



Top 20 Medicinal Herbs & Flowers

1. Holy Basil- Reduces stress, immunity support, blood sugar control
2. Thyme- Antimicrobial, fights infections & soothes sore throats
3. Rosemary- Enhances memory, focus, and reduces stress
4. Lavender- Calming, stress relief and sleep aid
5. Aloe Vera- Soothes burns, minor scrapes and skin repair
6. Chamomile - Reduces anxiety, inflammation
7. Peppermint- Eases digestion and headaches
8. Lemongrass- Reduces fevers, headaches, and risk of cancer & heart disease
9. Ginger- Relieves nausea, anti-inflammatory
10. Turmeric- Antioxidant, anti-inflammatory
11. Borage- Respiratory and cough relief, skin healing
12. Clary Sage- Eases menstrual cramping
13. Yarrow- Stops bleeding, promotes healing
14. Lemon Balm- Calms anxiety, supports sleep
15. Elderberry- Boosts immunity, fights cold
16. Rue- Relieves headaches, earaches & hypertension
17. Globe Mallow- Soothes & reduces inflammation in skin and gut
18. Moringa- Antioxidant, lowers blood pressure, improves digestion
19. Eucalyptus- Supports cough and congestion
20. Garlic- Antibacterial, supports heart health





Holy Basil, aka Tulsi (*Ocimum tenuiflorum*)

Origin: It is believed to have originated in India and other tropical regions stretching from Africa to Southeast Asia. Holy basil is considered a sacred perennial herb known for its spiritual significance and aromatic qualities.

Medicinal properties:

- Anti-inflammatory- reduces inflammation in the body
- 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:

- Direct sow by seed after soil temp is 65 or higher or by transplant, prefers warm temperatures
- Choose a sunny location
- Space 12-18" apart
- Keep soil evenly moist and amend with compost and worm castings.
- Pinch flowers as needed to keep the plant actively producing
- Attracts pollinators and deters harmful insect



Summer Thyme (*Thymus vulgaris*)

Origin: Thyme is a perennial herb in the *Lamiaceae* family and native to the Mediterranean region. It is considered an important wild edible plant studied for centuries for its unique importance in food and medicine.

Medicinal properties:

- Sore throat & cough relief
- Digestive aid - helps with digestion and alleviates indigestion & gas
- Blood purifying
- Immunity support- known to help flu-like symptoms
- Improves mood
- Antibacterial and antifungal and can help improve skin conditions like acne

How to use:

- As a tea: Steep 1 teaspoon of dried or 2 tsp of fresh thyme in 1 cup of boiling water for 5-10 minutes.
- As a spice: Add thyme to soups, stuffing, meats, veggies and sauces
- As an essential oil: Apply diluted thyme oil topically to skin for skin conditions or inhale it for respiratory benefits

How to grow:

- Thyme can be directly sowed by seed or started seeds indoors after the last frost date.
- Prefers temperatures between 65-85 degrees
- Morning sun and afternoon shade is ideal
- Space 12" apart, it will spread and can be considered a ground cover
- Keep soil evenly moist and amend with compost and worm castings



English Lavender (*Lavandula angustifolia*)

Origin: Native to warm climates of the northwestern Mediterranean region, including Iberia, Sicily, and the Canary Islands.

Medicinal properties:

- Stress relief- it's calming aroma can be used to help alleviate stress & anxiety and often used as aromatherapy to aid in sleep
- Antibacterial and antifungal - can help treat skin ailments like eczema, acne, and fungal infections
- Wound care- essential oil can be used to promote healing on minor wounds, burns & bug bites
- Alleviates headaches- rub essential oil on temples
- Decongestive and antiviral- inhalation can help with cold symptoms

How to use:

