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The Koanga Garden Guide

Design Your Own Orchard

Change of Heart

The Koanga Garden Planner

Kay, through a partnership with Koanga and Regeneration Productions, has made many similar workshops available online.

Online workshops are available through the Koanga website, as well as the Regenerations Productions website:

www.regenerationproductions.org

www.koanga.org.nz

This publication is intended to provide educational information for the reader on the covered subject. It is not intended to take the place of personal medical counseling, diagnosis, and treatment from a trained health professional.

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INTRODUCTION

Kia Ora. I am a mother, and a grandmother, who has spent the past 50 odd years passionately learning how to grow healthy people!

I have spent years researching the relationship between food and health and the only evidence I have ever been able to find that has stood the test of time, through many generations, is the work of Dr Weston Price. My online workshop *Design Your Own Nutrient Dense Diet* is based on those principles, as is my cookbook *Change of Heart*.

Obviously food is not the only thing that affects one's health, everything in our environments is part of the whole, however for all of our ancestors our relationship with and connection to our plant allies, the nourishing and healing herbs in our own environments, was critical.

In this booklet I'm sharing what I have learned and am still learning. I use all of the herbs listed in this booklet myself, and share remedies with many around family and wider.

Herbs have always been in our lives, we have co-evolved with them, they are our allies, and the stronger we build the bridges between ourselves and these plant allies of ours the more powerful this journey becomes.

The information I'm sharing is based on my own experience supported and led in some ways by a few very special people. My first herbal teacher was Susun Weed, through her books *The Childbearing Year*, *Healing Wise*, and *The Menopausal Years*. I fully embraced those books and internalised the information and the feelings, and for many years made and sold herbal remedies under the name Body and Soul based on the remedies I made for our family when the children were young.

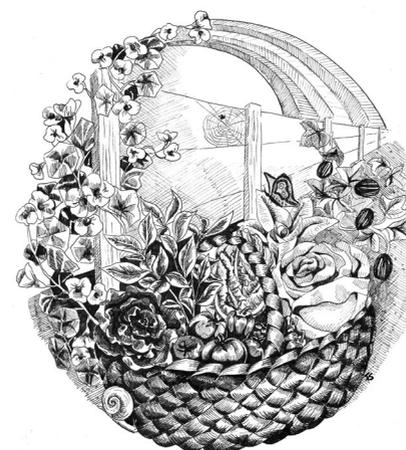
My favourite mentor at this point is Stephen Harrod Buhner who wrote *Herbal Antibiotics*, Edition 1 and Edition 2. I love them both. *Herbal Antibiotics Edition 2* is the book I'm currently learning from. The most important thing I'm learning from him right now is the criticalness of doing things methodically and following instructions if we want them to actually be effective when we need them most. His books also give me confidence and expands my knowledge and mind constantly, around the magic of the natural world.

I would also like to acknowledge Gilian Painter and Carol Fisher, who wrote *Materia Medica of Western Herbs for The Southern Hemisphere*. That book is falling apart in my library, it has been used as a reference so much.

And so the detail in my database is information that I have first-hand experience with only, i.e., there are things that could be said but aren't there because it is not in my experience, apart from the 'properties' column where in many cases I have listed known properties that I have not used the herbs for, as a way to stretch your learning, understanding and interest in these herbs. All of that means that the information in this database, is not all there is to say about these herbs.

Essentially this is a booklet to encourage and support beginners in this field to take a step. A step towards reconnection, and reconciliation with the natural world around us, and in particular with those herbal allies in our own environments that are here to help us. This booklet is about encouragement and opening the doors of possibility.

Possibly the most critical thing I have gained from working with our plant allies is confidence. Confidence to take the time to notice, confidence to connect, confidence to use my own intuition more and more, to use the art of dowsing regularly and to believe in the power of the good in the universe, and confidence to work with our plant allies, as all of our ancestors did to help heal and create wholeness.



GLOSSARY

Descriptions of words used in the 'properties' or 'propagation' column:

Adaptogen	An agent that helps the body adapt to stress or change of any sort.
Amenorrhoea	An agent that stops heavy bleeding.
Analgesic	An agent used to relieve pain when administered orally or topically. In herbal medicine pain relief is largely a result of helping the body resolve the cause of the pain.
Anthelmintic	An agent that gets rid of internal parasites without negatively affecting the host.
Antibacterial	Active against bacteria.
Anti-cancer	An agent that tends to prevent or arrest cancer activity.
Antifungal	An agent that is active against fungi.
Anti-inflammatory	An agent that protects the body from inflammation.
Antimutagenic	An agent that is capable of reducing the rate of mutation.
Antioxidant	An agent that inhibits oxidation.
Antirheumatic	An agent that can reduce inflammation of the joints.
Antitumor	An agent that inhibits the growth of a tumour or tumours.
Antitussive	An agent to relieve a cough.
Antiviral	Active against viruses.
Astringent	An agent that contracts tissues, makes them firmer and reduces discharges.
Bitter	An agent that has a bitter taste and improves digestive function and increases appetite.
Cardioprotective	An agent which protects the heart.
Cholagogue	An agent that stimulates or aids the release of bile from the gall bladder.
Choleretic	An agent that stimulates the production of bile in the liver.

Demulcant	An agent that relieves irritation of the mucous membranes in the mouth by forming a protective film.
Diuretic	An agent that increases the secretion and flow of urine.
Emmenagogue	An agent that promotes menstruation.
Emollient	An agent that soothes the skin.
Expectoreant	An agent which promotes secretion of sputum by the air passages, used to treat cough.
Hypoglycemic	An agent that creates abnormally low levels of blood sugar.
Immunomodulant	An agent that affects the functioning of the immune system.
Immunostimulant	An agent that stimulates the immune system.
Laxative	An agent that tends to stimulate evacuation of the bowels.
Neuroprotective	An agent that protects nerve cells against damage.
Scarification	With our seeds, involves weakening, opening, or otherwise altering the coat of a seed to encourage germination. Scarification is often done mechanically (sand paper, nail scissors), thermally (hot water, fire), and chemically. The seeds of many plant species are often impervious to water and gases, thus preventing or delaying germination.
Sedative	An agent that relaxes and reduces nerve conduction.
Stratification	A process of treating seeds to simulate natural condition that the seeds must experience before germination can occur. Many seed species have an embryonic dormancy phase, and generally will not sprout until this dormancy is broken.
Vulnery	An agent used to treat or treat or cure wounds and bites.



OUR HERBAL ALLIES

Get Connected

Following is the list of my favourite 'most useful plant allies', chosen because they are in my environment, and or easy to find in New Zealand and all temperate climates. This could be a great place for many of you to begin your journey as well. Read right through the descriptions of these herbs several times, making sure you understand the words used to describe the properties of the herbs, using the glossary on page 6 if necessary.

During this process you might find some of these herbs calling you, demanding attention, or another read, and reflection.

Once you feel comfortable with the list of herbal allies, check out the Symptoms and Remedies Chart on page 42 and decide which herbs and remedies you would like to be working with. Fill in the 'Make your choices' charts, either the Temperate Guild and/or the Mediterranean Guild depending on what your chosen herbs are. Filling in all the columns will help get clear the sorts of friends your herbs need and who they like growing with, their places in your garden, and where to plant them in relation to each other.

