Onion (Allium capa)

Annual bulb

1. Used as a flavoring for many foods

2. Has antibacterial properties. Is a diuretic. Reduces the amount of fat circulating in the blood
Garlic (Allium sativum)

Perennial bulb. Bulbs left in the ground for a few seasons become larger.

1. Used to flavor Italian and tomato-based foods

2. Crushed cloves reduce blood cholesterol. It is also a stimulant for the immune system and an antibiotic. Dilates peripheral blood vessels to lower blood pressure and helps regulate blood sugar levels. Topically the fresh cloves can be used for acne, warts and skin infections.
Pomegranate (Punica granatum)

1. Small tree or bush. Grows in Zones 8-10

2. Seeds and juice are high in vitamin C and anti-oxidants

3. Is an astringent and is used to treat diarrhea and dysentery
Pomegranate ( Punica granatum )
Raspberry (Rubus idaeus)

Perennial bush.

1. Berries are used fresh and in pies and desserts, jams and jellies.

2. Berries are used for indigestion and rheumatism and are rich in vitamins and minerals.

3. Leaves have astringent properties
Raspberry ( *Rubus idaeus* )
Horseradish (Armoracia)

Perennial

1. Mostly used today as a flavoring. Root is grated and added to condiments as a sauce for roast beef, fish, coleslaw, dips and mayonnaise. Its sharp pungency has a dramatic effect and has been known to clear sinuses in one breath.

2. Root is high in calcium, sodium, magnesium, and Vitamin C and has antibiotic qualities. Is useful in preserving food and protecting intestinal tract. Leaves may be added to salads.
Horseradish ( Armoracia )
Apple (Malus) Granny Smith

Perennial large tree

1. May reduce cholesterol levels. Good source of vitamins and minerals. May help diarrhea.
Apple (Malus) Delicious

Perennial large tree

1. May reduce cholesterol levels. Good source of vitamins and minerals. May help diarrhea.
Juniper (Juniperus communis)

Large tree

1. Ripe berries may be made into an infusion or tea for stomach upsets and chills. Add few drops of oil to bath water to aid arthritis, gout or muscle pains. Oil from heartwood (Cade oil) may be used for skin conditions such as eczema or psoriasis. Is also used in potpourri.
Juniper ( Juniperus communis )
Dandelion (Taraxacum officinale)

Annual. Considered by many to be a weed.

1. Dandelion greens are used in Southern cooking and said to be a Spring tonic.

2. Crush the leaves into a puree and use as a diuretic or in a tea as a digestive tonic. Leaves are rich in potassium. The white sap from the stem can be used as a topical remedy for warts. Add leaves to spring salads as a cleansing remedy. A tincture may be made from the fresh root to help chronic acne or eczema.
Dandelion (Taraxacum officinale)
Sage (Salvia officinalis)

Perennial shrub

1. Leaves are used as a flavoring for meats and poultry, dressings, etc.

2. Leaves aid digestion and are mildly estrogenic.
Comfrey (Symphytum officinale)

Perennial

1. Contains allantoin which encourages bone, muscle and cartilage cells to grow. When crushed leaves are applied to an injured limb, the allantoin is absorbed through the skin and speeds healing. No longer considered safe to use as a tea.
Thyme (Thymus vulgaris)

Perennial small shrub.

1. Thyme leaves are used as flavorings for meat, poultry, soups and stews.

2. The essential oils are extremely antibacterial and antifungal and stimulates the immune system. The oils are also used with other oils as a chest rub, massage oil, and for insect bites. It is also good for respiratory and digestive problems. Make into a syrup for coughs and lung infections.
Chives (Allium schoenoprasum)

Perennial

1. Used as a flavoring for salads, soups, and as a garnish. Aids digestion. Contains some iron and vitamins.
Mint ( Mentha viridis )

Perennial

1. Used as a flavoring.

2. An infusion may be used for nausea, indigestion, feverish conditions and migraine. Fresh leaves may be put into boiling water and inhaled to ease nasal congestion. Has antibiotic properties and can combat infection.
Mint ( mentha viridis )
Cilantro ( Coriandrum sativum )

Annual

1. Leaves used as a flavoring in salsa, salads and Mexican dishes.

2. Seeds (known as coriander) used in soups, stews, vegetables and condiments.

3. Root may be used as a vegetable.

4. Mildly sedative
Rosemary (Rosmarinus officinalis)

Perennial woody shrub

1. Used as a flavoring for meats and poultry.

2. The essential oils are used for arthritic conditions. Extracts are found in some shampoos and cosmetics.
Rosemary ( *Rosmarinus officinalis* )
Lavender (Lavandula angustifolia)

Perennial - Small woody shrub.

