



***Bee Balm (Monarda didyma)***

Uses: tea, medicinal

Benefits: digestive, calming, sleep aid, antimicrobial, respiratory



***Borage***

Uses: medicinal, garden beneficial

Benefits: topical salve (wound-healing); repels garden pests, attracts beneficial insects



***Calendula***

Uses: tea, medicinal, culinary, aromatic

Benefits: topical salve, anti-inflammatory, antibacterial, anti-tumor



***Chamomile***

Uses: tea, medicinal

Benefits: calming, sleep aid



***Chives (garlic chives)***

Uses: culinary, medicinal, pest repellent

Benefits: respiratory, anti-cancer, anti-inflammatory, antibacterial



***Chives (onion chives)***

Uses: tea, medicinal

Benefits: calming, sleep aid



***Comfrey***

Uses: TOXIC! garden beneficial, topical

Benefits: topical skin salve; soil & compost enrichment (bioactivator), roots aerate soil



***Dianthus***

Uses: medicinal, ornamental

Benefits: digestive health (kidney stones & UTIs)



***Echinacea / Coneflower***

Uses: tea, medicinal

Benefits: relieves headaches, fever; anti-inflammatory



***Feverfew***

Uses: tea, medicinal

Benefits: relieves headaches, fever; anti-inflammatory



***Horseradish***

Uses: culinary, medicinal, pest repellent

Benefits: respiratory, anti-cancer, anti-inflammatory, antibacterial



***Holy Basil / Tulsi***

Uses: tea, medicinal, culinary, aromatic

Benefits: calming, sleep aid, anti-inflammatory, mood lifter



***Lamb's Ear***

Uses: topical, medicinal

Benefits: natural bandage, antibacterial, anti-inflammatory



***Lavender (English Lavender)***

Uses: tea, medicinal, aromatic, culinary desserts

Benefits: calming, sleep aid



***Lemon Balm***

Uses: tea, medicinal, aromatic

Benefits: digestion (anti-spasmodic), calming, sleep aid, mood lifter



***Lovage***

Uses: culinary, medicinal

Benefits: antibacterial, anti-inflammatory, anti-cancer, digestive aid, kidney health



***Sweet Marjoram***

Uses: tea, medicinal, aromatic

Benefits: digestion (anti-spasmodic), calming, sleep aid, mood lifter



***Oregano (Italian Oregano)***

Uses: culinary, medicinal

Benefits: antibacterial, anti-inflammatory, anti-cancer, natural expectorant, digestive aid



***Peppermint / Chocolate Mint***

Uses: tea, medicinal, culinary, aromatic

Benefits: digestion (anti-spasmodic), respiratory, boosts focus & alertness



***Roselle (Cranberry Hibiscus)***

Uses: tea (Jamaican Sorrel drink)

Benefits: heart health (removes cholesterol), metabolic, blood sugar regulation



***Common Sage***

Uses: culinary, medicinal

Benefits: antibacterial, improves cognitive function



***Shiso***

Uses: culinary, medicinal

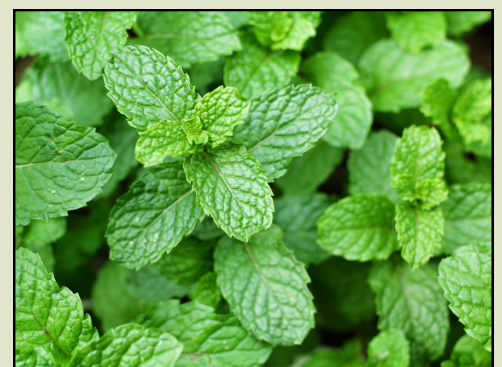
Benefits: respiratory health (traditional cough remedy), digestive health, anti-inflammatory



***Sorrel***

Uses: culinary, medicinal. USE CAUTION!

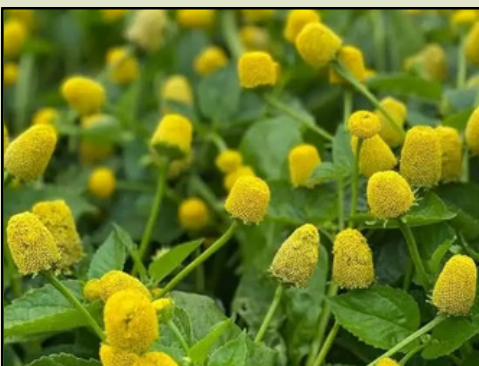
Benefits: anti-inflammatory, heart health, anti-cancer. Can cause kidney stones in high amounts.



***Spearmint***

Uses: tea, medicinal, culinary, aromatic

Benefits: digestion (anti-spasmodic), respiratory, boosts focus & alertness



***Spilanthes***

Uses: medicinal

Benefits: toothaches, digestive, antimicrobial, anti-inflammatory



***Summer Savory***

Uses: tea, medicinal, aromatic, culinary desserts

Benefits: calming, sleep aid



***Tansy***

Uses: TOXIC! insect repellent, natural dye, pollinator support

Benefits: repels insects, attracts pollinators



***Thyme***

Uses: tea, medicinal, culinary, aromatic

Benefits: calming, sleep aid, anti-inflammatory, mood lifter



***Yarrow***

Uses: medicinal, natural dye, spiritual/ceremonial

Benefits: skin poultice (wound-healing), anti-spasmodic (menstrual & digestive health), antidepressant, anti-inflammatory



***Wild Bergamot (Monarda fistulosa)***

Uses: tea, medicinal, aromatic  
Benefits: calming, antimicrobial, digestive aid, mood lifter