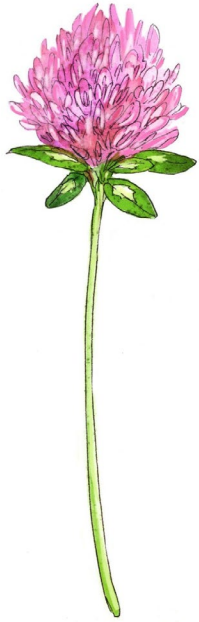


Medicinal Herb Gardening



Bio Bites May 2022
Carissa WillsDeMello of Town Farm Tonics



Why grow medicinal herbs?

- Medicinal use
- Culinary use
- Pollinator habitat
- Pest resistant (+ protective!)
- Climate resilient
- BEAUTY!
- Perennial / self seeding
- Cultivating the wild...



A framing thought...

“Wherever there is sickness, there is medicine. And the medicine needed for these times of crises will not take the form of a pill or some other invention of the human mind... the medicine to heal it can only come from something vastly more **intelligent** than isolated molecules produced in a laboratory. That something is medicinal plants, the **living**, healing intelligence of the Earth.”

~Sajah Popham, [Evolutionary Herbalism](#)





Chamomile

Chamomile (*matricaria recutita*)

Cultivation / Harvest

- Prolific self-sowing annual
Start seeds indoors or direct seed
Pick / rake off flowers

Benefits

GI Support
Calming nervine

Uses

Infusion
Glycerite





Yarrow

Yarrow (*achillea millefolium*)

Cultivation / Harvest

- Start seeds or transplant
- Resilient, low need plant
- Butterfly friendly

Benefits

Wound-healing (styptic, vulnerary, antimicrobial)
Healthy fever support (diaphoretic)

Uses

Oil / Salve
Wound wash





Mullein

Mullein (*verbascum thapsus*)

Cultivation / Harvest

- Biennial native weed
Cultivate the wild!
Transplant, save seed

Benefits

Respiratory tonic
Expectorant

Uses

Tea
Infused oil (topical)



Rosemary



Rosemary (*rosmarinus officinalis*)

Cultivation / Harvest

- Propagation quickest, or start seeds early
Harvest above woody stems

Benefits

Circulatory stimulant
Antispasmodic

Uses

Tea / infusion
Glycerite



Elder



Elder (sambucus canadensis / nigra)

Cultivation / Harvest

- S. Canadensis = native, hardy
Propagation + maintenance many methods!
Harvest flowers + berries

Benefits

Immune support
Diaphoretic

Uses

Syrup
Tea (berry decoction, flower infusion)



Drying



Processing



SO many more medicinals to explore...

Cultivated AND Wild... Beauty AND Medicine...
for Pollinators AND Humans!

- Calendula
- St. John's Wort
- Thyme
- Tulsi
- Garlic
- Mullein
- Catnip
- Mountain Mint
- Peppermint
- Hyssop
- Hops

- Lemon Balm
- Skullcap
- Oregano
- Marshmallow
- Lavender
- Bergamot / Bee Balm
- Spilanthes
- Echinacea
- Anise Hyssop



Start simply,
trade with friends!



THANK YOU!

Questions or comments to share?

DISCLAIMER

Any medical information contained herein is provided for informational purposes only; it is not advice, nor should it be treated as such. If you have any healthcare-related concerns, please call or see your physician or other qualified healthcare provider. Educational information provided by the Marion Institute, any employee of the Marion Institute, or its guest presenters is NOT intended as a substitute for a healthcare provider's consultation. If you have a health concern, please do not delay in seeking medical guidance from a health care professional. The Marion Institute, its employees, and its guest presenters make no representations, nor any warranties, nor assume any liability for the content herein; nor do we endorse any particular product, provider, or service.