

**Rose**—I got these rose bushes from a friend who didn't want them. They are thriving nicely. At some point (maybe next year?) I want to plant a dozen or so *Rosa rugosa* (from Cass County Forestry) on the eastern border.

**Hanging plant stand**—Ross' uncle gave me this plant hanger—it has six arms, each take a hanging pot. I fill them with double petunias each summer.

**Iris**—They are here only for decorative purposes. Ross' uncle gave them to me many years ago.

**Peony**—Like the Irises, these are a gift from Ross' uncle.

**Tarragon**—These started out as two rather modest plants, now they are huge. A good culinary herb.

**Joe Pie Weed**—This has nice flowers, leaves and flowers have a slight apple scent. Native Indians burn the dried leaves to repel flies. Herbalists use it to relieve kidney and urinary problems and reduce fever

**Elecampane**—I started these from seeds this year (2012), planting just three small plants and by mid-August they are HUGE. Said to be good for coughs and bronchitis.

**Bunching Onions**—Eventually I will transplant these to my perennial vegetable garden. But I until I get that started, they're in my herb garden.

**Chicory**—Roasted chicory roots make a nice coffee-like drink. Studies show it is a good restorative for the liver, helping it to heal. Other studies indicate it is a good vermifuge (kills parasites.) Research shows it inhibits four kinds of cancer cells: skin, breast, liver and prostate.

**Lemon Verbena**—This makes my favorite tea. I add a few leaves of this to other teas that might not taste so good (like nettles or bergamot.) It's a tender perennial, so I have to dig it up in fall and bring it inside. That worked well for one winter, but the following winter I was negligent and it died.

**St. John's Wort**—I just started this in July 2012, so it's still pretty small. Known for it's effective treatment of depression.

**Feverfew**—This has self-seeded all over the yard. It has a very pretty small daisy-like flower that makes a good filler in flower arrangements. Good for migraines and is anti-inflammatory

**Skullcap**—Has self seeded and spread quite a bit. Herbalists use it for anxiety and insomnia and is said to be an anti-fungal and anti-viral.

**English Thyme**—Low-growing, covers the ground. Good for cooking.

**Meadowsweet**—High in salicylic acid, the main component in aspirin, native Indians used it for a pain killer. It has a very pretty, feathery-looking flower.

**Sage**—Best known for it's culinary uses, it is an essential component in poultry seasoning and makes your Thanksgiving stuffing taste wonderful. It has mildly astringent properties making it good for cosmetic uses.

**Rosemary**—Wonderful culinary herb. Not cold hardy, I have to either dig it up and bring it in each winter, or replant each spring.

**Bergamot**—This produces a pretty lavender flower, sort of looks like a pom pom. Colonial Americans used this as a replacement for English tea when they were boycotting English tea, some say that it's a good substitute for Earl Gray.

**Comfrey**—This is my second most favorite plant. It grows so generously, making pretty purple flowers. It has great medicinal properties. There have been many medical studies showing it is effecting in treating wounds, sprains, bruises. Studies show it helps broken bones heal faster. If that wasn't reason enough to grow it, it also makes a great fertilizer for your garden: cover cut leaves with water for 4-6 weeks, strain and use as a foliar food. (Warning: It stinks. BAD.) Put leaves in with your potato trenches when you plant potatoes for vigorous root growth. Cut up leaves and stems will also help “heat up” your compost, encouraging healthy decay. This is a STURDY plant. It takes off easily with even the smallest root cutting. So when you plant it, be sure this is where you want it, because if you try to dig it up, any part of

the root left behind will regrow. But that also makes it a plant that's easy to share with friends. *Warning: Pregnant women should not take comfrey internally.*

**Pleurisy Root**—Also called Butterfly Weed, the flower is a brilliant orange. Besides attracting butterflies, the root is traditionally used for bronchitis, coughs and asthma (thus its name.)

