

Natural Healing Express Weekly

Column Volume 32 Building a Medicinal Herb Garden Part Two

This week we will finish our two part series about growing your own Medicinal Herb Garden. We've had a few calls asking growing and harvesting questions. Let's try to answer a few of those inquiries. Regarding the crazy weather we have been seeing and sprouting the seeds, I decided to start my seeds indoors in regular potting soil. When they appear to be big enough, meaning that I think that can withstand outside conditions, I will transplant them into the garden.

One of my friends was thinking she would plant some of the less durable seeds into containers and pots. She rationalized that she could decorate, I think she meant "landscape" and she wanted to keep some of them closer to her kitchen for easier access. I don't think placement really matters all that much as long as the seed/plant continue to grow well.

For more shall we say "professional" opinions on this, let's repeat a little info. The company we are working with to supply the seeds for the "Lifeline Medicinal Herb Garden –Organic" is Horizon Herbs. Their website is www.horizonherbs.com . On it, there are great growing tips.

As for harvesting, there are also some tips on the site; however one of the best books I have seen for harvesting tips as well as plant purposes and uses, along with measurements is "The Way of Herbs" by Michael Tierra. There is also a nice booklet available here at Natural Healing Express entitled, "The Practical Guide to Herbal Medicines" by Daniel Gagnon.

So, just to review from last week, we discussed the first nine seed packets in the kit, with those being: Astragalus, Holy Basil, Burdock, Calendula, German Chamomile, Echinacea, Elecampane, Evening Primrose and Flax. Now, we'll cover the second nine and give a brief synopsis of each herb's purpose*.

Here we go.

Lemon Balm: (leaves) Relieves nervousness, insomnia, nausea, digestive disturbances, anxiety.

Marshmallow: (dried leaves) helps with acid reflux, cystitis, kidney issues, ulcers

Motherwort: calms rapid heartbeat, decreases hot flashes

Nettles: (leaves) circulation, rheumatism

Cayenne Pepper: (dried fruit) useful in viral infections, aids in digestion, stimulates circulation

Sage: (leaves) cleanses skin, soothes tired muscles, can be used for a sore throat, dental pain

Valerian: (fresh root) useful in depression, insomnia, anxiety, stress, pain

Wood Betony: (leaves) great for bruising, joint pain, liver and gall bladder tonic

Yarrow: (flower top) useful in decreasing inflammation in reproductive areas, helpful for colds

This completes our two part series on the 18 herbs in the Lifeline Medicinal Herb Garden-Organic. We have several available at Natural Healing Express. Also recommended this time of year are our decongestonic and Allergic Relief System.

Have a great weekend.

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

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