P.S. When I began this journey, my first steps were to do all of Robert McGowans Rongoa Maori workshops. He even came to Koanga in Kaiwaka to teach them. I loved them, and him, and the workshops were always full, however I also learned the herbs of this land were not calling my heart, it was the herbs and healing plants of my own ancestors that called very strongly. For me that was a big lesson, very important to listen to one's own feelings and one's own story, deeply embedded in cellular memory, to discern our best allies and plant healers. There are always options, which one is best for you at any point in time is the question to be asking.



ARNICA *Arnica montana*

Annual/perennial/height

Perennial, 20-30cm.

Conditions plant prefers

Alpine, temperate climate, cold winters sandy free draining soil.

Remedy

Arnica Infused Oil / Arnica Cream

Which part of the plant to harvest

Flowers only

When to harvest

January/February

How to harvest and store

Place flowers immediately into a glass jar after harvest and cover with just enough organic olive oil so that all plant material is covered, leave in warm sunny place for 4 weeks, strain and press oil from plant material as well as possible. If you don't place flowers in oil immediately they drop their petals and go to seed before they can be used.

Processing instructions

Use Arnica infused oil to make a salve.

Properties

Analgesic. Improves blood circulation. Relaxes tissues. Use externally only, and not on broken skin.

Symptoms this herb may alleviate

Muscle aches and pains. Accidents, shock, to lessen bruising on unbroken skin.

How to use

Rub on bruised area as soon as possible after accident and apply twice a day.

Propagation instructions

Grow from seed or runner. Plant seed early spring, barely cover, prick out when first leaves appear to 2.5cm diagonal spacings and transplant into garden at 20cm diagonal spacings. If propagating from plant runners remove runners in Autumn, and transplant and mark position before they go dormant for winter.

Diagonal spacings / Plants per sq m

20cm / 25 per sq m



ARTICHOKE LEAF

Cynara colymus

Annual/perennial/height

Perennial, 1.3m.

Conditions plant prefers

Mediterranean, temperate, free draining, moist deep soil, heat in Summer, full sun.

Remedy

Artichoke Leaf Tea

Which part of the plant to harvest

Leaf

When to harvest

Anytime of the year.

How to harvest and store

If you have access to these plants then no need to store, just pick a piece from a leaf near the bottom of the plant so you don't affect its growth, ask first, and use immediately. If you need to store it then pick what you need, maybe a

little from each of several plants and dry out of sun, When dry crush and store in a jar.

Processing instructions

No need to do anything before use.

Properties

Liver support, Diuretic, Choleric, Cholagogue.

Symptoms this herb may alleviate

Indigestion, constipation, support liver, improve digestion.

How to use

Take a small piece of fresh leaf and put into teapot, pour over boiling water and leave from 30 minutes to 2 hours adjust strength to taste by adding more leaves or more water, the idea is that it is as bitter as you can enjoy in order to stimulate your digestive juices. Drink 10 minutes before meals especially when eating protein and or fat.

Propagation instructions

Plant seed in spring or Autumn, prick out into 10cm deep pot when first leaves appear, then transplant into garden at 1m diagonal spacings. They like free draining soil with plenty of lime, and their deep roots need to be able to access moisture.

Diagonal spacings / Plants per sq m

1m / 1 per sq m



ASHWAGANDA

Withania somnifera

Annual/perennial/height

Small perennial bushy, woody shrub to 50cm.

Conditions plant prefers

Mediterranean. Warm, free draining, arid conditions. Dies back in Winter when temperature is down to -5, but when warmer than that grows as an annual. Needs 200 frost free days to fully mature.

Remedy

Ashwaganda Root Tincture or Ashwaganda Root Tea

Which part of the plant to harvest

Whole plant

When to harvest

When the berries are orange and ripe it is time to harvest.

How to harvest and store

Dig entire plant shake off dirt, avoid washing if possible, and cut up root as finely as possible (we use a meat cleaver on a tough board). It is a tough root so cutting when fresh is critical.

Processing instructions

See how to make a tincture on page 50. 1:5 ratio, 70% alcohol.

Properties

Adaptogen, astringent, anti-cancer, anti-inflammatory, sedative, immunomodulant, neuroprotective, rejuvenative, reproductive tonic.

Symptoms this herb may alleviate

Immune support, antitumor (cancer) and traditionally (Ayurveda) used to restore general debility, nervous exhaustion, brain fog, loss of memory and energy worn out by old age or disease.

How to use

As tincture, 30-40 drops up to 3x daily. As infusion by boiling for 5-10 minutes and then steep for another 20-30 mins. Add 1 tbsp dried plant to 1 litre of tea alone or with other herbs (e.g. echinacea, licorice and astragalus for immune support).

Propagation instructions

Easy to grow from seed, prefers hot dry climates and free draining soil, does not like wet feet. Plant seed late Spring or in a greenhouse earlier. Prick out at 2.5 cm diagonal spacings then transplant into garden at 30-50cm diagonal spacings.

Diagonal spacings / Plants per sq m

20cm / 25 per sq m



ASTRAGALUS

Astragalus membranaceus

Annual/perennial/height

Perennial to 30cm.

Conditions plant prefers

Temperate climate. Deep, sandy, well drained, alkaline soil, doesn't like mulch, responds to compost once established.

Remedy

Dried Astragalus root for tea or cooking, or as tincture.

Which part of the plant to harvest

Root

When to harvest

Autumn of 3rd year or spring of 4th year.

How to harvest and store

Shake dirt from roots, and cut into pieces, the smaller the better as soon as possible after harvest, then dry in a warm airy place out of the sun.

Processing instructions

No further processing required.

Properties

Adaptogen, antibacterial, antiviral, cardioprotective, diuretic, enhances lungs, spleen, and GI tract functions, immune enhancer, tonic, specific for immune atrophy and enhances function of spleen and thymus, critical parts of the immune system.

Symptoms this herb may alleviate

Digestive and lung system issues, stress. It lowers blood pressure and increases circulation, internal viral infections. Lowered immune function.

How to use

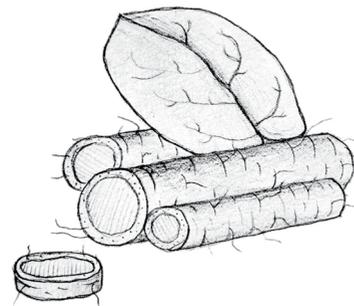
Add 1 tbsp of dried root to a pot of herb tea, or if using alone add it to 1 litre of water and simmer gently 20 minutes then let cool. You can also use the infusion as a stock to cook with. As tincture, see tincture making instructions on page 50, ratio 1:5, 60% alcohol.

Propagation instructions

Scarify the seed with sand paper (damage the seed coat), then soak overnight in seaweed tea, then place in fridge with a little damp sand for 20 days then plant a seed into seed tray while stills cool in Spring. After germination prick out at 2.5cm diagonal spacings and transplant into garden at 30cm diagonal spacings into full sun.

Diagonal spacings / Plants per sq m

30cm / 8 per sq m



BURDOCK *Arctium Lappa*

Annual/perennial/height

Hardy biennial to 1.5m, dormant in winter, keep it from seeding, in light soils will be noxious weed.

Conditions plant prefers

Prefers free draining sandy soil, Mediterranean, temperate climate, full sun.

