. Most often it is referred to as a sleep aid. Flowers attract beneficial insects.	The aerial parts can be harvested in summer. Harvest leaves as flowers begin to bloom, cutting top leaves, stems, and flowers if desired.	A favourite of our feline friends fresh or dried. Catnip is especially lovely as a relaxant herb for nervous tension combined with an upset stomach. The antispasmodic and carminative actions soothe and relieve digestive spasms and gas. The herb is great for colds and flus and fevers. Combines well with chamomile, mint, and lemon balm. The leaves have mild anesthetic properties and can be chewed to soothe tooth and gum aches. Sometimes added to smoking blends to produce euphoric effects.
Nepeta racemosa	Catmint		Catmint (Nepeta) is a member of the mint family. It is an extremely easy growing plant with few pests or problems. One of the best pollinator plants for our region. It often blooms from late May - October. The billowing foliage is topped with spikes of flowers in early summer with repeat blooms throughout the season. Nepeta has slightly aromatic grey-green foliage that has a delicate, lacy appearance. The flowers can be white, pink or lavender-blue, and bloom on long spikes. The lavender-blue varieties are often used as a substitute for lavender plants, where lavender is not particularly hardy.	Harvest leaves as flowers begin to bloom, cutting top leaves, stems, and flowers if desired.	Catmint can be used fresh, dried, or frozen for both culinary and herbal use. The leaves and shoots can be added to soups and sauces. Tea made from the leaves and flowers can be used for calming nerves and relieving coughs, congestion, and menstrual cramps.
Nicotiana rustica	Hopi Tobacco		Nicotiana rustica, commonly known as Aztec tobacco or strong tobacco, is a rainforest plant in the family Solanaceae. It is a very potent variety of tobacco, containing up to nine times more nicotine than common species of Nicotiana such as Nicotiana tabacum (common tobacco).	Leaving cut stalks of tobacco in the field risks scorching them in the sun. Suggest allowing them to continue to grow in the ground, then stalk-harvest them when leaves on the entire plant are mostly or completely yellow. Promptly hang the cut stalks in the shed, to complete their curing.	Ceremonially. Also as an insecticide

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Ocimum africanum	Temperate Tulsi		The plant is a bushy annual tea basil with small leaves, purple flowers, powerfully aromatic.	Harvest leaves and pinch tops to induce bushiness. Harvest flowering tops as they appear.	It's gentle fragrance and taste make it a wonderful addition to teas and beverages. Tulsi has been found to protect organs and tissues against chemical stress from industrial pollutants and heavy metals, and physical stress from prolonged physical exertion, ischemia, physical restraint and exposure to cold and excessive noise. Tulsi has also been shown to counter metabolic stress through normalization of blood glucose, blood pressure and lipid levels, and psychological stress through positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties. Tulsi's broad-spectrum antimicrobial activity, which includes activity against a range of human and animal pathogens, suggests it can be used as a hand sanitizer, mouthwash and water purifier as well as in animal rearing, wound healing, the preservation of food stuffs and herbal raw materials and traveler's health.
Ocimum basilicum	Basil		Basil or sweet basil is an annual plant, a popular culinary herb that is dark greenish to light yellow green in color with a pointed round leaves in appearance.	Harvest the young fresh leaves as needed, the plant grows back quickly as the more it is harvested and pinched the more likely it will be to branch and produce more leaves. Always harvest the leaves from the tops of the stems taking about one third of the stem only.	Wonderful culinary herb.
Ocimum tenuiflorum	Tulsi / Holy Basil	Rama	Perennial bush basil originally from India—the main type grown there. The plants are purple stemmed with green leaves, sometimes tinted in purple, open form to 4 feet, flowers reddish purple. Highly aromatic plant, testing high in both eugenol and rosmarinic acid.	Harvesting is done like basil by cutting the foliage, in flower, down to two inches above the ground. The plants will regrow rapidly and flower again for a second harvest during the warm months of July or August.	<p>The leaves and flowers are edible and are sometimes used in place of the culinary species of basil to make pesto or flavour dishes. The flowers can be added to salads. Holy Basil is regarded as an 'elixir of life' in Ayurvedic Medicine. The herb is used to promote longevity, and is considered a sacred plant in India. It acts as an adaptogen to help balance the body and mind in times of stress. It is calming and strengthening to the nerves, acting as a trophorestorative to the nervous system.</p> <p>Holy Basil contains many of the same properties that other aromatic Mint Family plants are known for. The volatile oils in the herb are calming to digestive spasms, and are carminative to relieve gas and bloating. Holy Basil can be taken as a diaphoretic and antimicrobial to help ease symptoms of colds, flu, and fever. It is decongesting to the nasal passages and helps clear excess mucus from the lungs.</p> <p>Both the oil applied topically, and the tea or tincture taken internally can help ease menstrual cramps, and help with symptoms of PMS such as bloating, irritability and other mood changes. It has a warm, circulating energy and helps with warming extremities and relieving cold hands and feet, which are often experienced as premenstrual symptoms.</p>

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Ocimum tenuiflorum	Tulsi / Holy Basil	Amrita	An outstanding cultivar for producing the true tropical-type tulsi tea (as opposed to tea of temperate tulsi). Amrita tulsi makes larger plants than the other types, with excellent vigor and yield. Amrita has a wonderful aroma and tests for the eugenol marker compound and also tests very high for the anxiolytic compound rosmarinic acid.	Harvesting is done like basil by cutting the foliage, in flower, down to two inches above the ground. The plants will regrow rapidly and flower again for a second harvest during the warm months of July or August.	<p>The leaves and flowers are edible and are sometimes used in place of the culinary species of basil to make pesto or flavour dishes. The flowers can be added to salads. Holy Basil is regarded as an 'elixir of life' in Ayurvedic Medicine. The herb is used to promote longevity, and is considered a sacred plant in India. It acts as an adaptogen to help balance the body and mind in times of stress. It is calming and strengthening to the nerves, acting as a trophorestorative to the nervous system.</p> <p>Holy Basil contains many of the same properties that other aromatic Mint Family plants are known for. The volatile oils in the herb are calming to digestive spasms, and are carminative to relieve gas and bloating. Holy Basil can be taken as a diaphoretic and antimicrobial to help ease symptoms of colds, flu, and fever. It is decongesting to the nasal passages and helps clear excess mucus from the lungs.</p> <p>Both the oil applied topically, and the tea or tincture taken internally can help ease menstrual cramps, and help with symptoms of PMS such as bloating, irritability and other mood changes. It has a warm, circulating energy and helps with warming extremities and relieving cold hands and feet, which are often experienced as premenstrual symptoms.</p>
Ocimum tenuiflorum	Tulsi / Holy Basil		Known as the Queen of Herbs in India, tulsi is considered to be sacred. This type of holy basil is also known as Kapoor, or temperate basil. It is distinguished by its bubble-gum scent, frost-tolerance, and fast-growing nature. Its health-promoting properties are said to help combat stress and other medical concerns. If allowed to flower, it is a bee magnet	Harvesting is done like basil by cutting the foliage, in flower, down to two inches above the ground. The plants will regrow rapidly and flower again for a second harvest during the warm months of July or August.	<p>The leaves and flowers are edible and are sometimes used in place of the culinary species of basil to make pesto or flavour dishes. The flowers can be added to salads. Holy Basil is regarded as an 'elixir of life' in Ayurvedic Medicine. The herb is used to promote longevity, and is considered a sacred plant in India. It acts as an adaptogen to help balance the body and mind in times of stress. It is calming and strengthening to the nerves, acting as a trophorestorative to the nervous system.</p> <p>Holy Basil contains many of the same properties that other aromatic Mint Family plants are known for. The volatile oils in the herb are calming to digestive spasms, and are carminative to relieve gas and bloating. Holy Basil can be taken as a diaphoretic and antimicrobial to help ease symptoms of colds, flu, and fever. It is decongesting to the nasal passages and helps clear excess mucus from the lungs.</p> <p>Both the oil applied topically, and the tea or tincture taken internally can help ease menstrual cramps, and help with symptoms of PMS such as bloating, irritability and other mood changes. It has a warm, circulating energy and helps with warming extremities and relieving cold hands and feet, which are often experienced as premenstrual symptoms.</p>

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Oenothera biennis	Evening Primrose		This is a cheerful North American herb that blooms with bright yellow flowers that, as its name suggests, open up at night and close around noon. It is easy to spot in the wild and can grow almost anywhere, which makes for a very low maintenance addition to the garden! Its leaves can be cooked like spinach and roots eaten like potatoes. Attracts hummingbirds by day and hawk moths by night.	<p>The early leaves (April to June) can be cooked and eaten as greens.</p> <p>The flowering stems are preferably used when they are still young in June. They have to be peeled and can then be eaten raw or fried.</p> <p>The flowers are particularly sweet and make a great addition to salads, or as a garnish. They can be harvested from June to September.</p> <p>When the fruits are still green (August and September) they can be prepared in the same way as the flowering stems</p> <p>The young seedpods can be served steamed, and the seeds can be used as a substitute for poppy or sesame seeds on baked foods.</p> <p>The roots are sweet, peppery, and delicious and can be eaten raw, diced into a salad. They can also be boiled – tasty way to eat the roots is parboiling them with potatoes, and cooking them up with cream and cheese in a gratin.</p>	Its leaves can be cooked like spinach and roots eaten like potatoes.. Used traditionally by Native Americans as a salve to treat topical wounds and hemorrhoids as well as an infusion used as an astringent and sedative. It is well known today for the abundance of gamma linolenic acid (GLA) found in its seeds (7-14%). The body naturally produces GLA but the pathway can get blocked due to diet, lifestyle, aging and other stressors. GLA supplementation helps to bypass this block. It has been shown to reduce inflammation in rheumatoid arthritis, relieve PMS and menopausal symptoms and improve skin conditions. Root - cooked. Boiled and eaten like salsify. Fleshy, sweet and succulent. Wholesome and nutritious. A peppery taste. The taste somewhat resembles salsify or parsnips. Young shoots - raw or cooked]. Mucilaginous, with a peppery flavour, they are best used sparingly. Another source suggests that the shoots should not be eaten. Flowers - sweet. Used in salads or as a garnish. Young seedpods - cooked. Steamed. The seed contains 28% of a drying oil. It is edible and a very good source of gamma-linolenic acid, an essential fatty acid that is not found in many plant sources and has numerous vital functions in the body. The seed, however, is very small and difficult to harvest, it has to be done by hand. Overall yields are low, making the oil very expensive to produce.
