



**Black Elderberry** varieties are packed with antioxidants & vitamins that could boost your immune system and may help tame inflammation. The small white flowers on the plant which comes before the berries, can be used to make wine, cordials, and syrups as well. Expect fruit your second or third year.

**Broad Leaf Plantain** Broadleaf plantain is edible for both animals and people and has a wide range of medicinal uses. Broadleaf plantain is nothing short of AMAZING for bug bites, stings and other skin irritations. It might look like a weed in your garden, but it is a great plant to even add to salads!

**Culinary Mint** should be kept in pots because it can take over your lawn! These tiny leaves are packed with flavors to help you jazz up your next cup of tea. You can also toss it in a salad, give salsa and chutney a flavor boost or even glaze a ham! You can dry the leaves and use them for months!

**Curry Leaf *Helichrysum Italicum*** is very fragrant, best when used to infuse oils for cooking. Also may help promote healing, fight infection, and reduce inflammation. Some have reportedly used it to treat hemorrhoids. It is a diuretic and it is responsible for cleansing the urinary tracts. It is a shrub that can grow up to 2 feet tall and 3 feet wide.

**Ginkgo Biloba Tree** is touted for fighting inflammation, improve circulation, reduces symptoms dementia, treats depression and anxiety. Can exceed 25'-50' in height and spread 25'-50'+ at maturity. You can use 2 gallon pots to start with increasing in size over 3 or 4 years to eventually to a 5 gallon pot.

**Green Tea** To get the most flavorful teas, your tea plants should be kept at 4 to 6 feet in height. Keeping them from overgrowing is easy and can be accomplished by regular pruning. The tea plant is drought resistant and does well in warmer climates. May improve brain function, increase fat burning, protect the brain from aging and much more.

**Hibiscus (Roselle)** used as an antioxidant that helps high blood pressure, relieves cramps, aids in weight loss, helps with respiratory issues. Plants begin to bloom as the days shorten (in 4-5 months) and the calyces are ready for harvest in October or November. Harvesting encourages more flower buds to develop.

**Little Duke Jasmine** With a rich, heavenly fragrance, the thick 1" fully double white blooms emerge on the tips of its upright stems. The carnation-like blooms are much revered throughout Asia where a perfumed drink is made by soaking the flower overnight in water. A slow-growing cultivar that loves a warm, sunny location.

**Marshmallow** All parts of the marshmallow plant are edible, including the marshmallow root and flowers. The ancient Egyptians utilized every part of the plant, which grows wild in North Africa, for medicinal uses. They used the sap to treat sore throats, coughs, and colds.

**Moringa** is high in antioxidants, may lower blood pressure, cholesterol and blood sugar levels as well as reduce inflammation. Partial sun is fine, but this will grow best in full sun.

**Motherwort** has anti-inflammatory and antioxidant effects. It might also help fight bacteria and stimulate the uterus. It might also help fight bacteria and stimulate the uterus. People use motherwort to prevent or stop bleeding. It is also used for heart failure, symptoms of menopause, high blood pressure, wound healing, and many other conditions.

**Skullcap** Anti-inflammatory agent: Skullcap tincture is highly effective against diseases like inflammatory bowel syndrome, rheumatoid arthritis, ulcers and more. Prevention of cardiac diseases: Major cardiac diseases like myocardial infarction can be prevented with skullcap tinctures. May boost mood, help with sleep and reduce anxiety.

**Sinicuichi** perennial used for shamanic purposes, deepens consciousness, improves memory function and known for yellowing of the vision. Can be made into a salve to help with wound healing or steeped as a tea. Can grow 6-10' tall.

**St. Johns Wart** Historically, it was utilized to aid wound healing and alleviate insomnia, depression, and various kidney and lung diseases. Today, it's largely prescribed to treat mild to moderate depression.

**Tea Tree** Tea tree oil can be a powerful weapon against acne, improves dry scalp, soothes skin irritations, fights viral infections as well as soothes psoriasis and eczema. Tea tree oil has antibacterial properties, so it works great as a natural laundry freshener, especially when your laundry is musty or even moldy. Use a carrier oil if applying topically.

**Valerian** great as a sleep aid but also helps with sleep, anxiety, hot flashes, headaches, nervousness and trembling. Some sources have cited this plant helping with epileptic seizures, GI discomfort, dizziness and even ADHD. Partial sun might be best although it will cope in full sun.

**White Horehound** contains vitamins and minerals such as vitamin C, vitamin E, vitamin B complex, iron, and potassium. The tea has a bitter taste with minty undertones. Used in ancient times to help with respiratory issues. Fragrant and grows up to 3' tall.

**All of our plants were raised with love and no chemical pesticides or fertilizer.**

**All edible plants producing culinary herbs and/or fruit are EBT eligible. We proudly accept EBT.**

*\* FDA Disclaimer: Always seek the advice and permission of a medical expert when undergoing a new health routine and/or combining tea with different medications. None of Queen City Tea Shop's products have been evaluated by any authority. Our products are not intended to treat, diagnose, cure or prevent any disease. Never disregard the advice of a medical expert because of anything you have read on this label or our web site. Results may vary.*

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