Remedy

Burdock tea, Burdock tincture

Which part of the plant to harvest

Dried root

When to harvest

Harvest root in Autumn of first year of growth when leaves are large and green with silvery undersides, or in following Spring before flowering and seeding.

How to harvest and store

Dig root carefully so as not to break the deep tap root which is easily broken and quite tender. Brush off dirt with

soft brush, and immediately cut into thin slices, and dry. It is easy to slice.

Processing instructions

As tea, see 'how to use'. As tincture, see tincture making instructions on page 50, 1:5, 60% alcohol.

Properties

Internally: Helps the break-down of toxins and metabolic waste. Aids our bodies to eliminate that which we no longer need, ranging from cancers and hypertension to gout, digestive ulcers, and reproductive problems. The roots contain a lot of inulin and fibre, which feeds our gut flora. It is an adaptogen helping us with stress levels and a restorative tonic for kidneys and adrenals. It is a powerful anti-cancer and antitumor.

Externally: Helps skin condition such as acne, psoriasis and eczema. Antibacterial, anti-inflammation, antitumor, anti-fungal, antimutagenic, antioxidant, antipyretic, diuretic, diaphoretic, hypoglycemic.

Symptoms this herb may alleviate

Chronic accumulation of metabolic waste/ toxins that can set up inflammation, e.g. gout, arthritis, rheumatism, eczema, acne, boils, cutaneous eruptions, psoriasis.

How to use

Burdock root tastes good, it can be eaten fresh as a vegetable or even fermented but when using dried root 1-2 tbsp of burdock root in 1-2 quarts of water. Simmer 15-20 minutes on low and then steep 1-2 hours for maximum benefit. It can be added to tea with raspberry leaves, nettle and other nourishing or medicinal herbs.

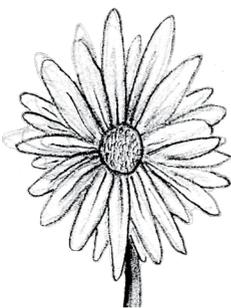
As tincture, 30-90 drop 3 times daily.

Propagation instructions

Easy to grow from seed in early Spring, prick out when first leaves appear quickly into a 10cm deep pot, and as soon as plants reach 10cm transplant in garden 1m apart, being careful not to damage tap root at each stage.

Diagonal spacings / Plants per sq m

1m / 1 per sq m



CALENDULA

Calendula officinalis

Annual/perennial/height

Annual to 40cm.

Conditions plant prefers

Moist fertile, free draining, temperate conditions.

Remedy

Calendula cream, Calendula tincture.

Which part of the plant to harvest

Flowers

When to harvest

Any time the flowers are there.

How to harvest and store

Harvest fresh, newly opened flowers once dew has dried in the morning and if they are to be dried, leave the petals on the flower head and place on a tray designed to support air flow in a cool airy place out of the direct sun until the petals are dry. Remove petals from flower heads and store in a dark glass jar in a cool place.

Processing instructions

Place fresh or dried flowers into a glass jar and cover with good quality olive oil so that all plant material is covered, leave for 2 weeks, strain and press oil from plant material as well as possible. To make the cream use the same oil.

For tincture, with fresh petals 1:2 or dried 1:5, 70% alcohol, 5-30 drops 4 times daily.

Properties

Anti-inflammatory, astringent, bitter, antiseptic, emmenagogue, circulatory stimulant.

Symptoms this herb may alleviate

Cream: Supports nearly all skin problems including wounds, inflammation, fungal infection, sunburn, bruise, eczema, herpes, acne, broken capillaries.

Tincture: Varicose veins, sluggish lymphatic system, haemorrhoids, fevers and crural ulcers, colds and influenza, gastric ulcers, gallstones, indigestion, liver congestion, gastritis, anorexia, constipation amenorrhoea, vaginitis, dysmenorrhoea.

How to use

Apply cream on any cuts, bruises, minor skin infections, rashes etc.

As tincture, 5-30 drops 4 times daily.

Propagation instructions

Easy to grow from seed, plant in early Spring or Autumn and prick out as soon as first leaves appear at 2.5cm diagonal spacings. Transplant carefully into gardens when leaves touch, being careful not to disturb roots.

Diagonal spacings / Plants per sq m

30cm / 9 per sq m



CHAMOMILE

Matricaria chamomilla

Annual/perennial/height

Annual that easily and prolifically self seeds, grows to 50cm when flowering.

Conditions plant prefers

Temperate climate, free draining sandy soil, cool conditions.

Remedy

Dried Chamomile

Which part of the plant to harvest

Flower petals from newly opened flowers after dew has dried off them in the morning.

When to harvest

Any time you have fresh flowers.

How to harvest and store

Place flowers in an airy warm place out of the sun to dry, and store in glass in dark place.

Processing instructions

See 'how to use'.

Properties

Relaxant, anti-inflammatory, bitter, anti-allergic, antispasmodic.

Symptoms this herb may alleviate

Inability to go to sleep.

How to use

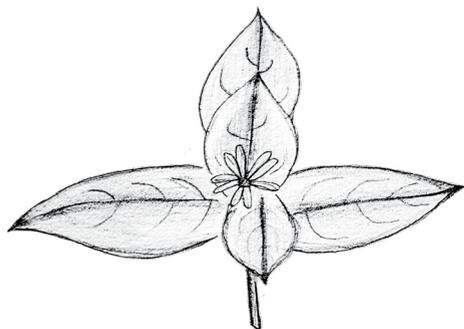
Pour boiling water over a small amount of flowers in a container with the lid on and leave to cool for 20-30 minutes. Use alone or in a mix of other relaxing herbs, e.g. lemon balm, St Johns Wort flowers, Valerian leaves and flowers.

Propagation instructions

Scatter sow seed, early Spring, and press into soil surface gently but do not cover seeds from light. Prick out when first leaves appear at 2.5cm diagonal spacing, and transplant into garden at 30cm diagonal spacings. Chamomile likes to be with several other chamomile plants. If you leave flowers to go to seed they will self seed in your garden every year after that.

Diagonal spacings / Plants per sq m

20cm / 25 per sq m



CHICKWEED *Stellaria media*

Annual/perennial/height

Annual to 20-40cm, ground cover.

Conditions plant prefers

Temperate, shade, nitrogen.

Remedy

Chickweed infusion

Which part of the plant to harvest

Above ground parts.

When to harvest

Any time they are there, cool season.

How to harvest and store

Pick fresh with a knife or scissors and use immediately.

Processing instructions

Bring 500mls of water to the boil, add a big handful of fresh chickweed and turn off the heat. Place entire contents into a jar and put on the lid and leave to cool.

Properties

Antifungal, anti inflammatory, antifungal, drawing effect.

Symptoms this herb may alleviate

Boils, conjunctivitis, splinters and prickles.

How to use

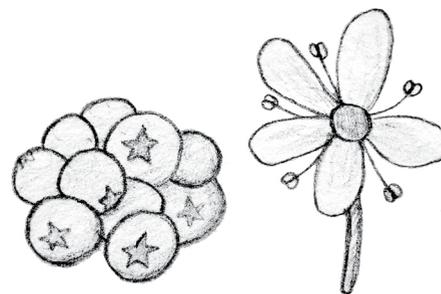
Use infusion in an eye bath for conjunctivitis, place macerated fresh herb on boils and cover, change daily, in a salve for bites, stings and itches.