Oenothera speciosa	Mexican Evening Primrose		This is a vigorous, spreading plant that will form a low patch of small, spotted, olive-green leaves. Large satiny deep-pink flowers appear from early summer into the fall, seeming to rest right on top of the leaves. Excellent choice for hot, dry slopes. Also nice in containers. Use as a groundcover to take advantage of its spreading nature. Drought tolerant.	harvest the flowers for tea when they have just opened. flowers don't last long, so harvest consistently to get much volume.	The flowers were also used in syrups to help with whooping cough and asthma
Origanum 'Kaliteri'	Kaliteri Oregano	Kaliteri	'Kaliteri' means 'the best' in Greek, an apt nickname for this terrific oregano that first came to us without a name. Specially selected for its high oil content, this strain is grown commercially in Greece for the high quality oregano market. Spicy, silver-grey foliage.	Harvest leaves before bloom. harvest 1/3 of the plant	Wonderful culinary herb. as for other oreganos
Origanum majorana	Sweet Marjoram		Sweet marjoram could be described as a mild oregano. Bushy and lush, you will want to harvest snips throughout the growing season and trim it all at the end of the growing season to dry for later use. In Germany, it's a popular seasoning for sausage. In the northern US, it is popular for turkey stuffing. In France, Italy, and Portugal it is used to flavor soups, lamb, veal, stews, and assorted vegetables. Not as cold hardy as oregano, plant in a location that is sheltered from cold winter freezes like near a wall or along a rock border. Flowers attract beneficial insects.	Harvest fresh during the summer, then, if not overwintering, pull up the plants just before flowering and dry for winter use.	Leaves add strong, spicy flavour to cooking, with a similar but milder flavour to that of oregano. A popular flavouring in German sausages, meatloaf, stuffing and potato soup but also adds a nice addition to cooked vegetables, salads and vinaigrettes. Not only is it flavourful, but packed with nutrition! A good source of vitamin K and manganese. Tops are used as a natural dye to colour wool in shades of yellow, orange, brown and grey. Used for flavouring sauces, soups and stews. Antiseptic, antimicrobial, expectorant.
Origanum vulgare	Oregano		Oregano is a loose, open plant growing from six inches to two feet tall with gray-green leaves and small purple or white flowers that can thrive in hot dry sites once established.	Cut sprigs as soon as the plant is 6" tall. This also promotes bushiness. Harvest to the first set of leaves as it begins to flower and again in the fall. If space permits in the jars, try not to crush leaves.	Medicinally, oregano tea is still used for indigestion, coughs, and to bring on menstruation. The oil is still used for toothache. It is also found in cosmetics. But its main use today is in cooking. After all, what is a pizza or tomato sauce without the hot, peppery taste of oregano? It enhances cheese and egg dishes such as omelets, frittata, quiches, and flans. It can be added to yeast breads, marinated veggies, roast peppers, mushrooms, roast and stewed beef, pork, poultry, game, onions, black beans, zucchini, potatoes, eggplant, and shellfish.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Papaver orientale	Oriental Poppy		Papaver orientale, the Oriental poppy, is a perennial flowering plant native to the Caucasus, northeastern Turkey, and northern Iran. Oriental poppies grow a mound of leaves that are hairy and finely dissected in spring. They gather energy and bloom in mid-summer. Growing in clumps up to 2-3 feet tall and wide (60-90 cm), the flowers are generally 4-6 inches wide (10-15 cm) with purple-black centers and red-orange petals. When planting poppies, be aware that the aboveground growth dies back in summer, when the plant goes dormant. Consider planting roman chamomile, purple hardy ice plant, creeping thyme or other summer perennials to compliment it.	Harvest seeds from dried out seed heads	Apart from being a source of fatty oil, poppy seeds are used in various cuisines. They are used in fruit salad dressings and fragrant yeast breads. Poppy seeds add a nutty flavour and texture to breads, cakes, cookies, pastries, curries, sweets, confectionary, pastry crusts, and pancake and waffle batters.
Penstemon palmerii	Palmer's Penstemon		Palmer's Beardtongue blooms in early summer with tall spikes of fragrant, light pink flowers in early summer. Very xeric and heat tolerant, it is a willing reseeder for use in colonizing harsh sites. One of the most durable and beautiful penstemons. Great for large pollinators and hummingbirds. Will reseed if allowed.	Harvest cut flowers as they are opening, when 1/3 to 1/2 the blooms on a stalk are open	Good Cut flower
Penstemon pseudo-spectabilis	Desert Penstemon		Penstemon pseudospectabilis a species of penstemon. It is native to the southwestern United States, where it grows in desert and plateau habitat types, such as sandy washes, scrub, and woodland. The plant is generally a shrub growing to one meter, with many erect stems. brilliant deep pink flowers bloom in abundance over a long period in late spring and early summer. The shiny blue-green leaves are serrated along the edge, adding to the plant's ornamentation. Hummingbirds find the flowers irresistible and songbirds eat the seeds. This regional beauty is an important nectar source for native bees and honey - bees	Harvest cut flowers as they are opening, when 1/3 to 1/2 the blooms on a stalk are open	Good Cut flower
Penstemon strictus	Rocky Mountain Penstemon		Rocky Mountain beardtongue, with its spikes of bright blue flowers and evergreen foliage, is one of the easiest-to-grow Penstemon. Long-lived, this beauty thrives in most any well-drained soil with full sun exposure. The show begins in early summer and continues for more than a month, giving you enough bloomspikes to fill every vase in the house. But be sure to leave some on the plant -- hummingbirds and butterflies love this Penstemon almost as much as you do, and will visit your garden in droves to sip its nectar.	Harvest cut flowers as they are opening, when 1/3 to 1/2 the blooms on a stalk are open	Good Cut flower
Petroselinum crispum	Parsley		Parsley is a hardy, biennial that is grown and treated like an annual. It is the most widely grown herb for both garnish and flavoring. There are two distinct types of parsley: moss-curled and flat-leaf. Moss-curled forms a rosette of leaves that are finely cut and tightly curled	Harvest stems throughout the season and use fresh. To keep the plant productive, cut the stems close to the ground, leaving some in the clump. The clump can be harvested in its entirety in the fall. It can be dried in a shady area with good air circulation. Because flat parsley is more strongly flavored than the curly, it dries best.	Parsley has medicinal, culinary, ornamental and cosmetic uses. This incredible plant is a powerhouse of vitamins and minerals and is very high in chlorophyll. It is safe in amounts given in recipes, but is toxic in excess especially as an essential oil. As a culinary it goes with everything except sweets. It is a main ingredient in tabouli. It is delicious with garlic, butter, escargots, salad, grilled meat, and poultry. It adds a nice dimension to potatoes mashed with milk and butter. The Belgians like fondue with deep-fried parsley on the side. The Japanese deep-fry it in tempura batter. It is a prime ingredient in salsa verde. The English make a jelly with it.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Pimpinella anisum	Anise		Pimpinella anisum, commonly known as aniseed, is one of the oldest species used by people, being cultivated in Egypt and later in Greece, Rome, and the Middle East. A carrot like plant, Anise has white flowers and yellow-brown or green-brown fruits, which contain not less than 2% (w/w) of essential oil.	Snip anise leaves for fresh use as needed. Seeds require more than 100 frost-free days to reach harvest. Harvest seeds from late summer to early autumn starting about two to three weeks after flowering when seeds have turned brown and fall easily from the head.	Leaves of the green anise plant are edible, and they have a distinctive strong flavor. Add a few to your salads, blend them with veggies for soup or boil them for broth. In Middle-Eastern countries like Syria, restaurants customarily offer a small bowl with aniseed at the end of the meal. Munching on a pinch of seeds is very refreshing on hot days and does away with bad breath that might result from the otherwise spicy local food. It also helps digest heavy foods. It's the main ingredient for celebrated anis-flavored drinks, like the French Pastis, Turkish Raki and Greek Ouzo. Aniseed is quite similar to dill and fennel at first glance because all share a pungent, licorice-like smell that people either love or hate.
