



Top 15 Summer Medicinal Plants

1. **Holy Basil- Reduces stress, immune support, blood sugar control**
2. **Amaranth - Rich in nutrients, digestive health, hair and skin care**
3. **Mexican Oregano - Soothes respiratory ailments, relieves digestive discomfort & reduces inflammation**
4. **Rosemary- Enhances memory, focus, and reduces stress**
5. Red Malabar Spinach - Wound healing, anti-inflammatory, antioxidant, digestive health, high vitamin content
6. Cosmos Sulphureus- Detox and digestive support, anti-diabetic, antioxidant
7. Aloe Vera- soothes skin irritations and minor burns
8. Passion Flower- Anxiety and sleep issues, pain relief and heart problems
9. Lemongrass- Repels bugs, promotes skin health, lowers cholesterol, reduces fevers, headaches, and risk of cancer
10. Vitex Chaste - Helps with premenstrual syndrome, menstrual cycle irregularities and menopausal symptoms
11. Peppermint- Memory, relieves upset tummy, aids digestion, and osteoarthritis
12. Roselle Hibiscus- Lowers blood pressure, vitamin c, immunity support
13. Milkweed pleurisy root- digestion, cramps, respiratory, immunity
14. Verbena - inflammation, cramps, mild depression
15. Moringa- Antioxidant, lowers blood pressure, improves digestion

Red Malabar Spinach (*Basella alba*)

Origin: Tropical regions in Asia

Medicinal properties:

- Wound healing: The leaves can be applied topically as a paste to wounds, skin irritations, and sores to soothe and promote healing
- Anti-inflammatory: The leaves and stems contain mucilage and antioxidants that may reduce inflammation and pain
- Antioxidant: The red pigment in the plant (anthocyanin) and its high vitamin c can potentially protect cells from damage
- Digestion: Leaves can be consumed and used as a laxative and aid digestion
- Eye infections: The red fruit juice can be used as eye drops to treat conjunctivitis
- Rich in nutrients: High in vitamins A, C, iron, calcium, and antioxidants like beta-carotene and lutein

How to use:

- Leaves can be eaten raw or lightly cooked in soups and stir-fries
- Boiled and drank as a cooling tonic
- Crushed leaves can be applied to minor burns and skin irritations

How to grow:

- Heat and drought tolerant and can thrive in full sun once established
- Space 12 -18 “ apart and provide room for it climb
- Amend soil with compost and castings for best results
- Water daily



Red Amaranth (*Amaranthus cruentus*)

Origin: Native to Mexico and Central America

Medicinal properties:

- Wound healing: The leaves can be applied topically as a paste to wounds, skin irritations, and sores to soothe and promote healing
- Anti-inflammatory: The leaves and stems contain mucilage and antioxidants that may reduce inflammation and pain
- Antioxidant: Can help protect against several conditions including- heart disease, cancer, arthritis, emphysema, cataracts, and blocked arteries
- Digestion: Leaves can be consumed and used as a laxative and aid digestion
- Rich in nutrients: High in protein, amino acids and vitamins A, C, K, iron, calcium, magnesium, and folate
- High in fiber: Fights constipation, lowers cholesterol, helps control blood sugar, helps maintain a healthy weight
- Skin & hair care- Contains several substances that soothe and moisturize skin and hair including- Squalene, phytoosterols, tocopherols, oleic acid, linoleic acid

How to use:

- Leaves and seeds can be eaten raw or cooked
- Applied to skin and hair by processing the seeds into an oil
- Juiced or blended into a smoothie

How to grow:

- Heat and drought tolerant and can thrive in the full sun
- Space 12 -18" apart when planting, will grow up to 4' tall

- Amend soil with compost and castings for best results
- Water daily



Amethyst Basil (*Ocimum basilicum*)

Origin: India and Southeast Asia

Medicinal properties:

- Anti-inflammatory: The leaves and stems contain mucilage and antioxidants that may reduce inflammation and pain
- Antioxidant: The purple color comes from anthocyanins that help protect cells from oxidative stress, inflammation and aging
- Immunity support- boosts immune system & protects against bacterial and viral infections
- Cancer prevention- may protect against certain types of cancer
- Wound healing- helps protect against skin infections
- Reduces stress and anxiety- helps the body cope with stress and anxiety through its adaptogenic properties
- Antidiabetic- may help lower blood sugar levels
- Cholesterol management- may contribute to lower cholesterol levels including LDL

How to use:

