

Annuals

California Poppy (*Eschscholzia californica*)

- Soothes insomnia and anxiety

Dandelion (*Taraxacum*)

- Fights inflammation, controls blood sugar levels, reduces cholesterol, lowers blood pressure, boosts immune system

Ginger (*Zingiber officinale*)

- Motion sickness, menstrual pain, chronic indigestion, lowers cholesterol, fights infections

Golden root (*Rhodiola rosea*)

- Aids mental or physical illness, lowers anxiety and depression

Greenthread (*Thelesperma*)

- Relieves stomach ache and fever, improves circulation

Lady Fern (*Athyrium filix-femina*)

- Benefits bones and teeth when eaten, good for eyesight, relieves constipation and body aches

Licorice (*Glycyrrhiza glabra*)

- Soothes stomach issues and acid reflux

Spilanthes (*Acmella oleracea*)

- Saliva promoter, numbs toothaches

European waterclover (*Marsilea quadrifolia*)

- Aids with insomnia, lowers cholesterol levels

Herbs

Basil (*Ocimum basilicum*)

- Anti-inflammatory, antibacterial, soothes stomach issues

Chamomile (*Matricaria chamomilla*)

- Anti-inflammatory, aids with allergies, difficult periods, and arthritis

Calendula (*Calendula officinalis*)

- Relieves diaper rash, aids healing of wounds, rashes, burns, digestive issues

Catnip (*Nepeta cataria*)

- Treats dandruff, relieves cramps

Holy Basil (*Ocimum tenuiflorum*)

- Makes a medicinal tea for colds, coughs, asthma, bronchitis, sinusitis, headaches, arthritis, diabetes, stress, and anxiety

Lavender (*Lavandula*)

- Relieves insomnia, anxiety, stress, headaches, restlessness

Lemon Balm (*Melissa officinalis*)

- Relaxes and relieves stomach issues

Mint (*Mentha*)

- Relieves IBS, allergies, muscle pain, and indigestion

Rosemary (*Rosmarinus officinalis*)

- Anti-inflammatory, antibacterial, memory booster

Sage (*Salvia officinalis*)

- Stimulates digestive system when used in teas

Thyme (*Thymus vulgaris*)

- The flowers and leaves help with stomach issues, the oil relieves arthritis



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Medicinal Plants

Medicinal plants can be a wonderful addition to any garden, both visually and practically. They can also bring a great sense of accomplishment when you need to look no further than your backyard for pain relief or components of your own tea. However, medicinal plants should always be used with caution and are not a substitute for professional medical attention. Be mindful of your own reactions to these plants, as the effects may differ from person to person.

Perennials

Aconite (*Aconitum*)

- Sedative, treats headaches. Only to be used with physician supervision

Allheal (*Prunella*)

- Cure-all, anti-inflammatory, anti-microbial

Beth root (*Trillium erectum*)

- Relieves menstrual cramps, indigestion, breathing troubles

Blackberries (*Rubus*)

- Leaves can relieve digestive issues

Comfrey (*Symphytum*)

- Helps to heal ruptured tissue and broken bones. Should be taken with caution

Elecampane (*Inula helenium*)

- Cough suppressant, relieves indigestion

Elderberries (*Sambucus*)

- High in antioxidants, cold and flu remedy

Ginkgo (*Ginkgo biloba*)

- Brain boosting, improves memory and mental function

Goji berry (*Lycium barbarum*)

- High in antioxidants, aids with high cholesterol and diabetes

Horehound (*Marrubium vulgare*)

- Treats coughs, sore throats, bronchitis, asthma, and digestion problems

Meadowsweet (*Filipendula ulmaria*)

- Relieves inflammation, fevers, heartburn, peptic ulcers

Mullein (*Verbascum*)

- Treats respiratory ailments, leaves can be used to treat skin abrasions

Passionflower (*Passiflora incarnata*)

- Promotes sleep, alleviates headaches and cramps

Purple Coneflower (*Echinacea purpurea*)

- Stimulates immune system when used in teas

Raspberries (*Rubus idaeus*)

- Leaves relieve menstrual cramps and heavy or irregular bleeding

Rose hips (*Rosa canina*)

- Diuretic, cleanses kidneys

Roseroot (*Rhodolia rosea*)

- Restorative, improves mental function, treats burns and indigestion relief

Rue (*Ruta graveolens*)

- Headache relief

Solomon's seal (*Polygonatum*)

- Heals skin abrasions, relieves pain

Southern Ginseng (*Gynostemma pentaphyllum*)

- Relieves anxiety, stress, depression, high blood pressure, and high cholesterol

St. John's Wort (*Hypericum perforatum*)

- Helps anxiety and depression, anti-bacterial, soothes topical wounds

Stinging nettle (*Urtica dioica*)

- Relieves PMS, stomach issues, birthing pains, relieves eczema and burns when applied topically

Valerian (*Valeriana officinalis*)

- Sleep aid, relaxant, relieves indigestion

Wild Bergamot (*Monarda fistulosa*)

- Relieves infections, digestive issues, breaks fevers, and is anti-microbial and anti-inflammatory

Witch Hazel (*Hamamelis*)

- Apply on cuts, bruises, and other skin issues

Woolly lamb's ear (*Stachys byzantina*)

- Leaves can be used to bandage cuts and scrapes

Wormwood (*Artemisia absinthium*)

- Regulates digestion, cures intestinal worms

Yarrow (*Achillea millefolium*)

- Relieves digestive issues