CURATING A

Medicinal Herb Garden

The Crazy Lady Club June 2024

Created by Phebe
@pherbbb

Mint

- Perennial
- Needs its own pot due to rapid spreading- planted with other plants, it will dominate the pot and kill other plants- harvest frequently to contain growth
- Full sun-partial shade
- Nervine, digestive, antimicrobial, respiratory
- Chew on fresh leaves to relieve upper respiratory ailments (sinus congestion, cough, sore throat) & freshen breath
- Drink as a tea for upset stomach
- Mint oil can help skin conditions like rash, sunburn, bug bites, rubbed on muscles and joints for pain from arthritis/overexertion
    - Infuse a decent handful/bunch of mint in jojoba oil (muddle in jar before infusing) heat oil on stovetop to speed infusion, pour over muddled mint and let sit for at least 24 hours, strain with cheesecloth or sieve, use topically as needed

Lavender

- Best grown from established plant, can be hard to germinate
- Likes well drained soil, does well in terra cotta pots but any pot with good drainage will do
- Full sun
- Nervine, antimicrobial and antifungal
- As a gentile sedative, can be used in teas and tinctures to uplift mood, mix with lemon balm and lemon verbena to make a mood boosting tea

Lemon Balm

- Perennial
- Similar to mint, needs its own pot (in the same family as mint), harvest frequently
- Gentile nervine, digestive
- As a tea, can help lift mood and relieve stomach/digestive upset symptoms

Calendula

- Can be grown from direct sown seed or transplanted from start
- Annual, but can be perennial in zones 8-10
- Likes full sun in cooler zones, can be partial shade in warm climates
- Pick the flowers every 2-3 days, make sure to deadhead any seeding flowers to prevent the plant from going to seed and dying back until end of season
- Freeze the flowers in ice cubes for a treat in the summer with iced beverages
- Dry flowers (takes 7-10 days to be fully dried) to store for the winter
- Add to bone broth to add extra antioxidants and nutrients
- Antidepressant tea mixed with lemon balm and rose
- Infuse dried flowers into jojoba oil to make a topical oil (1 cup herb to 1 cup oil, muddled and warmed, infuse overnight and strain)
- 4oz oil to 1 oz beeswax + a few drops of desired essential oil to make a salve

Oregano

- Perennial, will die off in cold climates but return in spring
- Full sun-partial shade, does well in pots or in ground in well drained soil
- Make into an oil for topical application/added to steamer for chest congestion
- Apply to cuts and rashes to help heal and kill bacteria/microbes
- Add to water for gargling for bad breath/oral infections/sore throat

Chamomile

- Can be started indoors or direct sown in spring after last frost before hot weather
- Annual, but self seeds to come back next year
- Full sun-partial shade depending on zone, likes just moist soil in pots
- Harvest whole flowers in late summer in full bloom, let air dry for 7-10 days until fully dry before storing
- Use fresh or dried flowers in tea for stress, indigestion, gas
- Great for children, give sweetened infusion or tea for teething, fussiness, hyperactivity or irritability
- Apply a poultice topically for inflamation

Nettle

- Take care when growing nettle, wear gloves/long sleeves/long pants to prevent stings
- Full sun—partial shade
- Dedicate a specific area to nettle, as it will take over an entire bed and knock out any weeds (and desired plants)
- Harvest young tops of plants for cooking, harvest the whole visible plant for drying for teas/tinctures/infusions
- Raw leaves and stems have stingers, but drying or cooking/steaming them removes the sting
- Highly nutritious, great in tea for a nutrative drink full of vitamins and minerals, or as a veggie side dish, add to bone broth for extra oomph

REFERENCES/ FURTHER READING

- The Modern Herbal Dispensatory by Easley/Horne
- The Healing Garden by Juliet Blankenspoor
- Growing Medicinal Herbs from Seed
- Rosemary Gladstar's Medicinal Herbs— A Beginners Guide
- Herbs — Heirlooms Evermore Seed Co (Code MTNDOGFARM)