- Making tea - Steep 1-2 teaspoons of dried or 2-3 teaspoons of fresh leaves into one cup of hot water for 5- 10 mins. Drain leaves & enjoy
- Consuming the raw leaves or seeds
- Using oil from the seeds
- Topical applications like essential oil
- Taking supplements in the form of capsules or pills

How to grow:

- Heat and drought tolerant, can thrive in the full sun, and attracts pollinators
- Space at least 12" apart when planting
- Amend soil with compost and castings for best results
- Water daily



Cosmos 'Bright Lights' (Cosmos sulphurus)

Origin: Native to Mexico and Central America

Medicinal properties:

- Anti-inflammatory: The leaves and stems contain mucilage and antioxidants that may reduce inflammation and pain
- Antioxidant- Bright orange petals are rich in carotenoids and flavonoids
- Antimalarial - In some regions like Brazil it is used to treat malaria
- Detox and digestive support: can help cleanse the body
- Anti-microbial activity against bacteria, fungi, and viruses
- Anti-diabetic: inhibits enzymes involved in carbohydrate digestion
- Muscle aches

How to use:

- Making tea - Steep 1-2 teaspoons of dried or 2-3 teaspoons of fresh petals and leaves into one cup of hot water for 5- 10 mins. Drain leaves & enjoy
- Consuming the raw leaves or seeds
- Topical applications like essential oil

How to grow:

- Heat and drought tolerant, can thrive in the full sun, and attracts pollinators
- Space at least 18" apart when planting, will grow up to 24" tall
- Amend soil with compost and castings for best results
- Water daily



Lemongrass Lavender and Amaranth Salve

Moisturizes dry skin, repels bugs, soothes muscle pain, skin irritations, and inflammation. The aromatic scent will help reduce, stress and anxiety, promoting calmness and well being.

Ingredients:

2 cups Organic coconut oil

¾ cup Organic beeswax pellet

2 cups Fresh lemongrass

½ cup Dried lavender

2 tbsp Amaranth seeds

Instructions:

1. Melt 2 cups of coconut oil over medium heat, then stir in freshly cut lemon grass stalks, dried lavender flowers, and amaranth seeds. Allow to simmer for about 15 mins on low heat, stirring occasionally.
2. Let sit for at least 2 hours to infuse the essential oils, then add the beeswax pellets and warm over medium heat. Stir until melted.
3. Strain fresh herbs from the salve base using a fine mesh strainer.
4. Carefully pour the liquid salve into tins or jars for storage.
5. Allow the salve to cool completely before using.

Mexican Oregano (Lippia graveolens) is a hardy, aromatic, that is known for its strong, pungent leaves and produces small whitish purple flowers, belongs to the Verbenaceae (verbena family), not the same family as Mediterranean oregano.

Origin: Mexico, Texas, Central America, Southwestern US

Medicinal properties/Herbal Actions: Thymol, Carvacol, Flavonoids, Antioxidants

- **Antiseptic:** carvacrol and thymol, which damage the cell membranes of bacteria, fungi, and viruses, present in Oregano
- **Diaphoretic:** Induces sweating to break fevers
- **Expectorant:** Helps body loosen and expel mucus and phlegm from respiratory tract
- **Rubefacient:** traditional remedy for relieving muscle and joint pain, rheumatism, and strains by drawing blood to the surface and away from the deeper, inflamed area
- **Bitter:** stimulate appetite and aid digestion, with the bitterness thought to encourage digestive secretions
- **Carminative:** soothe and relax the intestinal muscles, which can relieve spasms and cramps caused by gas
- **Diuretic:** enhances the body's natural process of urinating
- **Antispasmodic:** Relax the smooth muscles in the body, particularly those in the digestive and respiratory

When to use Oregano/Indications?: For use in colds, flus, bronchitis and asthma both topically and internally. Can be rubbed into the temples for tension headaches and used topically for infected cuts and wounds. Will stimulate bile flow and aid digestion

How to use:

- Tincture: (1:4, 40%), 2-4ml TID
- Dried leaf Infusion: 2 tsp/cup, infuse 15 min, TID.
- Massage oil, gargle & mouthwash

How to grow:

- USDA Hardy zone 4-10, cold hardy perennials that survive the winter. Tolerates heat well but not high humidity.
- Space 12-18 inches apart to allow airflow
- Prefers sandy rocky soil, amend soil with worm castings for best results

- Water regularly until well established, then reduce frequency, allowing plants to dry out in between waterings.