Podophyllum peltatum	American Mayapple		his herbaceous perennial typically grows in colonies from a single root in open deciduous forests and shady fields, riverbanks and roadsides. All the parts of the plant, except the fruit, contain podophyllotoxin which is highly toxic if consumed, but was used by Native Americans for a variety of medicinal purposes. Podophyllotoxin is an ingredient in prescription drugs. The upright stems grow from a shallow, creeping, branched underground rhizome, composed of many thick dark or reddish-brown tubers connected by fleshy fibers and downward spreading roots at the nodes. Each terminal bud produces a shoot. The mostly unbranched 12-18 inch tall stems are topped with umbrella-like (peltate) leaves.	When unripe the Mayapple resembles a lime. Then it turns a soft yellow and wrinkles a little, see to the right. That is ripe. The rest of the plant is also often dying at that time as well. Trim off the ends, do not eat the seeds. If you cook with it remove the seeds first.	Other parts of the Mayapple have had a wide range of medicinal uses with native Americans. It is, however, a powerful plant and not to be used lightly: The Indians also used it to commit suicide. Two drugs are made from the Mayapple, etoposide and teniposide. Etoposide is for testicular and small-cell lung cancer, teniposide is used in conditions like brain tumors and infancy leukemia. For those of us old enough to remember "Carter's Little Liver Pills" Mayapple was a main ingredient that made the pills a laxative and had nothing to do with the liver at all.
Pycnanthemum pilosum	Mountain Mint		This herbaceous perennial plant is 2-4' tall, branching frequently to create a slender bushy appearance. The small white to lavender flowers have subtle purple spots and are packed with nectar inviting all kinds of bees, wasps, flies, beetles, moths and butterflies. It indeed is one of THE natives to have to attract pollinators. Mammals, small and large, will not bother this plant due to its strong mint smell. A simple walk-by and brush up against this plant will yield that familiar mint fragrance.	Harvest leaves as flowers begin to bloom, cutting top leaves, stems, and flowers if desired.	Flower buds and leaves - raw or cooked. A nice addition to salads or used as a condiment. The fresh or dried leaves are brewed into a delicious mint-like tea
Rheum rhabarum	Rhubarb		Native to southern Siberia, it got its name from the Russians who grew it along the Rha river (now the Volga). For centuries it was traded alongside tea as a cure for stomach aches and fevers. This herbaceous perennial vegetable grows 2 to 4 feet tall with large, smooth, heart-shaped basal leaves. The plant grows from large, fleshy reddish-brown rhizomes with yellow interiors. The leaves emerge from crown buds when temperatures begin to exceed 40°F in early spring. The thick, succulent red or green leafstalks (petioles) grow up to 18 inches long and 1-2 inches in diameter, with leaf blades up to a foot or more in width. The foliage dies back to the ground each winter.	Harvest the stalks when they are 12 to 18 inches long. Usually after 3 years, the harvest period runs 8 to 10 weeks long. If the stalks become thin, stop harvesting; this means the plant's food reserves are low. Grab the base of the stalk and pull it away from the plant with a gentle twist.	Rhubarb is technically a vegetable but is usually prepared as a fruit would be. It's often used in sauces, pies, muffins, and cakes. Its tart flavor lends itself to sweet pairings. The most basic way to prepare rhubarb is as a sauce or loose jam. Rhubarb sauce can be served as a side to meat or served over ice cream or pound cake. The most important thing to know about how to cook rhubarb is that it must be cooked down. The fibrous texture of this vegetable is too tough to enjoyably chew. But when cooked down and sweetened up, rhubarb is a real delight.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Rosmarinus officinalis	Rosemary		A classic Mediterranean culinary herb. Barely hardy in Reno, place somewhere sheltered, next to a wall or in a courtyard. Plants can grow to 4-6 feet tall with some varieties having a trailing or cascading habit. Foliage is dark green and needle-like much like a spruce or fir. A white band on the underside gives it a gray coloration.	Harvest anytime by snipping the ends of the stems. This will cause your plant to bush out. If you do not want it to bush, pull off a few leaves or sprays. Never take more than 20% of the plant. Rosemary is so much better fresh because it dries into tough little sticks that stick in your teeth or ruin the consistency of culinary dishes.	The flavor of rosemary harmonizes with those of poultry, fish, lamb, beef, veal, pork, and game, especially roasts. It also goes well with tomatoes, spinach, peas, mushrooms, squash, cheese, eggs, lentils, and complements chives, chervil, chives, thyme, parsley, and bay. Commercially, an antioxidant prepared from both sage and rosemary improves the stability of soy oil and potato chips. Rosemary adds character to mild soups, marinades, salad dressings, and bouquets garni. Include fresh rosemary in all your Italian sauces. Stud roast pork generously with garlic and rosemary sprigs by making a hole in the meat and pressing the garlic and rosemary into it. Try an herb butter by combining 2 teaspoons rosemary to ½ cup butter. Add it to fruit salad to enhance sweetness without adding sugar. Make a rosemary jelly for roast meats and poultry.
Rumex acetosa	Sorrel		Sorrel is a slender herbaceous perennial plant about 60 centimetres (24 inches) high, with roots that run deep into the ground, as well as juicy stems and edible, arrow-shaped (sagittate) leaves. The leaves, when consumed raw, have a sour taste.	Pick fresh sorrel leaves when they are young and tender, just 4 or 5 inches tall. Harvest cut-and-come-again through the growing season. Leaves can be harvested as early as 60 days after sowing. Remove flowers before they mature to keep the plants producing new leaves into the fall.	You can use sorrel fresh, in salads or on sandwiches and you can also cook with it. The leaves tend to dissolve with long cooking, imparting their lemony flavor. Like spinach and rhubarb, sorrel leaves contain oxalic acid, which can be toxic in large quantities. Small amounts will not harm you unless you are extremely sensitive to oxalic acid.
Sagittaria latifolia	Common Arrowhead		Sagittaria latifolia, commonly called arrowhead, duck potato or wapato, is a vigorous, deciduous, marginal aquatic perennial that typically grows 1-4' tall. It is noted for its arrowhead-shaped leaves and three-petaled white flowers in whorls of three.	The tubers are best harvested in the late summer as the leaves die down. They cannot be harvested by pulling out the plant since the tops break off easily, leaving the tubers in the ground.	Duck potatoes, also called Arrowhead, Watato or Wapati, or Katniss, can be eaten raw, should you be in a survival situation. But, they're bitter and don't taste good. Boiled or roasted for about a half hour, they become soft and potato like (just remember to cut off the sprout before cooking and peel after cooking.) Once cooked, they can be used like potatoes. They can also be dried and ground into powder for soups and bread.
