

Natural Healing Express Weekly

Column Volume 31 Building a Medicinal Herb Garden Part One

This week we will begin a two part series about growing your own Medicinal Herb Garden. I am inspired to do this column by an upcoming event – the Garden Expo being held in Lena on Saturday, April 21st. It's a great time of the year to start your garden.

As some of you know, I have been looking for a great company that understands, grows and supplies outstanding herbs. Finally, after many hours of research, I think we have a winner. Horizon Herbs. The order has been placed, so the proof will be in the pudding, but it appears these folks have a strong enthusiasm about their plants and have full knowledge and mastery of herbology.

When I received their catalog, I was like a kid in a candy store, amazed in disbelief that they had rare live plants available such as MACA and Helichrysum. YIPPEE for such a fine and diverse selection, but for right now, at our starting point, we're keeping it fairly simple. We'll have some lavender and stevia live plants available in the store, along with some live culinary herb gardens, but for the sake of easiness and space, I am opting for seeds. In that regard, at least for right now, I opted for seed kits, although I really didn't want to. And it's entirely possible I have pent up "farm girl greenhouse gotta grow something" issues this time of the year, but alas, I caved to common sense.

Even choosing seeds kits amid their diverse collection became difficult or my adult onset ADD really kicked in at about page 9 of their catalog. Part of me wanted to build my own kit, spending more time than I should picking and choosing carefully, but why re-create the wheel? I got things to do and they know what they're doing, right? Time to trust. So, I picked up the phone and reached Laura, my rep. Let me tell you, she is a wealth of knowledge and can get around their catalog faster than politicians are skating "the women's issue".

With Laura's help in reading my mind, I ordered several of the "Lifeline Medicinal Herb Garden-Organic" 18 count seed packets. If you're somewhat adventurous and have some room in your garden, come on in and purchase one. In these seed kits, there seems to be everything one would need to build their own natural medicine kit from seed to plants eventually becoming a tincture, decoction, poultice, salve or tea. And, instructions for growing are readily available and accessible on their website – www.horizonherbs.com.

Let's go over the first nine seeds in the Lifeline Medicinal Herb Garden –Organic packet this week and we'll finish up next week. I have my favorites, but we'll list them in alphabetical order and give a brief synopsis of each herb's purpose*. Here goes.

Astragalus: (dried root) Deep Immune System Tonic, useful for people with frequent or chronic infectious diseases

Basil, Holy: (dried leaves) useful for many disharmonies –from anxiety to the common cold

Burdock: (dried leaves and root) relieves toothaches, blood cleanser, and aids liver function

Calendula :(which is commonly called Marigold) Many, many uses from bee stings to conjunctivitis

Chamomile, German :(dried flowers) useful for pain relief, calming stress, insomnia

Echinacea/Cornflower: (dried root) salve is useful for cuts, wounds, and the tincture for any immune issues

Elecampane: (root, leaves) useful for nausea, diarrhea, stomach concerns, coughs, asthma

Evening Primrose: (leaves, stems, flowers, roots) useful for arthritis, bronchitis, headaches, anxiety

Flax :(seeds) useful for digestion

There's half the pack, more to follow next week. Enjoy your weekend and the Garden Expo.

*this information is provided for educational purposes only, it is not meant to diagnose, treat, or otherwise replace allopathic advice.

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