



# Grow A Home Medicinal Herb Garden

There are many herbs you can easily grow at home in pots, tubs or garden beds.

They are each hardy, pretty and easy to harvest and make into medicines.

The main ways these herbs can be easily incorporated into the medicine cupboard is to pick them fresh and use as teas or dry them and then make into creams or topical oils.



Herb	How to grow	Part used in home remedies	Herbal preparations
<i>Calendula Officinalis</i>	Sow in early spring and summer. Likes the sun	•Flowers	Tea – for uncomfortable digestion & periods Oil – for cuts, burns, chapping, itchy skin
<i>Echinacea – Angustifolia</i>	Full Sun. Drought tolerant. Flower in the second year.	•Flowers	Tea – immune system, colds and infections.
Garlic – <i>Allium Sativum</i>	Full sun. Plant individual cloves on the shortest day of the year	•Bulb •Flowers	Add to food or store in olive oil for antifungal/microbial for nose, throat infections and tinea.
<i>German Chamomile</i>	Full sun, sow in spring.	•Flowers	Tea – tummy aches and sleep.
Peppermint – <i>Mentha Piperita</i>	Partial shade, take stem cutting and sew in spring or autumn	•Leaves	Tea – for gas and bloating and nausea.
Yarrow – <i>Achillea Millefolium</i>	Full sun. Divide roots in spring	•Leaves •Flowers	Tea – fever, infections, heavy periods.
Elder – <i>Sambucus Nigra</i>	Full sun/part shade. Bushes need regular pruning. You will need at least two to get berries.	•Flowers •Berries	Flowers: tea for fever, sinus infections Berries: gummies, jam, as above

\*These are not meant to replace medical advice/ diagnosis.