Salvia apiana	White Sage		White sage is a native evergreen salvia to southern California commonly found in coastal sage scrub and chaparral. Soft, gray-white leaves of white sage clothe the herbaceous stems, which are erect from the wooden base. Plant in a container and bring inside for winter or a warm sheltered space next to a wall or rocks. This plant can only tolerate 0F - 10F temperatures.	Individual leaves or branches can be harvested the first year once the plants have become established. In the second and subsequent years cut stems to within 6" of the base of the plant just as flowers are starting to open.	Used heavily amongst California tribal people for centuries, this plant has many names given by the tribes who used it. Viewed as a sacred plant, it was also used for food, medicine, and many other purposes. White sage was traditionally used for ceremonial or medicinal purposes. The most well-known of these uses is burning it to release its fragrant smoke. Traditionally, white sage leaves were chewed by Californian tribes to freshen the breath and to stave off thirst on hot days. That same eucalyptol content made it extremely helpful during times of sickness for clearing congestion. A common practice was to boil sage leaves for five to ten minutes in a small amount of water, then to breathe the steam from the container. This would help relieve congestion and ease cold symptoms.
Salvia dorrii	Desert Sage		Desert Purple Sage is a showy late spring blooming native shrublet with silver foliage and blue flowers pushing out from mid-purple bracts. Impervious to browsing deer and rabbits, it is a pollinator's delight attracting all types of bees. Drought resistant/drought tolerant plant	N/A	N/A
Salvia glutinosa	Jupiter's Distaff Sage		It's a shrubby perennial with medium green arrowhead-shaped leaves, already attractive in their own right, that reaches about 2 to 3 feet in height and diameter. The pale yellow flower is curious, with two very long, curved lips, looking much like a wide-open bird's beak. It's a very hardy perennial sage (zone 3) that grows and blooms in dry shade. Yes, in dense shade, among abundant and shallow tree roots. And it blooms for over 2 months as well: quite a performance! It also does well in part shade and will tolerate full sun	leaves can be harvested anytime they are vigorous. pick a few nice leaves at a time.	Generally used in small quantities as a flavoring for food or beverages.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Salvia greggii	Cherry Chief Sage	Cherry Chief	Autumn sage is a soft, mounding shrub normally 2-3 ft. tall, with small, mintily aromatic green leaves that are evergreen in warmer climates. The flowers are borne on racemes from spring to frost and can be red, pink, purple, orange, or white. ... The species name "greggii" is in honor of Josiah Gregg, (1806-1850). Autumn sage works well in containers, borders, or mass plantings. It blooms prolifically from mid-summer to mid-fall. During this time it will be attracting bees, birds, and butterflies. Hummingbirds are especially drawn to the flowers' typical red color.	Harvest leaves anytime during the growing season. do not remove more than 1/3 of the plant at a time. cut back flower stems after blooming in late June	A tasty culinary herb. The aromatic leaves are used as a seasoning in Mexico, and the edible nectar-filled flowers are excellent in salads, even adding to the 'crunch'!
Salvia hians	Kashmir Sage		This short-lived herbaceous perennial from the Himalayas has scented, hairy leaves and forms a small shrub 2 feet tall by 2 feet wide. It bears 1.5-inch-long purplish-blue flowers with white lips (called bee lines) from early to late summer. The flowers are clasped by rusty colored calyxes that accent color of the blooms. Salvias are some of the showiest plants for containers, annual borders, and mixed borders. Butterflies and hummingbirds love them. The plant flowers over a longer period of time than most sages. Salvia hians is a particularly robust sage, with resinously sticky foliage that gives off an enticing, fruity aroma, even at a distance.	Harvest large individual leaves or prune to a bud to encourage branching. When stems are done blooming, cut back to encourage leaf growth	Native to the Himalayas, the plant is used to make tea. Traditional usage (TCM): Secondary source of Dan-shen. In India, the roots of S. hians are used as a stimulant; in Nepal they are reportedly used as a remedy for dysentery
Salvia nemorosa	Woodland Sage		Salvia nemorosa, the woodland sage or Balkan clary, is a hardy herbaceous perennial plant native to a wide area of central Europe and Western Asia. An erect, clump-forming perennial salvia that is noted for its dark purple stems and blue-violet flowers. It typically forms a foliage mound to 12" tall. It is an attractive plant that is easy to grow and propagate, with the result that it has been passed around by gardeners for many years. Flowers attract beneficial insects.	Harvest flowers when 1/3-1/2 blooms have opened.	Use as a cut flower in arrangements.
Salvia officinalis	Sage		Sage is a shrubby, perennial plant that grows to about 2-3 feet tall. Foliage is gray-green with a pebbly texture. As it ages, it has a tendency to sprawl. Spikes of purple flowers appear in mid-summer. Great Pollinator and bee plant	Harvest new leaves throughout summer. Flowers and seed capsules can also be harvested and offer a wonderful, milder flavor. Harvest flower stalks when about 1/2 of the flowers have finished blooming	A culinary favourite for flavouring meats, seafood, and soups. The main culinary varieties popular with onions for poultry stuffing and for flavouring rich meats like pork or duck. Also in homemade sausage, omelettes, cheese and bean dishes. Sage tea gargle is valuable for sore throat. Medicinally sage is antimicrobial, astringent, and antispasmodic. It is useful in menopause formulas to help control hot flashes and excess sweating.
Salvia pratensis	Meadow Sage		Salvia pratensis is a clump-forming salvia that features numerous, dense, upright, spike-like racemes of tiny, two-lipped, deep lavender-blue flowers which rise above dull gray-green foliage to a height of 3'. Excellent fresh cut flower.	Harvest flowers when 1/3-1/2 the blooms on a stalk have opened. Meadow sage produces an aromatic harvest of rich leaves almost all year round. For use as a spice preferably the shoot tips and fresh new growth. Older leaves are too bitter in taste. Harvesting is always done with the stems, and a cut to the wood is to be avoided.	Use as a cut flower in arrangements. Use leaves as for Culinary Sage.
Santolina chamaecyparissus tomentosa	Santolina		(Lavender Cotton) Evergreen rounded bush to 24 inches tall, with silvery-grey foliage giving rise to bright yellow flowers, native to the Mediterranean basin. Plant prefers very fast-draining, alkaline soils and full sun, being perfectly drought-tolerant	Leaves and flowers can be harvested when they are looking vigorous and in bloom	Leaves and flowers are used in wreaths, potporri and as smudge
Santolina rosmarinifolia	Green Santolina		Green Santolina is an evergreen, rounded, fragrant shrub from the Mediterranean that produces cheerful yellow flowers. It needs well-drained soil in the full sun. Santolina herb plant is fairly pest and disease resistant, drought tolerant and deer resistant	Prune the plant back severely in late winter or spring to keep it from getting too leggy, woody or splitting apart	Can be used in wreaths and as a potporri for aromatic fragrance and smudge alternative. Generally used in the garden as a border planting.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
<i>Satureja hortensis</i>	Savory		<i>Satureja hortensis</i> (Summer Savory) is a bushy annual prized for its stiff, narrowly lance-shaped, aromatic, dark green leaves which can be used fresh or dried to flavor food. Preferred by cooks, their aroma is slightly peppery with a hint of marjoram, thyme, and mint. The flavor is better before the plant flowers	Annual. Harvest leaves before onset of flowering for best flavor	One of the main ingredients in herbes de Provence, savory is often used fresh or dried, and is well suited for slow cooking or added with a light touch at the end of cooking. It can also be used to replace thyme in many recipes. With its many antioxidants and intense essential oils, this tangy herb has long been used to treat a variety of ailments. Steeped leaves are sometimes used to ease a sore throat, or as an antiseptic gargle. It is also reportedly used to enhance appetite, as a remedy for stomach and digestive disorders, and to help alleviate symptoms of asthma and colic. It also has astringent and anti-inflammatory properties, and is used by herbalists and natural practitioners in liniment or poultice form to ease the pain of inflamed joints, and to treat the sting and swelling of insect bites.
<i>Satureja montana</i>	Winter Savory		A evergreen shrub that can be easily overlooked in the culinary realm, although it should certainly have a place in any kitchen garden! Produces charming white flowers, in contrast to the pink flowers of the summer savoury. Plant in well drained alkaline soil in a sunny spot (will tolerate part shade). Makes a great border and edging plant. Prune in early spring to encourage robust growth.	Plants are semi-evergreen and will not tolerate being cut back to the woody stems. The aerial parts are harvested during flowering, or throughout the growing season.	Stronger spicier, and more thyme-like flavour than Summer Savory (<i>Satureja hortensis</i>). Adds a delicious peppery, pungent flavour to soups, stews, salads and meat dishes. Because it is high phenol carvicol, also found in oregano, it has similar carminative properties which ease digestive discomfort caused by gas and bloating. Brewed as a tea, savories medicinal properties make it useful as a sore throat remedy. Can be used topically to soothe insect stings. Antiseptic, antimicrobial, expectorant. Commonly taken as a tea for its carminative and digestive benefits.