Propagation instructions

Wild harvested, look under trees in Autumn when it comes up again, especially trees birds sit in and fertilise the ground underneath. If growing from seed plant seed early Spring, press into fine soil but do not cover.

Diagonal spacings / Plants per sq m

N/A



CHOKEBERRY

Aronia melanocarpa

Annual/perennial/height

Perennial, small tree/shrub.

Conditions plant prefers

Temperate, moist temperate conditions.

Remedy

Dried berries

Which part of the plant to harvest

Berries

When to harvest

Autumn when berries become soft, and dark red.

How to harvest and store

Pick berries with as little plant material attached as possible then dry.

Processing instructions

See 'how to use'.

Properties

Rich in polyphenols, antiviral, antioxidant, immunomodulator, antibacterial, anti-inflammatory.

Symptoms this herb may alleviate

Need to be fully nourished.

How to use

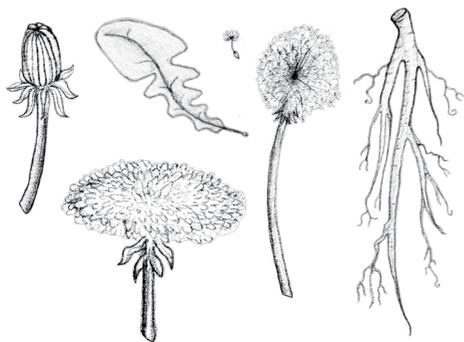
Grind dry berries in a seed or nut grinder and add to breakfast cereal, delicious, a little like chewing on dried fruit but not as sweet.

Propagation instructions

Grow from seed, available from Koanga, follow seed packet instructions.

Diagonal spacings / Plants per sq m

1-2m, Chokeberries form thickets.



DANDELION *Taraxacum*

Annual/perennial/height

Perennial herb (be sure to identify correctly, the shape of the leaf and the teeth are distinctive also the leaf is not thick and hairy it is smooth and hairless. Check it out carefully).

Conditions plant prefers

Moist temperate conditions.

Remedy

Dandelion tincture, Dandelion leaf tea, dried Dandelion root.

Which part of the plant to harvest

For tincture, roots. For tea, dried leaves.

When to harvest

Roots during Winter when tops are dormant. Leaves, any time the leaves are actively growing.

How to harvest and store

Dig up roots, gently brush with soft brush to remove dirt and cut up as soon as harvested into small pieces. A heavy knife or meat cleaver will be

necessary. Dry out of sun, and store in glass in dark.

Leaves and flowers can be harvested any time for tea, and used fresh or dried, young fresh leaves can be eaten as a green vegetable when young. Dry in an airy place out of the sun, then store in glass.

Processing instructions

For tincture, fresh root: 1:2, dried root: 1:5 50% alcohol, 1-4 tsp, 4 times daily.

For tea, see 'how to use'.

Properties

Tincture and dried root: Antioxidant, laxative, anitrheumatic, hepatic tonic.

Tea: antioxidant, laxative, anitrheumatic, diuretic (leaves).

Symptoms this herb may alleviate

As tincture, stimulates liver functions and secretion. Increases bile in the liver and therefore increases digestive potential. It helps in both skin diseases and chronic illnesses. Stimulates digestive system and helps with constipation, gallstones, indigestion, toxic exposure and jaundice. Possibly could help with diabetes. Supports arthritis, rheumatism and gout.

As tea assists poorly functioning kidneys.

As dried root, liver stimulation is used to treat anorexia, constipation, cirrhosis, gall stones, indigestion, hepatitis, toxic exposure, arthritis, rheumatism, gout.

How to use

Tincture: 1-4 tsp, 4 times daily.

Tea: 1 tbsp dried leaves (or fresh leaves), 1 litre boiling water, pour over and cover, leave 2-3 hours until it cools, then drink.

Dried root: 1-2 tbsp of dandelion root in 1-2 litres of water. Simmer 15 minutes on low and steep further 30 minutes before drinking.

Propagation instructions

Easy to grow from seed. In early Spring, prick out in small clumps of seedlings when first leaves appear into a 10cm deep pot, and as soon as plants reach 10cm transplant into garden in clumps. They prefer growing with all of their brothers and sisters!

Diagonal spacings / Plants per sq m

20cm / 25 per sq m



ECHINACEA

Echinacea augustifolia

Annual/perennial/height

Perennial, to 60cm when flowering.

Conditions plant prefers

Moist, deep, rich soils, temperate climate, cold winters.

Remedy

Echinacea tincture

Which part of the plant to harvest

Whole plant

When to harvest

When roots are three years or more old, in winter once tops have died back.

How to harvest and store

Harvest roots that are at least 3 years old, and chop up while still fresh, and air dry out of sun. Store in glass in a dark place.

Processing instructions

With dried root 1:5 70%.

Properties

Analgesic, antiviral, immune stimulant, antibacterial, anti-inflammatory, immune modulator, stimulates antibody production, more effective than *Echinacea purpurea*.

Symptoms this herb may alleviate

Influenza (if used at the very start of the symptoms), candida, vaginal infections, abnormal pap smears, streptococcus, wounds, pain relief, ulcers and sores, collagen repair, stings and bites.

How to use

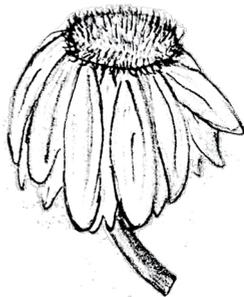
30 drops 3 times daily for mouth wash, strep throat, direct contact with tissue at back of throat gargle 30 drops each hour. For sores and ulcers in mouth 30 drops held in mouth until saliva is well stimulated, swish around cover all surface hold 30 seconds. Onset colds and flu, 30 drops each hour until symptoms ease (use with licorice root). For abnormal pap smears see page 58.

Propagation instructions

Echinacea augustifolia is not so easy to propagate, requires 30-90 days of cold moist refrigeration. Plant in Spring after stratifying as above, prick out to 2.5cm diagonal spacing and transplant into free draining, moist, alkaline soils when 5-10 cm high.

Diagonal spacings / Plants per sq m

30cm / 9 per sq m



ECHINACEA

Echinacea purpurea

Annual/perennial/height

Perennial, to 80cm when flowering.

Conditions plant prefers

Moist, deep, rich soils, temperate climate, cold winters.

Remedy

Echinacea tincture

Which part of the plant to harvest

Roots or whole plant

When to harvest

Harvest when seed heads begin drying with seed in them and later flowers are still flowers, when roots are two years or more old.

How to harvest and store

Chop up as soon as harvested while still fresh, and air dry out of sun.

Processing instructions

With dried root (70% alcohol) or fresh flowers (95% alcohol) 30 drops each hour at the start of cold, sore throat, influenza symptoms or 30 drops 3 times daily for mouth wash.

Properties

Analgesic, antiviral, immune stimulant, antibacterial, anti-inflammatory, immune modulator, stimulates antibody production.

Symptoms this herb may alleviate

Immune system booster, influenza (if used at the very start of the symptoms), candida, vaginal infections, abnormal pap smears, streptococcus, wounds, pain relief, ulcers and sores, collagen repair, stings and bites, impetigo.

