

Medicinal herbs in the Garden

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Elder	Flowers used fresh or dried, and berries. Combine dried flowers with mint and yarrow for feverish colds. Reduces catarrh, mild laxative. Berries anti-infective and good for colds.
Nettle	Pick in spring (with gloves) and use fresh in soups, or dry for use as tea. Tonic for weakness and debility, convalescence and anaemia. Diuretic, relieves fluid retention, cystitis and urethritis. Softens kidney stones and gravel. Good for gout and all arthritic conditions. Helps reduce blood sugar. Contains histamine, serotonin, calcium, potassium.
Dandelion	Root and leaves used, dried or fresh, and are diuretic, tonic, nutritious. Root is laxative and stimulates the liver. Blanch the leaves to eat in salad.
Lemon balm	Leaves used, fresh or dried. Antiviral, decongestant, relaxant, antihistamine. Good for stress-related digestive problems, allergies, bronchitis and coughs, and the juice for cold sores.
Lime flower	Harvest open flowers and bracts in June. Dry for use as tea: good for the nerves, relaxes muscles, relieves tension and anxiety, colic and cramp. Relieves water retention, helps with rheumatism and gout and high blood pressure.
Mint	Leaves used, dried or fresh. Good for indigestion, colic and flatulence. Also has anti-inflammatory action and helps prevent and heal gastric and duodenal ulcers.
Fennel	Seeds used. Collect when fresh or dried, and use fresh or dried, as tea. Good for indigestion and colic and heartburn.
Lavender	Flowers used. Fresh or dried. Antiseptic, antibacterial. Good for burns, stings, headaches, coughs and colds.
Sage	Leaves used, fresh or dried. Gargle for sore throat, also for colds and indigestion. Mildly oestrogenic so good for menopausal hot flushes. Use sparingly.
Thyme	Use fresh or dried in cooking and as tea. Strong antiseptic. Gargle for sore throat and infected gums. Expectorant. Use sparingly.
Rosemary	Grow sheltered from wind. Useful for headaches, poor circulation and digestion. Oil is antibacterial and antifungal.
Marigold (<i>Calendula officinalis</i>)	Petals or whole flower head. Stimulates immune system, active against flu and herpes viruses. Good for thrush, and mildly oestrogenic. Wonderful skin herb, for dry inflamed and itchy skin conditions.