

Natural Healing Express Weekly

Column Volume 187 Building a Medicinal Herb Garden

This week we will discuss growing your own Medicinal Herb 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, we're keeping it fairly simple.

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, which required spending more time than I should picking and choosing carefully each and every seed packet, 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, and let me tell you, she is a wealth of knowledge.

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 seeds in the Lifeline Medicinal Herb Garden. 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

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 original two part series on the 18 herbs in the Lifeline Medicinal Herb Garden. We have several available at Natural Healing Express.*

We've had a few calls asking about growing and harvesting. 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 they 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.

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.

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

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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