<i>Satureja montana</i> var. <i>citriodora</i>	Lemon Savory		Evergreen woody subshrub to 12 inches tall, native to the Mediterranean. With flowers of white to pink and leaves redolent with citrus, the plant is also pretty on the dryland landscape and well-loved by bees. Plant prefers full sun and dry soils.	Harvest leaves prior to flowering. Trim back in fall to 1 inch above previous year's growth.	The dried leaf is a good condiment and tea herb, with distinct and lasting lemonyness. Savory is a great mixing herb, it is said that it brings all other herbs together in a unique taste. It blends well with different culinary oreganos, thymes and basils and can be added to meat, poultry or fish. Famous for making its mark on beans, it is often referred to as the 'bean herb' because it has an incredible flavour affinity with all types of beans. Dried Savory also perks up stuffings and can be mixed with sage, thyme, and bay. Add to turkey or pork with fennel seed, cayenne pepper, and thyme. Or, add a pinch to chicken salad or hearty soup. Its small leaves are the perfect complement to herb cheeses or as last-minute additions to sautés. There are very few dishes that a little Winter Savory won't improve. Traditional usage (TWM): Carminative.
<i>Satureja montana</i> var. <i>illyrica</i>	Purple Winter Savory		A prostrate groundcover form of winter savory, growing to only 6 inches. Plant is purple-flowered, an aromatic spice, leaves turning purple in the winter. Plant prefers full sun, a dry exposure, and fast-draining soil.	Harvest leaves before flowering. Harvest 1/3 or less of the plant at a time.	Use as for Winter Savory. Purple winter savory can be used as a culinary herb but this subspecies tends to be a little more acrid than the species.
<i>Scutellaria baicalensis</i>	Baikal Skullcap		Baikal Skullcap is a low growing, perennial shrub reaching only 30cm in height, but spreading up to 50-60cm wide. The tubular flowers are held in dense one sided racemes, with long stalks giving the plant more height. The blue-purple flowers have a helmet shape on the top and a wider, skirt like lobe at the base.	The roots can be harvested in the fall of the second or third year.	The root is used in Traditional Chinese Medicine as a cooling bitter, antibacterial, antiviral, and diuretic. Prescribed for fevers, colds, hypertension, insomnia, headaches, hepatitis, diphtheria, shingles, and other ailments.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Scutellaria lateriflora	Skullcap		Scullcap is an herbaceous perennial. Plant prefers part shade to full sun and rich, moist soils. Flowers have a blue monk's hood appearance. Low growing and spreading, Scullcap is great if you have a low wet spot in your yard. Used in teas for headaches.	Once it produces its sea of delicate light blue flowers in mid August, the aerial parts of the herb can be harvested, and tinctured or infused in honey. The herb is best used fresh as the dried herb loses much of its potency.	Skullcap is like being tucked into a big warm cozy blanket under clean sheets on the most comfortable bed ever after the best day you had hiking in an alpine meadow with your best friends. You feel soothed, calm, a bit giddy with contentment, and perfectly sleepy. Skullcap has a sedative, anti-anxiety, and muscle relaxant effect through its effect on the neurotransmitter GABA. This mechanism is similar to how tranquilizing drugs such as benzodiazepines, barbiturates, or alcohol, affect the nervous system (but without being narcotic and highly addictive). Skullcap also acts as a dopamine reuptake inhibitor, increasing the levels of this feel-good neurotransmitter in the brain.
Sedum reflexum	Blue Sedum		A standout among hardy, low-maintenance, ground cover succulents. Its stiff, needle-like leaves hold a soft blue-green and flush salmon pink in winter. The growing season also brings a sea of bright yellow, star-shaped flowers that attract pollinators. Edible stems and leaves add a crunchy lemon flavor to salads or as a garnish	Pick leaves when fresh and plump before flowering	Edible stems and leaves add a crunchy lemon flavor to salads or as a garnish
Sedum spurium	Dragon's Blood Sedum		Dragon's blood sedum is a small, cold-hardy stonecrop that makes excellent ground-cover.	N/A	N/A
Sideritis syriaca	Greek Mountain Tea		Woody perennial growing to 18 inches, native to the mountains surrounding the Mediterranean sea, especially the Peloponnese. A comely plant with its attractive, felted-white leaves feels home in sparse, nutrient-poor, and dry places in the sun. Highly desired for those of us blessed with hot, dry summers and cool, moist winters.	Harvest flowering tops when 1/3-1/2 bloom is open.	Tea of dried flowering tops is sweetish and pleasant. Traditional usage (TWM): colds and restless insomnia
Silene capensis	Dream Root, Xhosa		Low-growing herbaceous perennial 1 to 2 feet tall, native to the cape of South Africa. Softly spreading leafy rosette produces multiple stalks crowned by the pure white flower. Unlike other members of the Silene genus, the calyx is elongated and not particularly inflated. The plant is easy to grow as a wayside attraction, spreads healthily but not invasively, producing many handsome flowers that smell excellently of jasmine and clove. The plant prefers full sun and fast-draining soil but is not particularly picky and can be grown as a troublefree mounding plant in most gardens.	It's best to wait two years before harvesting the root of the plant for spiritual or medicinal use.	Traditional usage (Xhosa people of South Africa): stimulate dreaming
Silene vulgaris	Maiden's tears		Silene vulgaris is a herbaceous perennial plant producing a dense cluster of stems from woody rhizomes; it can grow up to 2.5' tall. It produces delicate white flowers and ornamental buds. The plant is a commonly used wild food, especially in the Mediterranean, and has at times been suggested for cultivation. It also has a range of medicinal uses and has sometimes been grown as an ornamental. As the leaves age, they become sticky and resinous.	Harvest tender shoots for salad and young shoots ~2" long for cooking. The leaves should be used before the plant starts to flower.	The young shoots and the leaves may be used as food in some countries of the Mediterranean region.[6] The tender leaves may be eaten raw in salads. The older leaves are usually eaten boiled or fried, sauteed with garlic as well as in omelettes. The young leaves are sweet and very agreeable in salads. The cooked young shoots, harvested when about 5cm long, have a flavour similar to green peas but with a slight bitterness. This bitterness can be reduced by blanching the shoots as they appear from the ground. When pureed it is said to rival the best spinach purees. The leaves can also be finely chopped and added to salads. Traditional usage (TWM): emollient, fumigant.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Solidago sp.	Goldenrod		Solidago speciosa, commonly called showy goldenrod, is a rhizomatous, Missouri native perennial which typically occurs in dry soils in open woods, fields and prairies throughout most of the State except the Ozark region. Features tiny, bright yellow flowers borne in dense, erect, club-shaped terminal clusters atop stiff, narrow-leaved, reddish stems typically growing 2-3' tall. Flowers bloom mid to late summer. As the common name suggests, this species is one of the showiest of the many goldenrods. Goldenrods have been wrongly accused of causing hay fever which is actually an allergic reaction to wind-borne pollen from other plants such as ragweed. Attractive to bees and butterflies.	Harvest leaves just before flowers open or when just a few of the flowers are open. Harvest flowers in full bloom (generally use flowers fresh). Harvest roots in fall after heavy frost.	Goldenrod is a natural dye, medicinal, & healing. All parts of this herbal plant are useable. flowers are used in baked goods. Urinary uses – Goldenrods astringent & antiseptic properties have long been used to tighten, strengthen, and treat UTI issues. The German Commission E has even approved Goldenrod for use in treatment of urinary and bladder inflammations. Muscle and joint pain – Oil infused with goldenrod's flowers & leaves used in making salves & rubs, like my dandelion salve, help to relieve soreness from both muscle overuse and arthritic pain. Respiratory uses– Respiratory issues stemming from seasonal allergies, colds, and sore throats will benefit from the use of goldenrod
Sophora flavescens	Ku-shen		Herbaceous perennial in cooler zones, a woody subshrub in warmer, sending arching stems to 5 feet, native to China and Japan. Long racemes of cream colored flowers give way to generous follicular clusters of seedpods. Handsome and fun.	the root is harvested in the autumn and dried for later use	The plant contains cytosine, which resembles nicotine and is similarly toxic. The plant is poisonous when used in quantity. The plant is a source of an insecticide and parasiticide. Medicinal Uses - used in Chinese Medicine. The root is anthelmintic, antibacterial, antifungal, antipruritic, astringent, bitter, carminative, diuretic, febrifuge, parasiticide, pectoral, stomachic and tonic. It is used internally in the treatment of jaundice, dysentery, diarrhoea and urinary infections. It is used both internally and externally in the treatment of vaginitis, eczema, pruritis, ringworm, leprosy, syphilis, scabies and itching allergic reactions. The plant is anthelmintic and diuretic
Sphaeralcea angustifolia	Lobeleaf Globemallow		Native to the Western USA. Hollyhock-like flowers in white, pink and lavender grace these 3-4' plants. Can grow 2-3' wide in full sun, any soil. Drought tolerant. Blooms in summer. Great for native pollinators.	N/A	N/A
Spirea ulmaria	Meadowsweet		Filipendula ulmaria, commonly called meadowsweet or queen-of-the-meadow, is a large, clump-forming, upright perennial that typically grows 3-4' (less frequently to 6') tall and features branched, terminal, astilbe-like panicles (4-6") of fragrant, creamy white flowers in early to mid summer	When harvesting meadowsweet, both the green leaves as well as the inflorescences and fruits can be harvested. The herbs can be stored and dried. When drying the herbs, the inflorescences should be hung.	Meadowsweet is mostly used as a medicinal plant because of its content of natural salicylic compounds. Salicylic acid has an analgesic, anti-inflammatory and antimicrobial effect. The herb can be applied in different ways, e.g. as a tea, as a tincture, as a bath additive, as an ingredient of steam baths, as herbal wine or even pure. However, the most commonly used dosage form is tea, which is drunk especially in cases of inflammation, pain or cold symptoms. It can also be used as a kitchen and seasoning herb in the kitchen. Meadowsweet is often used for the flavoring of home-made beverages or for the preparation of jellies. It gives especially sweet food and drinks a fine and tart taste. Even fruit preserves can be spiced perfectly with it. For flavoring usually the sweet smelling flowers are used. The leaves can be used for salads, but also as herbs for fish and game dishes. Also, the leaves can be cooked and prepared similar to spinach.
