



How to Care For Your Plants

Water Your Plants

Give your plants water everyday, but don't let hem get too wet. Lightly moist soil is best.

Give Your Plants Sun

Place your plants in a sunny spot - they need at least 6 hours a day of sunlight.

Fertilize Your Plants

Adding compost will help your plants stay healthy. Fish oil is also a good fertilizer.

Transplant Your Plants

At the end of *May*, once the danger of frost has passed, transplant your plants to a garden outside, or into larger containers.

With good care, your plants will produce all season long!



How to Prepare Your Garden Bed

Choose a Sunny Spot

Most plants like several hours of sun per day.

Consider Raised Beds

It is easier to use quality soil and control the weeds.

Use Healthy Soil

Choose loose, well-drained soil that is not too clay-heavy.

Add Compost

Well-rotted compost will add nutrients to your garden and nourish your plants.

Many of your plants will grow back each year, so choose a good spot!



Borage

Borago Officianlis (Borage)

Borage grows beautiful blue flowers with seeds that contain oil. The oil is often used for its fatty acid content. It is a member of the boraginaceae family. It is an annual.

Use it For:

- *Supporting the adrenals/stress relief
- *Colds and coughs
- *Dry skin
- *Mineral-rich tea
- *Calm upset stomach

Make Borage Skin Cream

- *1 /2 cup dried leaves
- *1 cup apricot oil
- *2 tbsp. beeswax

Tip: Borage tea promotes strength and wellness, and can be added to other drinks.

Step 1: Put leaves and apricot oil in a jar. Add lid; shake.

Step 2: Let steep 2 weeks; strain.

Step 3: Mix oil and wax and melt. Pour into a tin or jar. Cool and use.



Arctium Lappa (Burdock)

Burdock produces purple and green spiky balls. The part commonly used is the root. It is a member of the asteraceae family. It is monocarpic (grows for a few years before flowering).

Use it For:

- *Promoting gut health
- *Lymphatic drainage
- *Promoting kidney health
 - *Eczema
 - *Colds or flu

Make Burdock Tincture

- *1/2 cup fresh root
- *1 cup 100-proof vodka

Step 1: Put leaves and alcohol in a jar.
Add lid; shake.

Step 2: Let steep 6 weeks; strain.

Step 3: Take 10 - 20 drops as needed.
Store in a cool, dry place.

Tip: Burdock root isn't ready to harvest until 3 - 4 years later.



Calendula Officianalis

Calendula is an orange or yellow flower. It is a *perennial*, meaning it will grow more than one year.

Use it for:

- *Dry skin
- *Eczema
- *Diaper rash
- *Cuts and scrapes
- *Tea (for upset tummies or colds)

Make a Simple Salve

- *1/2 cup calendula blossoms,, dry
- *1 cup olive oil
- *1/4 cup beeswax

Step 1: Place flowers and oil in a jar with a lid. Shake to combine.

Step 2: Strain the oil. Discard the flowers, and keep the oil.

Step 3: Add beeswax to oil and melt on low heat. Pour into a jar or tin and allow to cool.

Tip: Store salves in cool, dry places for up to a year.



Capsicum Annuum (Cayenne Pepper)

Cayenne pepper is a member of the solanacea family (nightshades). It is a biannual, meaning it grows or two years in warm climates. It s very spicy.

Use it For:

- *Relieving pain
- *Reducing inflammation
- *Clearing sinuses
- *Stopping bleeding
- *Promoting heart health

Make a Simple Smoothie

- *1 grapefruit, juiced
- *1 cup frozen mangoes
- *1/8 tp. cayenne pepper

Step 1: Add all ingredients to blender

Step 2: Blend until smooth

Step 3: Consume immediately, or freeze for later. Add more cayenne if desired.

Tip: Add a pinch of cayenne to foods regularly to reap the benefits! Good in tomato sauce.

CHAMOMILE
WILD HAY FLOWERS
HAND DRAWN



Matricaria Chamomilla (Chamomile)

Chamomile is sunny white and yellow flower that is in the asteracea family. It may be an annual or perennial (depending on type) but easily self-seeds to regrow in future years.

Use it For:

- *Soothing dry skin
- *Calming eczema
- *Helping with sleep
- *Promoting calm mood
- *Calms upset stomachs

Make a Simple Tea

- *1 tbsp. chamomile flowers
- *1 cup water
- *Raw honey to taste

Step 1: Bring water to a boil

Step 2: Pour water over herb; steep 10 min.

Step 3: Strain, and sweeten if desired

Tip: Use cool chamomile tea on itchy eyes or for upset tummies.



Echinacea Purpurea (Echinacea)

Also known as 'purple coneflower,' both the leaves and roots are used. A member of the asteracea family. It is a perennial.

Use it For:

- *Immune supporting
- *Fights colds
- *Mild pain reliever
- *Fights inflammation
- *Promotes gut health

Make Echinacea Tincture

- *1 cup fresh leaves
- *1 cup 100-proof vodka

Tip: Use 5 – 10 drops per day to stay healthy!

