

Herb Garden 2007

By Brittany Smith (Summer Student, 2007)

Yarrow:

Type: Perennial

Health Uses:

- Treating wounds, skin irritations, and inflammations
- Taken for treating fevers, colds, indigestion, and diarrhea (including infants)
- For settling nerves and shortness of breath
- Relief for the “rundown” feeling and the flu
- Digestive aid
- Increases urinary flow from the kidneys
- Bedwetting remedy
- Ceases internal and external bleeding (most cases)
- Regulates menstrual cycle, reduces heavy bleeding, and relieves menstrual pain
- Reduces flatulence
- Taken to aid piles
- Used for hair loss problems
- Lowers blood pressure
- Tones varicose veins
- Herbal cleanser for skin wrinkles

Food Uses:

Tea

Mugwort:

Type: Perennial

Health Uses:

- Regulates menstrual cycle
- Can be prescribed to prevent miscarriages
- Improves appetite, digestion and nutrient absorption
- Rheumatism treatment
- Fly and moth repellent
- For settling nerves
- Worm treatment

Food Uses:

Tea

For stuffing geese, duck, fish or meat

Turkish Rhubarb:

Type: Perennial

Health Uses:

- Treatment for diarrhea, inflammations and constipation
- Detoxifying
- Improves appetite and digestion
- Worm Treatment
- Antibiotic properties
- Aids colon, spleen and liver disorders
- Treats Duodenal ulcers
- Relief for burns and boils
- A useful mouthwash for canker sores

Food Uses:

- Tea
- Desserts

Tarragon:

Type: perennial

Health Uses:

- Relieves digestive problems
- Increases urinary flow from the kidneys
- Promotes and regulates menstruation
- Improves appetite and digestion
- Treatment for insomnia and hyperactivity
- Reduces flatulence
- Alleviates arthritis pain, rheumatism, and gout
- Worm Treatment
- Mild sedative used for sleeping problems
- Relief for tooth aches, cuts and soars

Food Uses:

- Tea
- Flavours shellfish, pork, beef, poultry
- Flavours potatoes, tomatoes, carrots, onions, asparagus, mushrooms, broccoli, peas, cauliflower, summer squash, zucchini, rice, creamy soups, omelettes, and quiche
- Use the leaves in salad
- Flavours sauces, salads and vinegary foods

Comfrey:

Type: perennial

Health Uses:

- Digestive aid
- Heals respiratory, digestive and urinary problems
- Relieves stomach problems
- Heals stomach ulcers
- A type of blood purifier
- Alleviates gout, arthritis, piles, tendonitis and varicose veins pain
- An anti-inflammatory
- Relieve for sore throats, laryngitis, coughs, and bronchitis
- Gargle for throat inflammations, hoarseness, and bleeding
- Promotes healing and relief for cuts, burns, soars, pulled muscles, bruises and insect bites
- Reduces the swelling and inflammation around a broken bone
- Encourages smooth skin when added to bath water (root)
- Skin care for eczema, acne and boils

***** Comfrey root should not be used internally due to liver damage**

Lovage:

Type: perennial

Health Uses:

- Increases urinary flow from the kidneys and treats urinary problems
- Treatment for kidney stones, jaundice, malaria, sore throat, and boils
- Alleviates upset stomachs, urinary problems, rheumatism and gout pain
- Regulates menstruation
- Relief for headaches (including migraines)
- Called lovage since it was an ingredient in love potions
- Relieves gas
- Aids digestive and respiratory problems
- Treatment for [indigestion](#)
- Increase appetite
- Promotes menstruation and relieves menstrual pain
- Improves blood circulation

Food Uses:

- Seasoning for soups, stews, sauces, chilli, and casseroles
- Flavours liqueurs
- Flavours stir-fried vegetables and seafood
- Adds a fresh celery-like tastes to salads
- Decoration on cakes and desserts
- Seeds can be added candy, cakes, meats, breads, crackers or biscuits
- Tea

Lavender:**Type: perennial****Health Uses:**

Cures bacterial infections such as strep
Treatment for pneumonia and most flu viruses
Effective against colds, coughs, asthma, bronchitis, pneumonia, flu, tonsillitis, and laryngitis
Treatment for bowel infections
Removes toxins through urine
Disinfectant for cut, wounds, and soars
Reduces fevers
Relieves [pain](#) and inflammation
Improves appetite and digestion
Anti-fungal
Relief for burns, bruises, varicose veins, and other skin injuries
Ceases itching of insect bites
Mosquito repellent
Skin care for eczema and acne
Relives gas and bloating
Treatment for [scabies](#) and [head lice](#)
Relaxing
Alleviates anxiety, nervousness, stress, tension headaches, migraine and insomnia
Balances emotions and relieves depression

Food Uses:

Leaves, buds, and flowers season meat and vegetable dishes
Flavours dressings, salads, wine, and vinegar
Used in desserts such as ice cream, jellies, puddings, and fruit
Tea
Lavender honey
Oil used to flavour candy, baked goods, chewing gum, gelatin, puddings, and various beverages

Decorative Uses:

Ornamental
Potpourris
Fresh flora arrangements, wreaths
Cologne and perfume

Thyme:**Type: perennial****Health Uses:**

Anti-fungal

Antiseptic for both internal and external use

Enhances the immune system against bacterial, viral and [fungal infections](#) especially in the respiratory, digestive and genitourinary system

Worm Treatment

Heals cuts, bruises, sores, and burns acne, and rashes

Skin care for acne and rashes

Relaxes bronchial tubes to aid against asthma and whooping cough

Improves digestion and liver function

Treatment for indigestion, poor appetite, anaemia, lethargy and gallbladder problems