- As a tea: Steep 1 teaspoon of dried flowers and ferns or 2 tsp of fresh flowers & ferns in 1 cup boiling water for 5-10 minutes.
- As a spice for meats, fish and baked goods
- Topical application: Apply lavender essential oil salve to skin or inhale it for respiratory benefits
- To create lavender oil: Steep dried lavender flower and leaves in a carrier oil (almond oil or jojoba oil for example) for a minimum of a week, up to several weeks

How to grow:

- Fernleaf Lavender is a perennial shrub-like herb and is best planted by transplant
- Heat and drought tolerant and can thrive in full sun once established
- Water deeply and infrequently
- Does require a cut-back at least once a year after all flowers have dried up to promote new growth
- Amend soil with compost and castings for best results
- Attracts beneficial insects and pollinators



Rosemary (*Salvia rosmarinus*)

Origin: Native to the Mediterranean region, including Spain, France, Greece and Turkey

Medicinal properties:

- Enhances cognitive function, including memory, improves mood, concentration and mental focus
- Reduces stress and anxiety when inhaled through aromatherapy
- Anti-inflammatory and antioxidant, may help alleviate symptoms of conditions like arthritis, eczema, and can be used for chronic pain treatment
- Anti-cancer effects- Carnosol and carnosic acid found in rosemary may reduce the development of tumor cells
- Improves blood circulation- can prevent clot formation
- Antimicrobial properties - beneficial for respiratory health and relieves congestion

How to use:

- As a tea: Steep 1 teaspoon of rosemary leaves or 2 tsp of fresh leaves in 1 cup boiling water for 5-10 minutes.
- As a spice for meats, stews, stuffing, and soups
- Inhalation and aromatherapy
- Topical application: Apply rosemary essential oil or salve to skin

How to grow:

- Rosemary is a perennial shrub-like herb and is best planted by transplant
- Heat and drought tolerant and can thrive in full sun once established
- Water deeply and infrequently
- Amend soil with compost and castings for best results



Alyssum (*Lobularia maritima*)

Origin: Native to the Mediterranean region

Medicinal properties:

- Supports immunity and protects against oxidative stress
- Rich in vitamins A, C, and antioxidants
- Promotes relaxation and relieves stress
- Respiratory support, provides relief for colds and congestion
- Mild anti-inflammatory properties, soothes irritated skin and internal inflammation
- Believed to bring luck, happiness, and ward off negative energy

How to use:

- As a tea: Steep 1 tablespoon of fresh alyssum flowers and leaves or 2 tbsp of dried leaves in 1 cup boiling water for 5-10 minutes.
- As a garnish: Sprinkle the small flowers over desserts, appetizers or cocktails
- Inhalation and aromatherapy
- Topical application: Apply alyssum infused oil or salve to skin

How to grow:

- Alyssum is a low growing perennial flower that attracts beneficial insects to the garden.
- Prefers cooler weather, so best planted in the fall.
- Can tolerate partial shade, but needs at least 6 hours of sun.
- Can be grown in containers or a raised bed with AZWF raised bed mix.
- If growing in the ground always amend soil with compost, worm castings and mulch for best results.



Borage (*Borago officinalis*)

Origin: Native to the Mediterranean region

Medicinal properties:

- Anti-inflammatory and skin health - leaves and seeds are rich in gamma-linolenic acid (GLA), an omega-6 fatty acid
- Promotes relaxation and relieves stress
- Respiratory support, used to relieve coughs, sore throat and bronchitis
- Calms nerves, lifts spirits, and can ease mild depression and fatigue
- Cardiovascular & hormonal health, blood pressure support, balancing hormones, and reducing menopausal symptoms
- Borage seed oil is often used for eczema, dermatitis, arthritis and PMS symptoms

How to use:

- As a tea: Steep 1 teaspoon of fresh flowers and leaves or 2 tbsp of dried leaves in 1 cup boiling water for 5-10 minutes. (Borage is recommended to use occasionally, don't overdo it)
- Young leaves have a cucumber like taste and can be added sparingly to salads, cold soups, or drinks
- Topical application: Apply borage infused essential oil or salve to skin

How to grow:

- Borage is an annual herb but reseeds easily acting like a perennial, that also attracts beneficial insects.
- Prefers cooler weather, so best planted in the fall.
- Space 12-18" apart, will grow tall & bushy (2-3' tall)
- Can tolerate partial shade, but needs at least 6 hours of sun.
- Can be grown in containers or a raised bed with AZWF raised bed mix.
- If growing in the ground always amend soil with compost, worm castings and mulch for best results.