How to use

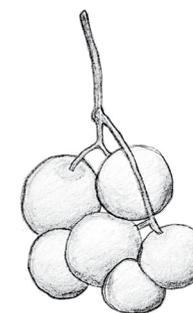
30 drops 3 times daily for mouth wash, strep throat, direct contact with tissue at back of throat gargle 30 drops each hour. For sores and ulcers in mouth 30 drops held in mouth until saliva is well stimulated, swish around cover all surface hold 30 seconds. Onset colds and flu, 30 drops each hour until symptoms ease (use with licorice root tincture). Echinacea tincture in a mist bottle is perfect for spraying back of throat every half hour at first sign of onset of sore throat. Is a great way to get the tincture into throats for children and adults as well.

Propagation instructions

Echinacea purpurea is another easy to germinate herb (easier than *echinacea augustifolia*). Plant seed into tray when ground warms in Spring, and prick out at 2.5cm diagonal spacings when first leaves appear. Transplant into garden in patches/areas of the same plant, at 40cm diagonal spacings.

Diagonal spacings / Plants per sq m

30cm / 9 per sq m



ELDERBERRIES *Sambucus nigra*

Annual/perennial/height

Perennial shrubby tree to 5-10m.

Conditions plant prefers

Temperate climate, moist soils.

Remedy

Dried berries for tea

Which part of the plant to harvest

Bunches of ripe berries

When to harvest

Once berries are ripe (may need covering to keep birds from eating them).

How to harvest and store

Pick bunches of ripe black berries and use a fork to rake berries off their stems, then dry berries and store out of light.

Processing instructions

Steep for 20-30 minutes.

Properties

Laxative, diuretic, anti-inflammatory.

Symptoms this herb may alleviate

Helps with mucus, fever and inflammation. In particular with influenza, dry coughs, chronic nasal catarrh, lung congestion, sinusitis. In terms of the gastrointestinal tract it is mildly laxative and will regulate extreme bowel functions.

How to use

Berries are best used heated or fermented to avoid possible cyanide poisoning from the seeds, the fruit is not toxic. Simmer berries for 20 minutes, and drink as a hot drink or cool and then add honey, or use to flavour water kefir or other fermented drinks.

Propagation instructions

Elderberries are best grown from cutting from the best performing plants, during winter. Be sure to cut just below and just above your bottom and top leaf nodes.

Diagonal spacings / Plants per sq m

Elderberries form large shrubby bushes and in some soils 15-20m high trees.



ELDERFLOWER

Sambucus nigra

Annual/perennial/height

Perennial shrubby tree to 5-10m.

Conditions plant prefers

Temperate climate, moist soils.

Remedy

Dried flowers for tea

Which part of the plant to harvest

Bunches of flowers as they open.

When to harvest

In the morning once dew is dried off them and before tiny insects get to them.

How to harvest and store

Once dried and before they go down remove flowers from stems and store in air tight jar in cool place out of light.

Processing instructions

Steep for 20-30 minutes

Properties

Diaphoretic, diuretic, anti-catarrhal, anti-inflammatory.

Symptoms this herb may alleviate

Helps with mucus, fever and inflammation. In particular with influenza, or coughs, chronic nasal catarrh, lung congestion, sinusitis. In terms of the gastrointestinal tract it is mildly laxative and will regulate extreme bowel functions.

How to use

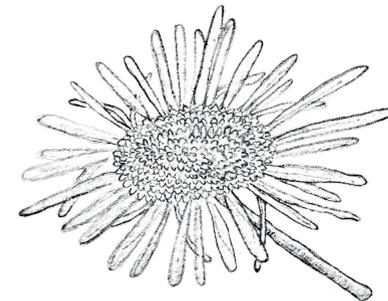
Pour boiling water over flowers, cover with lid and leave to steep 20 minutes. Do not boil. Drink often.

Propagation instructions

Elderberry bushes are best grown from cutting from the best performing plants, during winter. Be sure to cut just below and just above your bottom and top leaf nodes.

Diagonal spacings / Plants per sq m

Form large bushes.



ELECAMPANE *Inula helenium*

Annual/perennial/height

Perennial herb, to 1m.

Conditions plant prefers

Temperate climate, free draining moist soils.

Remedy

Dried root to use as a steam bath for breathing in steam.

Which part of the plant to harvest

Roots of established plants two years or more.

When to harvest

Once leaves die back in winter.

How to harvest and store

Dig roots, retaining crowns for replanting and immediately chop up roots while still soft into 0.5cm rounds to dry and store.

Processing instructions

Place 1/4 cup of dried root pieces into a pot of boiling water and simmer with no lid so that the steam travels around the room.

Properties

Antibacterial, digestive tonic, antiviral, antibiotic, antifungal, immunostimulant.

Symptoms this herb may alleviate

Asthma, tuberculosis, coughs, bronchitis, bronchial catarrh, colic, diarrhoea, nausea.

How to use

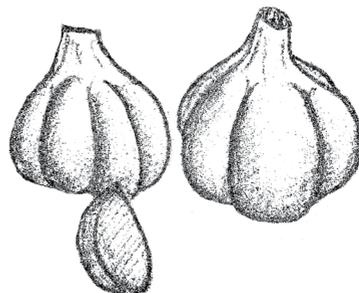
One tbsp elecampane root into 1 litre of water and bring to boil and simmer with lid off so that steam fills room and is breathed in. Can be used more than once so long as scent of herb is still there. It has a beautiful scent.

Propagation instructions

Elecampane is easy to grow from seed, planted in early Spring or when ground has warmed. Plant seed into tray and prick out when first leaves appear into 10cm deep pots. Transplant into garden when 7-10cm high at 1m diagonal spacings.

Diagonal spacings / Plants per sq m

50cm / 2 per sq m



GARLIC *Allium sativum*

Annual/perennial/height

Annual, to 40cm.

Conditions plant prefers

Moist, free draining, fertile soil.

Remedy

Garlic

Which part of the plant to harvest

Whole bulb when tops die back.

When to harvest

Depends on cultivar but usually early or mid summer.

How to harvest and store

Dry well after harvest out of direct sun, but in an airy place. Store in dry cool place.

Processing instructions

See 'how to use'.

Properties

Antioxidant, anti-inflammatory, anti stress, regulation of blood pressure, anti diabetic, immunity booster, antibiotic, antiviral.

Symptoms this herb may alleviate

Oncoming colds and flu, high blood pressure.

How to use

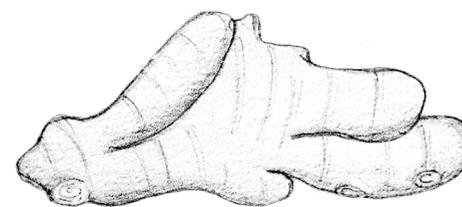
Chop finely and add to many dishes, so long as it is finely chopped for a few minutes first, it can be medicinally used raw or cooked. Add a little honey on a spoon and take hourly for onset of flu, cold etc., or add to hummus, pesto etc.

Propagation instructions

At harvest point, save your best bulbs for replanting at appropriate time, which will depend on cultivar and climate.