Stachys byzantina	Lamb's Ears		Soft white woolly leaves on spreading 12-18" stems. Flower stalks with purple flowers not showy. Grown mostly as foliage plant to contrast with greens and purples. Slightly amended soil, sun to part sun, extra water. Will creep out of planted area.	The aerial parts can be harvested in summer.	Lamb's ears contain astringent compounds that make it useful for halting bleeding and to speed wound healing. The downy leaves have been used as natural bandaids.
Stachys officinalis	Wood Betony		a rhizomatous perennial the produces basal rosettes of dark green glossy ovate basal leaves. Tiny two-lipped rose-lavender flowers appear in dense spikes atop mostly leafless flowering stems from mid-summer through September. Plants will spread over time to form a dense groundcover.	Do not harvest plant until well established. Never attempt harvest in the first year from seed. Leaves can be harvested from early flower bloom until flowers are almost finished. Flower stalks should be harvested when about half the flowers are in bloom. Leave at least one third of the leaves and some flowers to ensure the plant can replenish itself for the next growing season.	Can be used as a substitute for black tea, infusion resembles taste and is caffeine free. Medicinal Uses: The leaves are used as a tincture to treat migraine headaches, chronic and acute pain mostly in combination with other nervines. It is also used to stimulate the digestive system and liver and as an overall tonic for the body. It is also used for 'frayed nerves', pre-menstrual complaints, poor memory and tension, sore throats caused by allergies or colds, heartburn, and inflammation due to infections of the urinary tract. A fine yellow dye is obtained from the leaves. Flowers can be dried and used in displays.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Symphytum x uplandicum	Russian Comfrey		Broad leaved clumps 3-4' wide and 2' tall grow, then in early summer slender stalks of leaves emerge. These leaves get gradually smaller as they near the top, ending in gracefully hanging, tiny bell shaped flowers loved by bumblebees. Russian Comfrey is sterile which means it does not make viable seed. Besides being attractive, its leaves add relatively high amounts of nitrogen, potassium and phosphorus to the compost pile. Or, use the leaves as a direct mulch and let them break down right under the plants. Once the plant has some size on it, you can cut leaves and use them whenever there are enough to mess with. Late fall pruning should be avoided as the plant starts to flower and go into its readiness phase for winter dormancy. As the last batch of leaves rot, they fertilize the plant for better growth next spring. Great for bumblebees, animal fodder, as a topical medicinal.	Harvest the whole plant anytime. Allow time to regrow to near flowering before next cutting. Cut near to ground to avoid leaving sharp woody dead stalks.	Feed Fresh to any and all farm animals. Can be used topically as a poultice to speed healing of wounds.
Tanacetum balsamita	Costmary		Costmary is a low growing, spreading, aromatic plant of the daisy family, used in medicine and for flavoring ale prior to the use of hops. Appreciated for its long, feathery leaves and mixed balsam-mint-like aroma. Also known as Bible plant, costmary leaves were often used as bookmarks to mark pages of scripture. The plant will thrive in almost every soil or situation, but will do best on dry land. Heads of yellow flowers bloom in August and attract beneficial insects.	Harvest fresh leaves through the year, making sure to leave at least 25% of the leaves on the plant	A versatile herb that offers a minty-eucalyptus like tang when used fresh in salads, sauces and soups. Highly aromatic, so use sparingly or else it will be overpowering! Can be brewed into a tea to ease pain and digestive discomfort. Medicinally recognized for its antibacterial, antifungal and insecticidal properties. Also use the leaves in potpourri, sachets or to scent your bathwater, alone or in combination with other herbs.
Tanacetum parthenium	Feverfew		Ornamental as well as useful Feverfew is a wonderful self seeding plant that naturalizes large areas well. An herbaceous perennial that grows into a small bush up to 28 in high, with pungently-scented leaves. The leaves are light yellowish green, and it has conspicuous daisy-like flowers. Frequent cutting of blossoms helps feverfew stay in bloom longer. Depending on climate, feverfew is a biennial or short-lived perennial. Flowers attract beneficial insects.	The aerial parts of Feverfew can be harvested when the plants are in bloom in July. The plants can be cut down to three or four inches above the ground. If given a bit of water they will regrow for a second harvest. The leaves and flowers can be used fresh or dried for later use.	A charming short bushy daisy like perennial with a wide history of traditional use dating back to ancient times, recorded in literature and prescribed by Dioscorides for "all hot inflammations". Its name stems from the Latin word "febrifugia", meaning "fever reducer" and primarily used as such; gaining its recognition as the aspirin of the 18th century! Its wide spectrum of phytochemicals give it an array of medicinal applications that go well beyond fever, as it has also been noted for its potential as a prophylactic treatment for migraines, possibly due to its antispasmodic effects on vasculature and blocking of certain inflammatory mediators. Additionally researched for its, anti-arthritis, anticancer and antiplatelet properties. Keynote compound present is parthenolide (0.4%) which attributes to its anti-inflammatory and anticancer effects. Feverfew is helpful for the treatment of inflammation of the joints, especially when the inflammation is allergic in nature (ex. joint pain caused by food allergies). It inhibits histamine secretion, is pain relieving, and helps to cool hot inflammatory conditions. It is also helpful for easing menstrual cramps, and acts as an emmenagogue to encourage menstrual flow. As a bitter tonic and carminative, Feverfew can help increase digestive fire and relieve gas and bloating. Feverfew contains pyrethrins, which are compounds known to paralyze fleas. It can be used as a wash to help manage fleas on cats and dogs. The oil and salve can be used as an insect repellent, and also to relieve bites and swellings. Be careful with potency. It has been known to cause mouth sores in some sensitive people.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Taraxacum officinale	Dandelion		The dandelion is a readily identifiable, hardy, perennial weed. It has a rosette base producing several flowering stems and multiple leaves. Contrary to popular belief, this is a beneficial plant to have. It's a great companion plant for gardening because it's long taproot brings up nutrients to the shallow-rooting plants in the garden adding minerals and nitrogen to the soil. It also attracts pollinating insects such as bees	Every part of dandelion is useful, harvest leaves, flowers, and roots in the season when they are most vital. Early spring is when leaves are most tender and can be eaten fresh, cooked, or dried for tea. As the leaves age and are exposed to sunlight, they can become intensely bitter. Buds appear at the base of the leaves in early spring. These can be eaten fresh, cooked or pickled. Buds open into flowering heads. These are best gathered for food or medicine on sunny days when they are dry and fully open, usually in April or early May. Drying the flowers is nearly impossible since they go to seed quickly. Root medicinal properties vary a little from season to season. In spring, they are more bitter and have optimal medicine as a digestive stimulant. In the fall, they are sweeter and higher in a carbohydrate called inulin, which is excellent for diabetics. Be mindful that when you dig dandelion even the smallest piece of root left in the ground will grow into a new plant.	Dandelion contains an impressive list of nutrients. Leaves are high in vitamins and minerals including Potassium, Calcium, Magnesium, Iron, and vitamins A, B and C. Dandelion is higher in Vitamin A than any other garden plant. Roots contain inulin, mucilage, latex resin, and teraxacin. There are so many used for dandelion, we can't list them all here. leaves, flower buds and flowers are great in salads. flowers are often made into wine. roots are used medicinally for a wide range of things including liver tonic, a diuretic, and antioxidant.