1. Used in herbals and cosmetics. Also used for migraines and baldness. An infusion made from the flowers is an antispasmodic. Lavender oil from the flowers is an antibacterial and antiseptic. An essential oil may be used for massage to reduce tension and for insect bites and stings.
Lavander ( Lavandula angustfolia )
Yarrow (Achillea millefolium)

Perennial

1. Flowers have anti-allergenic properties, while the essential oil from the flowers is used as an anti-inflammatory or in chest rubs for flu and colds. Leaves can be used fresh for nosebleeds. Infusions of aerial parts used to reduce fevers.
Yarrow ( Achillea millefolium )
Feverfew (Tanacetum parthenium)

Annual.

1. Eating one leaf daily supposedly helps migraines. In the past the leaves were applied to the skin to help headaches.

2. Can be dried and used in flower arrangements and crafts.
Fennel (Foeniculum officinale)

Perennial (tender). Usually grown as an annual or biennial.

1. Leaves may be used in salads and dressings.

2. The root is used in a decoction for urinary problems, kidney stones or disorders associated with high uric acid content. An infusion made from seeds is used for indigestion
Fennel ( Foeniculum officinale )
Basil ( *Ocimum basilicum* )

Annual

1. Used to flavor Italian and tomato dishes

2. Fresh leaves are used for insect bites, itching and inflammation. Pour boiling water over leaves and inhale for head colds.
Curry ( Helichrysum italicum )

Perennial (Zones 8-10) evergreen sub-shrub

1. Used in flavoring Indian, Chinese dishes, rice, soups, stews and pickles. Use in flower arrangements and potpourri.
Curry ( Helichrysum italicum )
Oregano (Origanum vulgare)

Perennial sub-shrub

1. Used in pizza and Italian cooking.

2. May be used as a tea for indigestion.
Rhubarb ( *Rheum palmatum*)

Perennial.

1. Stems are used for pies, cobblers, etc.

2. A weak decoction of the root is used for diarrhea and a strong decoction as a laxative. Leaves are poisonous. A wash made from the root is also antibacterial and astringent.
Oats (Avena sativa)

Annual grain crop

1. Used in breads, cereal, desserts.

2. Oat bran and oatmeal can lower blood cholesterol. It is also good as a nerve tonic and for depression. Oat straw is made by chopping the whole, ripe, plant and is useful for estrogen deficiency, multiple sclerosis and colds. A decoction can be used as a wash for skin conditions. A poultice can be used for eczema, cold sores and shingles.
Parsley (petroselinum crispum)

Biennial

1. Flavoring and garnish for many foods.

2. Rich in vitamins A, B, and C, calcium and potassium. Stimulates digestive glands and improves the digestive system. The tea has diuretic qualities and is thought to help rheumatism. Parsley infusion or water was once thought to remove freckles and moles.
Walnut (Juglanus spp.)

Perennial large tree

1. The nuts contain important essential fatty acids. Leaves may be used as an infusion for skin problems such as eczema or wounds and abrasions. They are said to have antifungal and antiseptic properties.
Viola ((Violaceae))

Annuals and perennials. Grows in sun or shade.

1. Aerial parts may be used as an infusion for chronic skin disorders and as a gentle circulatory and immune system stimulant. A syrup may help coughs.
Rose (Rosa spp)

Perennial shrub

1. Rose hips are used in commercial teas, syrups and fruit drinks and are high in vitamin C. The oils are used in aroma therapy and perfumes.
Joe Pye Weed (Eupatorium purpureum)

Perennial

Named after a North American Indian named Joe Pye who cured a grateful New Engander of Typhus. The plant induced sweating which broke the fever.

Root used in small doses to induce sweating. Infusion may be used as an astringent.