Diagonal spacings / Plants per sq m

10cm / 100 per sq m



GINGER *Zingiber officinale*

Annual/perennial/height

Perennial grown as an annual in cold climates, 50-60 cm.

Conditions plant prefers

Subtropical/Tropical or greenhouse. Hot long Summers and lots of water.

Remedy

Ginger infusion

Which part of the plant to harvest

Whole root

When to harvest

Mid Winter when tops have died right back.

How to harvest and store

Harvest whole and gently brush clean in water. Store in a dry cool place, enough to last a few weeks and cut the rest into pieces and store in the freezer.

Processing instructions

See 'how to use'.

Properties

Circulatory stimulant, synergist, antifungal, antibacterial, antiviral, anti-inflammatory, antidiarrhoeal, antispasmodic, analgesic.

Symptoms this herb may alleviate

Nausea, diarrhoea, stomach cramping, fever, cold chills, anxiety.

How to use

For general health maintenance, grate a piece of ginger the size of your thumb, and pour over it 2 cups of boiling water, put on a lid and leave 6-8 hours, add a little

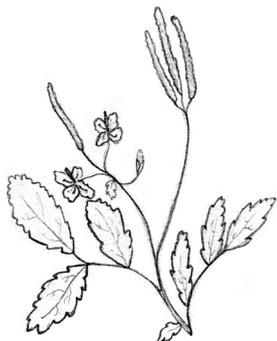
honey if desired and or a little lemon juice. See page 59 for Ginger keifer recipe. For serious bacterial and or viral infections fresh ginger juice is required.

Propagation instructions

Keep a piece at harvest time for each plant you, which to immediately replant. Must be in a greenhouse in temperate climates, and also in a wicking bed for best results.

Diagonal spacings / Plants per sq m

30cm in wicking bed in greenhouse.



GREATER CELANDINE
Chelidonium majus

Annual/perennial/height

Perennial

Conditions plant prefers

Temperate, grows easily from seed in wild patches, light soil and part shade best.

Remedy

Plant stem sap

Which part of the plant to harvest

Leaf with stem attached.

When to harvest

Any time, every day while using it.

How to harvest and store

Harvest and use fresh.

Processing instructions

See 'how to use'.

Properties

Removes viral warts.

Symptoms this herb may alleviate

Warts, veruca, skin cancers.

How to use

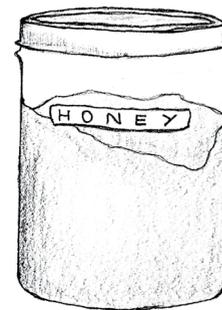
Break stem of fresh leaf and apply yellow sap 3 times daily to affected places.

Propagation instructions

Self seeds profusely, grown by seed easily. Sow seed in early Spring.

Diagonal spacings / Plants per sq m

30-40cm / 6-8 per sq m



HONEY

Remedy

Honey

Which part of the plant to harvest

Raw unprocessed organic honey

When to harvest

Southern Hemisphere,
January-February.

How to harvest and store

Use no heat or chemicals, and store in glass in dark.

Processing instructions

See 'how to use'.

Properties

Antiallergic, antianemic, anticarcinogenic, antifungal, anti-inflammatory, antiviral, expectorant, immune stimulant, laxative, tonic.

Symptoms this herb may alleviate

Especially for burns, ulcerations, bedsores, infected wounds, impetigo.

How to use

Dilute with a little warm water if necessary and place on affected area, cover.



LICORICE *Glycyrrhiza glabra*

Annual/perennial/height

Perennial, roots can be harvested for many years off same plant. Grows to 50cm.

Conditions plant prefers

Temperate. Free draining, friable soil.

Remedy

Licorice tincture

Which part of the plant to harvest

Root that is over 2-3 years old.

When to harvest

Harvest in Autumn or Spring.

How to harvest and store

Cut roots up immediately before drying, store dried or as tincture.

Processing instructions

Fresh roots 1:2.

Properties

Anti-inflammatory, antiallergic, anticancer, antistressor, antiviral, immunomodulant, immunostimulant, adrenal cortex stimulant, a synergist etc.

Symptoms this herb may alleviate

Bacterial and viral infections. Licorice is a powerful synergist that must be used with other herbs. It is also an anti-bacterial and even more powerfully an antiviral herb, so if we use it with other herbs, licorice enables them to act more effectively and together they act very effectively as antivirals in particular but also some bacterial infections. Licorice has been used to treat SARS related coronavirus (FF1,FF2) Influenza A (various strains, H1N1, H2N2 and others). See Stephen Harrod Buhner's books *Herbal Antibiotics* and *Herbal Antivirals* for far more detailed information.

How to use

Do not use this herb alone, its function is as a synergist, and best used for 10 days only or less at a time when it is very safe and effective. It is contraindicated in hypertension, hypokalemia, pregnancy, hypernatremia, and low testosterone levels.

Licorice matches very well with Astragalus as a systemic antiviral. Equal parts of each tincture, or even

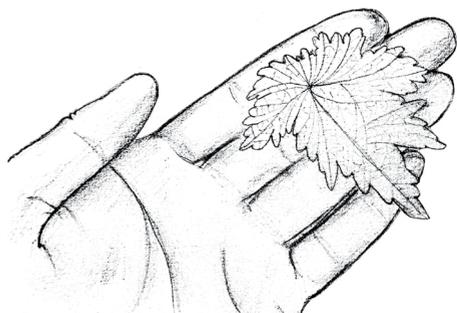
better make a tincture with all above herbs tincturing together, to give us a powerful immune support medicine.

Propagation instructions

Root cuttings are easy during the growing season, or if using seed it needs to be stratified for several weeks then scarified, (rubbed hard with sand paper) and planted into trays in Spring Plant out at 1m diagonal spacings. Licorice is slow to start once planted out but will be there forever.

Diagonal spacings / Plants per sq m

40cm / 5 per sq m



MOTHERWORT

Leronuris cardiaca

Annual/perennial/height

Perennial, to 1m.

Conditions plant prefers

Hardy, dies back in winter, self seeds profusely.

Remedy

Motherwort tincture

Which part of the plant to harvest

Leaves and flowers

When to harvest

Autumn before flowers become hard seed stalks.

How to harvest and store

Chop up while fresh.

Processing instructions

Fresh flower 1:2. 30-60 drops 4 times daily.

Properties

Sedative, cardiac tonic, hypotensive, antispasmodic.

Symptoms this herb may alleviate

Relaxant, amenorrhoea, menopause, fibroids.

How to use

30-60 drops 4 times daily.

Propagation instructions

Easy to grow from seed, or dig up divisions from mother plant, or seedlings from around mother plant. Prick out emerging seedlings to 2.5cm diagonal spacings and transplant into garden at 1m diagonal spacing.

Diagonal spacings / Plants per sq m

1m / 1 per sq m



MULLEIN *Verbascum thapsus*

Annual/perennial/height

Biennial, flowers second year, plants to 4cm flowering rods to 1.5m.

Conditions plant prefers

Mediterranean. Dry and bony, free draining, poor soil, low calcium.

Remedy

Mullein oil and Mullein tincture

Which part of the plant to harvest

Leaves and flowers

When to harvest

Leaves any time but flowers over Summer while flowers open. Note that plants flower a few at a time over weeks and months.

How to harvest and store

Oil: Chop up and cover with olive oil and place out of light for 5 weeks before using.