Teucrium chamaedrys	Germander		Rich rosy-lavender flowers contrast against dense, deep green aromatic leaves. This easy-care sub-shrub is perfect for waterwise gardens and blooms summer-long! Makes a wonderful herb, knot garden plant or low clipped hedge. Use as a carefree, informal filler around larger shrubs and perennials	Germander foliage and flowers are usually harvested with hand pruners when the plants are flowering, and then the leaves and flowers are dried to use for crafts	Its garlic-like aroma makes it useful in herb wreaths to freshen a room. Medicinally, an infusion is helpful in the treatment of gout. In the past, it was used as a tonic for intermittent fevers and recommended for uterine obstructions. Possessing qualities similar to horehound, an infusion with honey was used for asthmatic conditions and coughs. This plant is widely used in making alcoholic drinks with a bitter base, which have digestive or appetite-promoting qualities
Thymbra spicata	Spiked Thyme		Evergreen woody subshrub to 18 inches tall, native to Greece. With outsize, lipped flowers of lavender and glossy, oil-rich leaves the plant is pretty on the dryland landscape, well-loved by bees. Plant prefers full sun and dry soils. Plant in a container and bring inside for winter or a warm shelterd space next to a wall or rocks. This plant can only tolerate 0F - 10F temperatures.	Harvest leaves prior to flowering. Trim back in fall to 1 inch above previous year's growth.	The dried leaf is a good condiment, similar to Zaatar. Traditional usage (TWM): Carminative, vermifuge.
Thymus capitatus	Timo Arbostivo		a small woody, strongly branching perennial with showy bright rose, dense flower heads above narrow, dark green, strongly aromatic leaves. It is native of dryish, rocky spots throughout the Mediterranean. For any rich, well drained soil in a sunny and protected spot.	Harvest leaves before flowering. Harvest 1/3 or less of the plant at a time. cut back after flowers bloom to encourage regrowth of leaf and flowers cut back to 1-2" above last years growth at end of season	Excellent in the stew pot. Traditional use (TWM): carminative, flavoring, antioxidant.
Thymus fragrantissimus	Orange Thyme		A new Thyme with an orange-spicy scent. When you cook with it, the clear orange flavor lingers in the mouth without the harsh aftertaste of other thymes. This species grows short and compact to 4" tall and 12" across. Lots of light pink blooms in Summer are a delight for the local bee population. Plant prefers full sun and dry soils. Harvest leaves prior to flowering.	Harvest fresh leaves prior to flowering and cut back blooms before they dry out to encourage regrowth of leaf and bloom. Trim back in fall to 1 inch above previous year's growth.	The dried leaf is a good condiment and tea herb, with distinct and lasting lemonyness. Traditional usage (TWM): Carminative.
Thymus pulegioides 'Lemon'	Creeping Lemon Thyme	Lemon	It is reportedly very similar to Creeping Thyme (Thymus serpyllum.) Lemon Thyme is a creeping thyme with lemon-scented leaves. It is used in a garden for flowerbeds, groundcover or to create green walls. Honeybee species. Perennial creeping shrub that reaches 10 cm high. Pink flowers from late spring to summer	Harvest fresh leaves prior to flowering and cut back blooms before they dry out to encourage regrowth of leaf and bloom. Trim back in fall to 1 inch above previous year's growth.	Its leaves and flowers are valuable ingredients in the kitchen. It has recognized medicinal properties as antiseptic, disinfectant, deodorant and expectorant.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Thymus serpyllum	Creeping Thyme		A wonderful mat forming thyme with large aromatic leaves that are milder than english thyme. White blooms in summer attract bees, pollinators and beneficial insects. lives much longer than english thyme in our climate. Perfect for borders, along paths, in a rock garden or underneath fruit trees.	The aerial parts are be harvested during flowering, or throughout the growing season. Harvest in the morning, as concentrations of aromatic oils are highest at this time.	Wild thyme has a milder gentler thyme flavor when cooking or making teas. It is a commonly used domestic remedy, being employed especially for its antiseptic properties and its beneficial effect on the digestive system. The whole plant is anthelmintic, strongly antiseptic, antispasmodic, carminative, deodorant, diaphoretic, disinfectant, expectorant, sedative and tonic. Wild thyme contains all the medicinal properties of the more commonly used garden thyme (T. vulgaris), though in a lesser degree
Thymus sp.	Lime Thyme	Lime	Lime thyme is a dense mounding thyme with lime colored leaves. Great for the rock garden, flower bed and it makes a great groundcover. The bright lime colored leaves will stand out in the flower bed. Good as a container plant.	Harvest fresh leaves prior to flowering and cut back blooms before they dry out to encourage regrowth of leaf and bloom. Trim back in fall to 1 inch above previous year's growth.	Primarily a garden aromatic and potporri thyme. Can be used in cooking but lacks a fragrant 'lime' thyme flavor.
Thymus vulgaris	English Thyme		Also known as German Thyme, Simple, robust and upright growth habit makes it a perfect potted or garden plant. Plant in sandy, well drained soil in full sun. Thyme is typically low maintenance, but will need to be pruned to encourage a bushy growth and prevent woodyness. Sensitive to over watering, as thyme is susceptible to fungal diseases and root rot if conditions are too wet. Flowers attract beneficial insects.	The aerial parts are be harvested during flowering, or throughout the growing season. Harvest in the morning, as concentrations of aromatic oils are highest at this time.	Commonly used culinary herb for seasoning poultry, meats, soups, stews and other dishes. Known for its antimicrobial, anti-inflammatory, and expectorant properties. Its antimicrobial action makes it great for fighting bacterial, yeast and fungal infections both internally and topically. Also utilized as a preservative.
Thymus vulgaris	French Thyme		Woody perennial subshrub, a select cultivar from France. Excellent as a spice, this nicely green, narrow leaved cultivar is one of the most flavorful of all the Thymes. Wonderful flower displays are much visited by bees. Flowers also edible and tasty. Makes an excellent tea (dry it first). Plant prefers full sun and mesic soils.	The aerial parts are be harvested during flowering, or throughout the growing season. Harvest in the morning, as concentrations of aromatic oils are highest at this time.	Commonly used culinary herb for seasoning poultry, meats, soups, stews and other dishes. Known for its antimicrobial, anti-inflammatory, and expectorant properties. Its antimicrobial action makes it great for fighting bacterial, yeast and fungal infections both internally and topically. Also utilized as a preservative.
Trifolium pratense	Red Clover		This herbaceous perennial plant is ½–2' tall, branching occasionally. The hairy stems are sprawling or erect. The upper stems terminate in flowerheads that are spheroid or ovoid and covered in bright pinkish blooms.	Harvest red clover by plucking off the flower head and top leaves. If you're planning on drying the clover, harvest in the early morning when there's still some dew on the flowers, and be careful not to bruise the flowers. This will help keep the color after the blossoms dry. Pick the flowers in the spring and summer for a sweeter flavor. The fall blossoms are still edible and useful, just not usually as sweet.	Fresh blooms are a great addition to salads. Internally and most commonly red clover blossoms are used to treat menopausal systems like hot flashes. This can be done by drinking tea or taking a tincture for a more concentrated dose. Red clover is high in calcium, magnesium, iron, and vitamin C making it good as a bone building tea. Because it is safe for children, it is also often used to help soothe children's coughs.