**Chamomile**—This is my first favorite herb. It makes a tasty tea and is well-known to help those who have trouble sleeping. It is also an anti-inflammatory and anti-septic, which makes it good for your skin—in salves, lotions, toners, cleansers. It also helps settle an upset stomach. It self-seeds quite easily, so plant it once and watch it find its way into every corner of the garden.

**Yarrow**—This plant is aromatic, it has pretty flowers that make a good filler for flower arrangements. It spreads and self-seeds easily, so plan to give plants away or dig up some each year and put them in the compost. Herbalists say it is an anti-septic, astringent and stimulant. They use it to help with colds, fevers, helps stop mild bleeding, cramps,

**Tansy**—This was never on my “List of Herbs I'd Like to Grow” but someone gave me some from her garden and so I thought I'd try it. Its growth, leaves and aroma are similar to yarrow. So far all I can tell you about it it's also known as the Mosquito Plant. Supposedly you can use it to repel mosquitos, but I haven't found any formulas or how-to for that yet, mainly because it's not on my “List of Things I Need to Do Right Now.”

**Angelica**—Angelica has lots of uses: culinary (stems can be chopped and used like celery or candied, lessens the need for sweeteners), cosmetic (an infusion can be used to wash the face to help prevent acne) and medicinal (it said to have anti-bacterial properties, you can make a gargle for sore throat, is a good tonic for women and children.) All parts—root, stem, leaves and seeds—are usable. It is a biennial that reseeds quite freely.

**Chives**—Another gift from Ross' uncle, it's one of the first herbs in the spring to produce. I dice it before drying it.

**Arnica**—Another July 2012 addition, I'm really excited to have this. It is actually only hardy to Zone 5, so I hope I can protect it enough that it survives our winter. Arnica has been used for centuries to heal bruising and muscle aches. It is made into a liniment. Do NOT take internally!

**Peppermint**—This makes a good tasting tea. Famous for settling upset stomachs. Like all members of the mint family, it tends to be invasive—one you plant it, it can take over the neighborhood. You can curb its spreading by cutting out the bottom of an ice cream bucket, bury the bucket so that the rim is just barely above ground. Then plant the mint inside the bucket. It will keep the roots tamed and under control.

**Lemon Balm**—Unlike Lemon Verbena, this lemon tasting herb is cold hardy. But the lemon flavor isn't quite as bright and crisp as Lemon Verbena. And like its mint cousins it can be invasive, so plant it inside an ice cream bucket (as described for Peppermint.) Medicinally, it is said to be a calming plant: calming stomach upset, colic, headache, nervousness. Some studies show it might be an effective anti-viral.

**Lemon Thyme**—The perfect herb for chicken or fish, giving it an herby-lemony flavor. Like its English Thyme cousin, it is low-growing and but doesn't spread quite as quickly.

**Anise Hyssop**—This delightful, licorice smelling herb has medicinal and cosmetic uses, besides making a great tea. Make Anise-flavored honey, add leaves to sugar cookies, steep it in milk for a flavored milk. It is said to help with coughs. The flowers are nice in pot porri.

**Soapwort**—Can be harmful if taken internally, so should only be used by a trained herbalist. Steep the leaves and stems for a liquid soap that makes a very nice bath and a good soap for delicate fabrics.

**Oris**—an iris plant, the dried root can be used as a fixative in pot porris.

Other plants around the yard:

**Nettle**—Said to be a good tonic, studies show it can lower blood pressure. The young leaves in spring are delicious when steamed and seasoned with lemon, salt and butter.

**Burdock**—Also known as cocklebur. The roots of first year plants are used around the world as a food. You can find many recipes for burdock dishes online. The root is said to be similar to dandelion, being a good liver tonic. Also, said to help heal excema.

**Red Raspberry**—Often called “The Woman's Herb”, it helps with all sorts of women's complaints: painful menstruation, symptoms of menopause and morning sickness. I used it for morning sickness and it was amazingly effective, when no other prescription drug was. It is also mildly astringent, so it makes a good toner for aging skin.