Tincture: Chop up while fresh and use to make fresh plant tincture.

Processing instructions

Oil: See earache oil recipe on page 51.

Tincture: 1:2.

Properties

Oil: Astringent, antibacterial, antifungal, antiviral.

Tincture: Expectorant, demulcent, diuretic.

Symptoms this herb may alleviate

Oil: Earache.

Tincture: Bronchitis, coughs, respiratory catarrh, tuberculosis, tracheitis.

How to use

Oil: Use to make earache oil as on page 55.

Tincture: 20-40 drops up to 4 times daily.

Propagation instructions

Super fine seeds. In late Spring sprinkle on surface of fine seed raising mix and press down a little but don't cover. Keep damp but do not over water. Prick out when second leaves appear at 2.5cm diagonal spacings then into garden when leaves are touching, at 50cm diagonal spacings.

Diagonal spacings / Plants per sq m

40cm / 5 per sq m



NETTLE *Urtica dioica*

Annual/perennial/height

Perennial

Conditions plant prefers

Temperate climate. Rich alluvial, high nitrogen.

Remedy

Dried Nettle

Which part of the plant to harvest

Leaves when actively growing.

When to harvest

All through growing season, Winter to mid Spring.

How to harvest and store

Using gloves and large scissors, cut at bottom of stem, and place on tray for drying. Once nettle is dry, using gloves, hold bottom of stem and then pull/strip leaves away from stem bottom into a bowl, and store in dark.

Processing instructions

See 'how to use'.

Properties

Rich source of vitamins, minerals, oils and hormones, plus many medicinal benefits but here we are focusing on nutritional benefits.

Symptoms this herb may alleviate

Amazing nutritional support, especially for women.

How to use

Place 2 tbsp of dried nettle into pot of 1 litre of water, bring to boil and simmer for 20 minutes and then steep 2 hours. Raspberry leaf etc. can be added and nettle amounts can be varied according to preference. Can be reheated and simmered longer to extract maximum value from herb.

Propagation instructions

Find somebody with a plant and divide the root system. Grow it in a barrel if you don't want nettle escaping into garden, and be sure to cut off all seed heads before seed is dropped.

Diagonal spacings / Plants per sq m

I plant nettle in a half barrel so I can more easily prevent the spread by stalks rooting and spreading, or spreading by seed. The nettle will fill the barrel in one season.



RASPBERRY LEAVES

Rubus occidentalis, Rubus idaeus

Annual/perennial/height

Perennial, suckering, fruiting plant.

Conditions plant prefers

Temperate climate. Moist, free draining, fertile.

Remedy

Dried raspberry leaves.

Which part of the plant to harvest

Fresh new growing leaves.

When to harvest

Any time after fruit is harvested and before they deteriorate in late Autumn.

How to harvest and store

Pick leaves and dry in air movement out of sun.

Processing instructions

See 'how to use'.

Properties

Rich source of vitamins, minerals, polyphenols, antioxidants.

Symptoms this herb may alleviate

Relaxes uterus for pregnancy. We use it as a highly nutritious tonic in daily tea. Very good calcium source if grown in fertile soil.

How to use

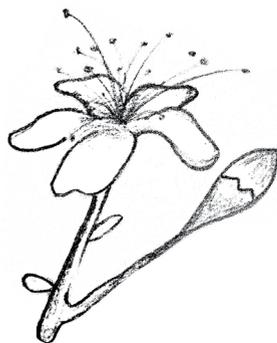
Can be used to make tea, infusion, on its own or with other nutritious tea herbs such as nettle that are better simmered for 20 minutes or so. Add 1 tbsp or more to simmering water, 1 litre and simmer 20 minutes then cool, can be reheated again if required and simmered longer too.

Propagation instructions

Easy to dig up a rooted sucker from any raspberry patch.

Diagonal spacings / Plants per sq m

Minimum 3m apart in rows on fence or trellis etc.



ST JOHNS WORT

Hypericum perforatum

Annual/perennial/height

Invasive perennial, to 50cm when flowering.

Conditions plant prefers

Sandy, free draining soils, temperate Mediterranean climate.

Remedy

St John's Wort tincture

Which part of the plant to harvest

Flowering tips

When to harvest

Any time it is flowering, Summer usually.

How to harvest and store

Pick flowering tips after dew has dried off plant in the morning and place immediately into alcohol.

Processing instructions

Fresh plant 1:2.

Properties

Anti-inflammatory, anti-viral, anti-depressant, astringent, relaxant.

Symptoms this herb may alleviate

Cold sores (both external application and internal drops), anxiety, depression, insomnia.

How to use

20-30 drops 3 times daily.

Propagation instructions

Can be grown from seed. Seed is very fine and tricky to work with, ensure you use seed raising mix with NO weed seed. Sow in Spring. You can also dig up rooted parts of a mother plant if you know of one. Do not let flowers to seed if you don't want it to spread all through your garden.

Diagonal spacings / Plants per sq m

Wicking bed outside garden.



SWEET ANNIE *Artemisia annua*

Annual/perennial/height

Annual to 1m.

Conditions plant prefers

Sandy, free draining soils, moist, temperate, Mediterranean climate.

Remedy

Sweet Annie tincture

Which part of the plant to harvest

Growing tips and flower heads when flowering.

When to harvest

In Summer and Autumn when the plants are flowering and going to seed.

How to harvest and store

To get best effect, harvest tips and flowers and use while fresh.

Processing instructions

Fresh plant in flower 1:2.

Properties

Antibacterial, antifungal, antiviral, anti-inflammatory, anti-malarial, antiparasitic, antitumor, immunomodulant.

Symptoms this herb may alleviate

Any parasitic infection in the blood and liver or for systemic cancers. Indigestion, constipation, to protect body from viral, fungal and bacterial infection e.g., influenza, herpes, hepatitis B and C, enhances appetite, relieves menstrual pain, on skin heals bruises, (Madagascar using it to treat Covid19). See *Herbal Antibiotics* for more info and/or *Herbal Antivirals* by Stephen Harrod Buhner.

How to use

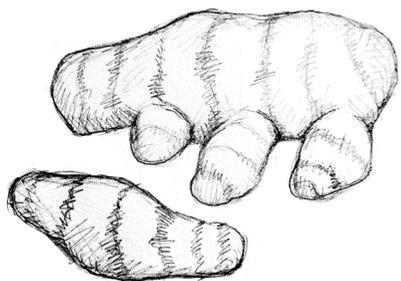
30-90 drops up to 6 times daily. I would dows to discover best rate for each individual and for length of time to use, varies according to what you are treating but commonly 3-7 days max, repetition maybe necessary, in case of malaria (after 7 days). Higher doses usually work better see *Herbal Antibiotics* by Stephen Harrod Buhner.

Propagation instructions

Easily grown from seed in Spring, prick out to 2.5cm diagonal spacings, and transplant into garden beds at 50cm diagonal spacings.

Diagonal spacings / Plants per sq m

50cm / 2 per sq m



TUMERIC *Curcuma longa*

Annual/perennial/height

Perennial grown as annual in temperate climate, to 1m.

Conditions plant prefers

Tropical, subtropical, or greenhouse in well watered bed, or wicking bed.

Remedy

Dried Tumeric and fermented Tumeric.