Urtica dioica	Stinging Nettle		Stinging nettle (Urtica dioica) is a fast-growing herbaceous perennial that gets tall in the summer and dies back down to the ground in the winter. It bears small greenish flowers in the spring. Be careful when working with stinging nettle because it has a toxic component. Its leaves and stems have tiny stinging barbs, which contain chemicals that can cause pain and inflammation in people and animals when they come in contact with the skin. Reactions also can occur if you eat the plant without properly preparing it.	To harvest nettles, the new shoots are best, and all you need is gloves, scissors, and a basket. Once the plants begin to flower this signals the end of the harvest season. At this stage the leaves begin to develop gritty particles called cystoliths which act as an irritant to the kidneys.	Nettles are a true gift to our bodies and souls, a wild 'superfood'. Nettle is extremely high in protein, iron, and other minerals and vitamins. The nettle shoots can be prepared as a braising green, in a similar way to how you would eat spinach or kale. The taste is rich and green and earthy. I love the taste of nettles and I love the way my body feels after eating them. They can be added to soups, smoothies, and dried for tea. Once the nettles are cooked, juiced, pureed, or dried they no longer sting. Taken as a food, or as a decoction or long infusion, nettle is useful for anemia and nutrient deficiencies. The herb can be taken for regulating menstruation, in formula for bladder infections, and is wonderful internally or externally for arthritis, rheumatism, and inflammation. Also a great antihistamine for seasonal allergies.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Valeriana officinalis	Valerian		a clumping perennial with scented leaves, stems, flowers and roots. Sends up clusters of white flowers in summer. Leaves are odd-pinnate, each leaf having 7-10 pairs (plus terminal) of toothed, lance-shaped leaflets. Leaves are aromatic when bruised	Harvest valerian on warm fall day, after the first frost or in the spring once the ground thaws and before new growth begins. The parts used include the root and the rhizomes. Dig plants that are at least two years old in the spring or fall. Be careful not to damage the roots as you dig. To get more root production, deadhead the flowers during the summer.	In Germany, valerian is used in more than 100 over-the-counter tranquilizers and is the number one nonprescription sedative in Europe. When most people think of valerian, the first thing they often think of is sleep – for falling asleep, a good night's sleep, and for waking without the usual grogginess of other sleep aids. It is one of the best gentlest ways to find sleep when used properly. But it has also been described as a nervine, hypnotic, antispasmodic, emmenagogue, nervous system tonic, sedative, stomachic, expectorant, mild anodyne, and a smooth muscle relaxant. In addition to a sleep aid, valerian has been used for anxiety, stress, to treat addictions, convulsions, gas, pain, hyperactivity, intestinal cramping, migraines, aggression, nervous exhaustion, coughs, epilepsy, and the flu.
Verbena hastata	Blue Vervain		Blue vervain is a native wildflower that spreads slowly through rhizomes and self-seeding. It can grow in disturbed sites and is commonly found in moist meadows, thickets, pastures, riversides, marshes, ditches, and river-bottom prairies. The plant forms clumps of stiff upright stems with lanced-shaped leaves with toothed margins. The purple flowers occur in a candelabra-shaped panicle and are a high-value nectar plant with a long bloom season. Blooms open bottom to top with only a few open at one time in mid to late summer.	cut off the upper 1/3 of the stem, directly above a pair of leaves. Plants have auxiliary buds at the place where the leaf stem goes into the main stem. So if we don't damage this juncture the plant will grow a new stem, have bushier growth and hopefully flower more. Also try not to leave too much stem above the leaves as this is more prone to rot and infection	Edible Uses: The seed are edible when roasted and are ground into a powder and used as a pile (an Indian flour). Medicinal Uses: Blue Vervain is a nice sedative plant. Many folks find that the plant helps create a general state of ease as well. It's a good one to try for depression – works for some, not others. It is also quite bitter so can be used to help stimulate the liver and the digestive tract. The bitter properties with its sedative effects make it great for nervous indigestion. The plant is also a diaphoretic, meaning that it will help the body release heat through sweating. It is useful in intermittent fevers, ulcers, pleurisy, scrofula, gravel, easing pain in the bowels and expelling worms. A very strong infusion is emetic. As a poultice, it is said to be good in headache and rheumatism.
Yucca bacatta	Banana Yucca		This yucca was named for its edible, banana-shaped fruit that was a historic food source for Native Americans. The plant grows slowly to three to five feet tall and wide with large, strap-like, dark-green foliage that is stiff, erect, sharply pointed, and arranged spirally at the base of its stem. This plant also produces white fibers along its leaf margins that tend to curl on the plant. The fibers from its leaves can be soaked and used to make string or rope. In spring, the plant sends up tall flower stalks that come from a center whorl of leaves. The flowers are creamy white, bell-shaped and appear in thick clusters. Its young flowers are also edible and taste like asparagus. After flowering, the plant produces banana-like fruit that contains flat, black seeds. When the fruit is baked, it has a flavor similar to potatoes. Use it as a low-growing accent plant in desert landscapes or as a specimen planting. It can also be used as a focal plant in front of tall walls and foundations because of its picturesque form and growth habit. The banana yucca also looks good in large containers in front of walls, entryways, or pillars. It is native to Arizona, California, New Mexico, Colorado, Texas, Utah, and parts of Mexico, where it grows at elevations of 2,500 to 8,500 feet. The banana yucca grows amongst piñon pines, junipers, and ponderosa pines in its native habitat. This tough, durable plant is hardy to seventeen degrees Fahrenheit or below. It likes full sun, reflected heat, but also grows in partial shade. It is drought-resistant but likes well-draining soils. Give it supplemental irrigation during the hot, summer months.	Harvest the fruits in fall when soft and ripe or when damage from animals is seen. Harvest leaves or roots in the late fall or early spring.	Most yuccas have dry hard fruits, but the fruits of banana yucca are fleshy and succulent. They look roughly like short fat green bananas, thus the name. These fruits were a traditional food of the Apache and Navajo. They were prepared by roasting or baking, stripping out the seeds, pounding the remaining flesh into a pulp, forming the pulp into flat cakes, and sun-drying them for later use. The resulting product is said to be nutritious, sweet, and delicious. The fruits were often picked before maturity and ripened off the plant to keep wildlife from eating them before they could be harvested. To prepare the pulp, wash the fruit and spread it on a baking sheet. Roast at 400 F for 20 to 30 minutes, or until the fruit is easy to pierce with a skewer, then remove from the oven. When the fruit has cooled enough to touch, pull it apart by pushing into the bottom of the fruit with your thumb and peeling back the sections. Each fruit has three sections, and each of those contains a double line of large, black seeds. Split the fruit open with your fingers, then scoop out the seeds and the fibers that hold them in place Besides food, yuccas have many other traditional uses. The leaf blades can be woven into baskets, used to make brushes, or with the fleshy leaf tissue removed the remaining stiff fibers can be made into a combination needle and thread. The roots are prized as a natural soap.

[1]					
Botanical Name	Common Name	Variety	Description	Harvesting	Uses
Yucca filamentosa	Adam's Needle Yucca		<p>Adam's needle yucca (<i>Yucca filamentosa</i>) is a plant in the agave family that is native to the Southeastern United States. It was an important plant to Native Americans who used its fibers for cord and cloth, and the roots as a shampoo. The leaves are blade-like and form a basal rosette. The slender leaves, which end in a spine, can reach a length of over two feet long on large plants. Curled threads line the edges of the leaves, giving it its species name—<i>filamentosa</i>, meaning a thread or "filament."</p> <p>The flower stalk that grows up from the center of the foliage in late spring can double the height of this yucca plant over time, sometimes growing to over eight feet tall. The flower cluster usually appears right around the beginning of summer. The individual blooms take the shape of nodding, white bells. It can take a long time for a new <i>Yucca filamentosa</i> to bloom for the first time, often about three years.</p>	N/A	N/A
Yucca glauca	Narrowleaf Yucca		<p>A 3-4 ft. wide clump of pale-green, dagger-like leaves subtends the 4 1/2 ft. flowering stalk of this yucca. The 20-30 in. long leaves are evergreen, persisting for several years. Bell-shaped, greenish-white, pendulous flowers are followed by woody, oblong, cream-colored seed capsules.</p>	N/A	N/A
Zauschneria californica	California Fuchsia		<p>It is a perennial plant, notable for the profusion of bright scarlet flowers in summer and autumn - it's usually the only native California plant in an area flowering at the height of summer. They tend to die back and go dormant in the winter. It does best and will flower most profusely in full sun.</p>	N/A	N/A

[1] Primary sources used:
<https://en.wikipedia.org/>
<https://www.richters.com/>
<https://strictlymedicalseeds.com/>
<https://pfaf.org/>
<https://www.herbsociety.org/>
<https://www.thespruce.com/>
<https://www.wildflower.org/plants/>
<https://www.growplants.org/>
<https://plants.ces.ncsu.edu/plants/>
<https://www.gardeningknowhow.com/>
<https://www.finegardening.com/>
<https://theherbalacademy.com/>

[2] may be *M. arvensis*