

Garden pharmacy

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Bee balm can help with cold and flu symptoms.



Passionflower made into a tea can alleviate pain.



Moundlily yucca. Yucca root is used for a variety of ailments including reducing the pain and swelling from arthritis.

Lemongrass is not a very pretty plant but it is popular in Asian dishes and is used throughout the world as a tea to soothe many health issues including headaches, indigestion, anxiety, coughs, colds, flu and insomnia. For motion sickness or flu, make a tea of lemon juice, catnip or mint, ginger and basil. Like many herbal teas, lemongrass is best combined with ginger for swifter results.

Passionflower is used in teas to alleviate pain such as headaches, earaches or cramps. It also promotes better sleep. In winter this vibrant vine dies back but will return in the spring, preferring a full sunshine location. It is a short-lived perennial, producing flowers for a few years before dying. The Cherokee Native Americans were known to use passionflowers to decrease inflammation from thorn wounds, although I haven't used passionflower for this purpose ... yet.

Mint is a beautiful and functional botanical herb. Mint leaves will root in a glass of water so when you find a mint that delights you, take a snip and start growing your mint garden. All mints are invasive and will take over your landscape. It's best to keep mint in a container. Spearmint, peppermint, pineapple mint, and catnip all make excellent teas that will help ease the effects of the common cold, comfort a queasy stomach, and promote sounder sleep. As a culinary herb, it is stimulating chopped into a salad, soup, or made into a jelly.

May you benefit with wellness by visiting your garden pharmacy, Wishing you a very healthy and happy 2018.

Happy Gardening. Happy Growing,
Cynthia Brian



Lemongrass and basil are two herbs that work well together.