Step 1: Add leaves to a mason jar

Step 2: Pour vodka over the leaves until just covered

Step 3: Add a lid, shake, and let steep or 6 weeks. Strain and reserve liquid.



Hyssopus Officianlis (Hyssop)

Hyssop has pretty purple lowers and green toothed leaves.. It is a member of the lamiaceae family. It is a perennial.

Use it For:

- *Colds
- *Sore throats
- *Upset stomachs
- *General lung support
- *Calming anxiety, especially in children

Make a Hyssop Tea

- *1 tbsp dried leaves
- *1 cup water
- *Raw honey to taste

Tip: Use for colds, bronchitis, or lung support

Step 1: Bring water to a boil; add leaves

Step 2: Steep 20 min; strain

Step 3: Sweeten lightly and serve warm



French Lavender

Lavendula Angustifolia (Lavender)

Lavender is a purple budding flower in the lamiacea family (mints). It is a perennial.

Use it For:

- *Relieves anxiety
- *Calming eczema
- *Helping with sleep
- *Promoting calm mood
- *Helps with sore throats and sniffles

Make Lavender Lemonade

- *1 tbsp. lavender buds
- *4 lemons, juiced
- *1/3 - 1/2 cup honey or sugar
- *2 quart water

Tip: Put dry lavender buds in a small pillow to help calm for sleep.

Step 1: Add lavender buds to 1 cup boiling water; steep 10 min.

Step 2: Strain; add lemon juice and honey or sugar; stir.

Step 3: Add remaining water. Taste and adjust sugar if needed..



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Melissa Officianlis (Lemon Balm)

Lemon balm is a leafy green plant that grows quickly and can be invasive. It has a light lemony scent when fresh. It is a perennial.

Use it For:

- *Calms colds
- *Relieves depression
- *Promotes restful sleep
- *Calms upset stomachs
- *Helps cold sores

Make Lemon Balm Poultice

- *1/4 cup fresh leaves
- *A few drops water or oil

Step 1: Gently crush leaves in your hand, adding tiny amount of water or oil to soften the leaves into a paste

Step 2: Apply to small rashes, old sores, etc. for about 10 min.

Step 3: Remove and rinse..

Tip: Fresh lemon balm makes a lovely, lemony iced tea.



Monarda Citriodora (Lemon Bergamot)

Lemon bergamot grows beautiful purple flowers.. It is a member of the lamiaceae family. It is an annual, but will self-seed and regrow if left alone.

Use it For:

- *Insect repellent
- *Coughs and colds
- *Wash for oily skin
- *Immune support

Make Lemon Bergamot Bug Spray

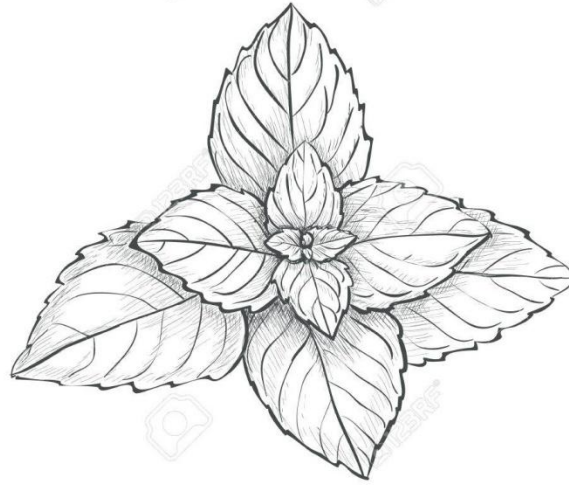
- *1 /2 cup fresh leaves
- *1 cup witch hazel

Tip: Rub fresh leaves on skin for instant bug repellent!

Step 1: Put leaves and witch hazel in a jar. Add lid; shake.

Step 2: Let steep 2 weeks; strain.

Step 3: Spray on skin before going outside.



Peppermint

Mentha Peperita (Peppermint)

Peppermint is a fast-growing, invasive leafy plant. It has a sweet, strong smell and flavor. It is a perennial, meaning it comes back year after year.

Use it For:

- *Upset stomach
- *Gas or bloating
- *Sore throats
- *Headaches
- *May relieve other pain

Make a Simple Tea

- *1 tsp. dried leaves, or 1 tbsp. fresh leaves
- *1 cup water
- *Raw honey, to taste

Tip: Use 4x the mint leaves and 2x the water, then add ice to make a refreshing iced tea!

Step 1: Bring water to a boil

Step 2: Add mint leaves and steep for 10 min.

Step 3: Strain leaves out, and add honey to taste. Drink warm or chill for later.



Achillea Millefolium (Yarrow)

Yarrow is a cluster of small white flowers. It's a member of the asteraceae family. It is a perennial.

Use it For:

- *Healing minor injuries
- *Lowers fevers
- *Relieves headaches
- *Supports the urinary tract
- *Helps stop bleeding

Make a Yarrow Bath

- *1 cup dried flowers
- *1 quart water

Step 1: Bring water to a boil; add flowers

Step 2: Steep 20 min; strain

Step 3: Pour liquid into a bath; soak 15-20 min.

Tip: Use for postpartum, muscle soreness, injuries, or fever