**Dandelion**—The root is said to be a good spring restorative tonic. Tender spring leaves are good in salads and steamed like spinach.

**Chickweed**—A nutritious plant also used topically in salves or poultices to soothe and heal rashes, burns, excema, etc.

**Lavender**—Known for it's lovely aroma, it is said to help give sound sleep. Put a few sprigs in a sachet bag and slip inside your pillow case.

**Calendula**—Also called Pot Marigold, this pretty yellow flower is a nice addition to any garden. But this is a doubly nice flower because it reseeds easily and is known to help the skin heal. Calendula Cream is popular in health food stores, used to heal minor cuts and burns and soothe rashes. I like to make a salve with calendula-infused oil.

**Rue**—a poultice of Rue will help with sciatica, dried leaves can be used as a flea repellent. It is toxic in large doses and should never be used by pregnant women.

NOTE: Just because they are “natural” doesn't mean herbs are harmless. Herbs can have strong chemical properties, many of which may counteract or interfere with prescription medicines. Do not use any herbs for medicinal purposes unless you know what you are doing. Consult with trained professionals and become educated before using them.

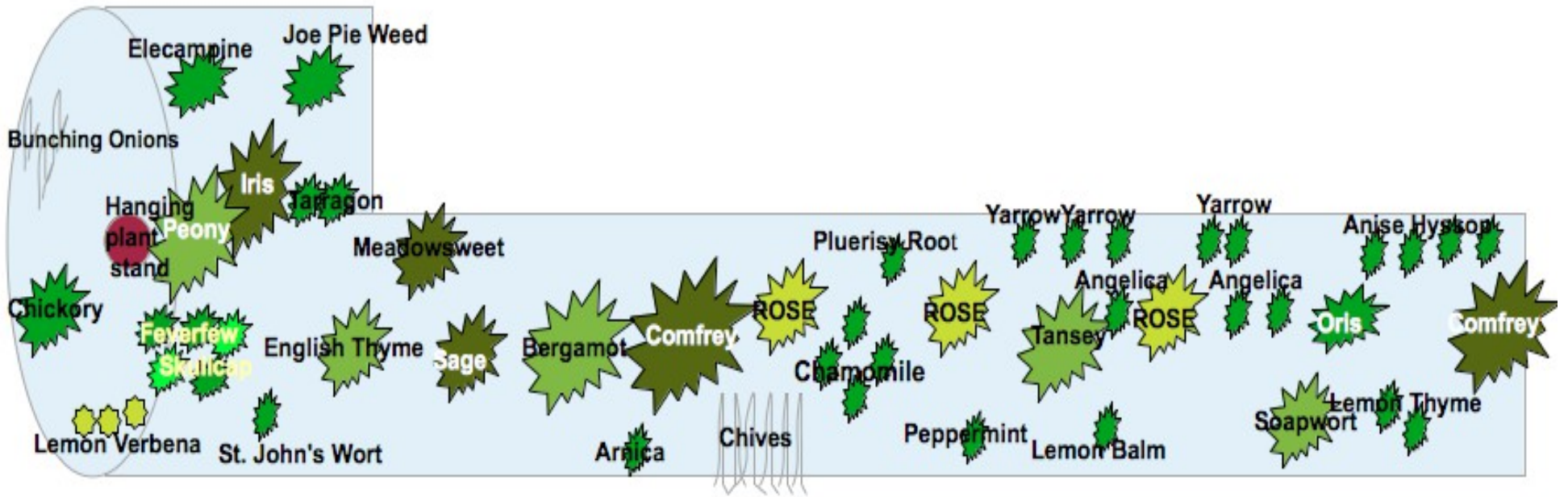
There are several online sources of information, each with varying degrees of reliability. Check with two or three different sources to ensure that the information is reliable and useful. Some of the sources that I like are:

<http://www.anniesremedy.com/>

<http://botanical.com/>

<http://www.altnature.com/>

<http://www.livestrong.com/> Information on herbs here is somewhat limited, but what they do have is always backed by the latest scientific research.



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