Diarrhea treatment

Relieves for physical and mental exhaustion, tension, [anxiety](#), [insomnia](#) and [depression](#)

Reduces water retention, [infections of the urinary tract](#), rheumatism and [gout](#)

Regulates menstruation and clears infections of the reproductive tract

Relieves soar throats

Treatment for [scabies](#) and [head lice](#)

Food Uses:

Seasons soups, sauces, and meats

Flavours vinegars, herbal butter, tea, poultry, fish, stuffing, stews, soups, bread, mayonnaise, mushrooms, and broccoli

Added to salads

Seasons [tomato](#) sauces, seafood dishes, and vegetables such as [carrots](#), eggplant, [onions](#), [potatoes](#), peppers, and zucchini

Flavours butter and cooking oil

Tea

Seasons [olives](#) and croutons

Preserves processed meat and butter

Used for chewing gum, ice cream, candy, and liqueur

Decorative Uses:

Wreaths and floral arrangements

Potpourris

Chinese Parsley (Coriander):

Type: annual

Health Uses:

Used in the pharmaceutical industry to mask the unpleasant taste of various medicines

Rich in minerals and vitamins A, B, and C

Improves digestion

Food Uses:

Added to salads

Garnish for fish and soups

Ingredient of salsa, tomato sauces and chutneys
Seasons fish and other meats
Flavours stir-fry, beans, and rice
Seeds vital to curry powder and curry recipes
Seeds used in pickles and fruit desserts
Ground to flavour baked goods and processed meats such as hot dogs and sausages
Oil used in preparation of canned soups, sauces, candy, chewing gum, ice cream, liqueurs, gin, and tobacco products

Decorative Uses:

Potpourris
Ornamental

Caraway:

Type: biennial

Health Uses:

Improves digestion
Relieves gas
Improves appetite
Relieves menstrual pain
Increases breast milk production
Treatment for coughs

*****Heavy doses may cause liver damage**

Food Uses:

Flavours desserts, soups, vegetables, and meats
Flavours breads, biscuits, onions, potatoes, dressings, stews and soups
Added to salads
Used commercially to flavour pickles, marinades, preserved meats, condiments, candy, ice cream, and alcoholic beverages (aquavit and kummel)

Dill:

Type: annual

Health Uses:

Relieves gas and calms digestion
Relieves cramps and menstrual pain
Improves breath
Treatment for cough, cold and flu
Increases breast milk production

Food Uses:

Flavours salads, pickles, sauces, soups, stews, spreads, meats, cheese and eggs
Used in herbal butter and herb vinegars
Seasons creams, dips, breads, vegetables, avocados, apples, popcorn and casseroles

Flavours cooking oil

Decorative Uses:

Used to make green dye
Plant and arrangements

Oregano:

Type: perennial

Health Uses:

Treatment for coughs, tonsillitis, bronchitis, asthma
Relives muscle spasms and menstrual pain
Antiseptic applied to swelling areas, stiff necks and joints
Relieves gas
Treatment for headaches
Relives tooth aches
Rheumatism treatment

Food Uses:

Spices Italian, Spanish, and Mexican dishes
Flavours dressings, meats, pasta, soups and stews
Seasons tomato sauce, vinegar, butter, omelettes, quiche, bread, marinated vegetables, onions, black beans, and zucchini
Flavours cooking oil

***** Crush leaves and add to a hot dish only in the last 10 minutes of cooking**

Decorative Uses:

Plant and flower arrangements
Potpourris
Wreaths
Used to make red dye

Borage:

Type: annual

Health Uses:

Alleviates respiratory disorders
Treatment for skin inflammations, sores, eczema, boils and rashes
Treatment for infections, measles, chickenpox, colds, coughs, sore throats, and the common flu
Accelerates excretion of toxins through the pores and urine
Treatment for rheumatic problems
Decreases fevers
Encourages perspiration
Improves digestion
Relives for physical and mental exhaustion, tension, [anxiety](#), and [depression](#)

Food Uses:

Added to salads
Flavours soups, yogurt, curries, chicken, and fish
Tea
Added to tall summer drinks
Caramelized and used to decorates cakes and desserts

Decorative Uses:

Plant and flower arrangements

Caraway:**Type: biennial****Health Uses:**

Improves digestion
Treatment for diarrhea
Relieves gas and bloating
Pain relief for menstrual cramps
Remedy for bronchitis, cough, and laryngitis
Increases breast milk production
Treatment for scabies
Increases appetite

Food Uses:

Flavours cakes, cookies, biscuits, omelettes, pasta, rice, vegetable dishes, breads, cheese, soups, stews, cabbage, cauliflower, and meats
Added to salads
Commercially used to flavour pickles, marinades, preserved meats, confectionery, condiments, candy, ice cream, and alcoholic beverages

Mint:**Type: perennial****Health Uses:**

Relieves stomach and intestinal gas
Soothes soar muscles
Freshens breath

Food Uses:

Freshly added to drinks
Used commercially in medicines, candies, liqueurs, and cigarettes
Used in jellies, gum, candy, liqueurs, and baked goods
Seasons lamb, sauces, potatoes and other vegetable dishes
Tea

Decorative Uses:

Strong scent used to rid foul odours

Used to scent toiletries

Seneca:**Type: perennial****Health Uses:**

Laxative

Treatment for minor bronchial problems, pneumonia, emphysema, and whooping cough

Treatment for rheumatism, colds, inflammation, and [bleeding](#) wounds

***** High amounts could cause vomiting**

Food Uses:

Ingredient in some syrups, lozenges, and tea mixtures for cough treatment