Showy Evening Primrose (*Oenothera speciosa*)

Origin: South central U.S. and Northern Mexico

Medicinal properties:

- Women's health and hormones - rich in GLA omega-6 fatty acid, used for PMS, menopause symptoms, and breast pain
- Respiratory support, used to relieve coughs, asthma, and colds
- Circulatory and joint support, improves blood flow and reduces high blood pressure
- Skin and inflammation

How to use:

- Flowers occasionally used in calming teas
- Seed oil (most common and effective)- extracted from the seeds available in capsules or liquid
- Topical application: Apply primrose infused oil or salve to skin

How to grow:

- Primrose is a perennial herb wildflower that attracts pollinators
- Prefers cooler weather, so best planted in the fall.
- Best used as a ground cover or cover crop- always amend soil with compost, worm castings and mulch for best results.



Thai Basil, aka Tulsi (*Ocimum basilicum*)

Origin: It is believed to have originated in India and Southeast Asia

Medicinal properties:

- Anti-inflammatory- reduces inflammation in the body
- 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:

- Direct sow by seed after soil temp is 65 or higher or by transplant, prefers warm temperatures
- Choose a sunny location
- Space 12-18" apart
- Keep soil evenly moist and amend with compost and worm castings.
- Pinch flowers as needed to keep the plant actively producing
- Attracts pollinators and deters harmful insects

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

Oregano (Origanum vulgare) Origanum species is hardy, aromatic, herbaceous perennial in the mint family (Lamiaceae), known for its strong, pungent leaves. Oregano has bitter, astringent, and warming properties.

Origin: Mediterranean, Southern Europe, Western & Southwestern Asia

Medicinal properties/Herbal Actions: Antiseptic, diaphoretic, expectorant, rubefacient, bitter, carminative, emmenagogue, diuretic, antispasmodic.



- **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
- **Emmenagogue:** stimulate menstrual flow by increasing blood circulation to the uterus and pelvic area
- **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, promote menstruation and aid in dysmenorrhea.

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.

Milkweed Pleursy Root *Asclepias tuberosa* also known as Butterfly Milkweed has a long history of medicinal use

Origin: Native American tribes including Cherokee and Iroquois



Medicinal properties/Herbal Actions:

- **Diaphoretic:** Induces sweating to break fevers
- **Expectorant:** Helps body loosen and expel mucus and phlegm from respiratory tract
- **Pain relief:** It has anodyne (pain relieving) actions used for chest pains, intercostal neuralgia, and muscle pain
- **Digestive Support:** Has carminative properties and been used for colic, flatulence, indigestion, and diarrhea
- **Women's Health:** May relieve menstrual cramps and regulate irregular periods
- **Topical Application:** Prepared as a poultice to treat bruises, wounds, swelling, and eczema

How to use:

- Root tea- use for respiratory support and mild cough relief
 - a) Harvest mature roots in fall/ early winter
 - b) Wash and slice thinly
 - c) Dry in shade
 - d) Simmer slices in water for 10-15 mins
- Poultices Topically
 - a) Harvest, wash and dry roots
 - b) Ground dried roots into a powder
 - c) Mix powder with water or oil to form a paste/poultice

How to grow:

- Native perennial, drought and heat tolerant
- Plant in well draining soil Fall - Spring
- Tolerates most sunny locations but afternoon sun in the summertime is always encouraged.
- Keep soil evenly moist