Which part of the plant to harvest

Whole root.

When to harvest

In Winter when top dies right back.

How to harvest and store

Clean root gently, grate on fine grater and dry out of sun, store in dark.

Processing instructions

For dried Tumeric, see 'how to harvest and store'.

For fermented Tumeric, grate fresh tumeric on a fine grater, add enough olive oil to cover along with freshly ground black pepper and salt to taste. Leave to ferment at room temperature for 3-7 days then keep in fridge.

Properties

Anti-inflammatory, antioxidant, anticancer, antidepressant.

Symptoms this herb may alleviate

Dried Tumeric – Inflammation, depression, antioxidant, emmenagogue.

Fermented Tumeric – Inflammation, depression, antioxidant.

How to use

Dried Tumeric – To be most effective in terms of us being able to absorb the healing properties of this plant, use as spice in traditional cooking oil or fat with black pepper for 5-15 minutes max, in process of making curry etc.

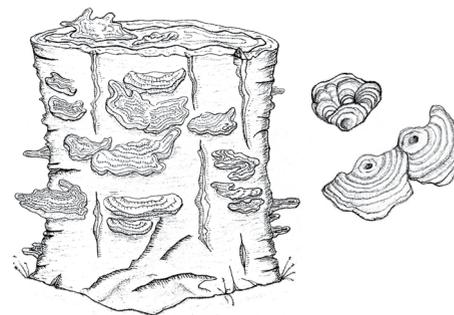
Fermented Tumeric – Use as a condiment to omelettes, egg dishes, fish especially.

Propagation instructions

After harvest choose a piece to replant.

Diagonal spacings / Plants per sq m

50cm / 2 per sq m



TURKEY TAIL

Trametes versicolour

Annual/perennial/height

Fungi that is very common around the world.

Conditions plant prefers

Temperate. Grows on freshly fallen logs, needs moist and shady places.

Remedy

Turkey Tail tea

Which part of the plant to harvest

Fungi whole, looks like a turkey tail, be careful to identify it well. The back of the fungi is plain white and smooth with very tiny holes, shaped like sun coming up, grows over cool season has many shades of brown stripes on the front side, like a rainbow or a Turkey Tail.

When to harvest

End of winter before they drop spores and go dull, and get hard and thick.

How to harvest and store

http://www.mushroomexpert.com/trametes_versicolor.html – identify well first. Remove from logs by twisting, be aware to only always take a small part of what is growing wild, break up into as small a pieces as possible before drying (you won't be able to do this later) dry and store out of light.

Processing instructions

1/2 cup dried pieces or 1 cup fresh into 1 litre of water. Simmer 2 hours or longer in slow cooker solar oven, Drink like that or add turmeric and leave to cool and drink. Can also add honey if preferred.

Properties

Immunomodulant, boosts immune function, fights infection, antitumor, adaptogen, anticancer, prebiotic.

Symptoms this herb may alleviate

Stress, inflammation, congestion, cancer, chemotherapy side effects, allergies, viral and bacterial infection/epidemics, needing immune support.

How to use

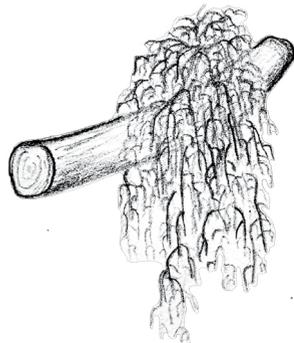
1 tbsp in 2 cups of water, simmer 30 mins to 1 hour or more. Make sure lid is on and may need to top water up. Add 1 tsp turmeric when heat turned off, drink when cooled a little.

Propagation instructions

Look for trees that have been cut up or died in the last year, in moist shady places, put rounds of cut up willow poplar maple etc. in moist shady places, it will probably just grow on them the following winter.

Diagonal spacings / Plants per sq m

N/A



USNEA

Usnea spp, all varieties good

Annual/perennial/height

Perennial, slow growing, long lived beard or hair like lichen growing hanging from branches of old trees in forest or orchard.

Conditions plant prefers

Forest, forest garden, orchard, old trees.

Remedy

Usnea tincture

Which part of the plant to harvest

Whole plant, but ensure you only harvest a small amount of what is in each tree or area.

When to harvest

Anytime

How to harvest and store

Harvest whole plant and air dry out of sun.

Processing instructions

Immune-stimulating polysaccharides are most efficiently extracted by heat. Collect usnea and rub vigorously to break into rough powder plus white filament. 1 part (weight) usnea to 5 parts liquid of which half is water and half is alcohol. Put powdered herb into slow cooker with water, and slow cook 48 hours with lid on to avoid evaporation, let cool enough to touch then add alcohol. 1:5, 50% alcohol.

Properties

Analgesic, antibacterial, antifungal, anti-inflammatory, antimutagenic, antineoplastic (cancer), antioxidant, antiparasitic, antiproliferative, antiseptic, antiviral, immunostimulant, localised non systemic antibiotic.

Symptoms this herb may alleviate

Resistant (gram-positive) bacterial skin infections, e.g. impetigo (school sores), fungal infections, GI tract and throat infections, vaginal infections (as a douche), resistant upper respiratory and lung infections, conjunctivitis (as eye drops), urinary tract infections,

How to use

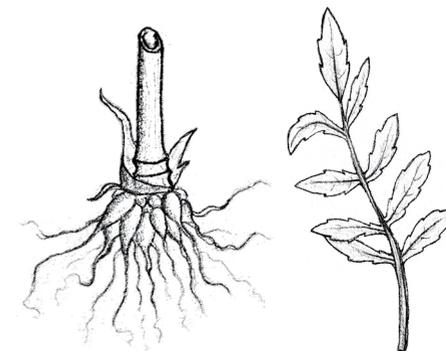
30-60 drops 4 times daily, acute conditions, 1/2 to 1 tsp, 3-6 times daily.

Propagation instructions

N/A

Diagonal spacings / Plants per sq m

N/A



VALERIAN *Valeriana officinalis*

Annual/perennial/height

Perennial, 1m.

Conditions plant prefers

Temperate climate, deep, moist, rich soil.

Remedy

Fresh leaf for making relaxing tea.

Which part of the plant to harvest

Root

When to harvest

When dormant in winter.

How to harvest and store

Dig roots clean and cut into small pieces and dry out of sun, store in glass in dark.

Processing instructions

See 'how to use'.

Properties

To bring on menstruation, as a relaxant.

Symptoms this herb may alleviate

Externally as a drawing agent, anxiety, tension, nervousness, insomnia, migraine.

How to use

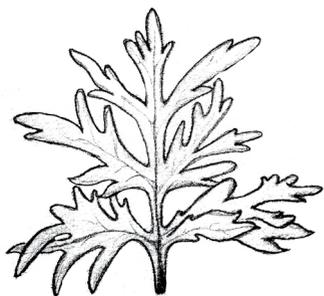
As an infusion for sleeplessness 1/2 hour before bedtime.

Propagation instructions

Grows easily from seed in Spring, and often self seeds, plant out at 70cm diagonal spacings.

Diagonal spacings / Plants per sq m

40cm / 5 per sq m



WORMWOOD

Artemisia absinthium

Annual/perennial/height

Perennial to 1m

Conditions plant prefers

Temperate Mediterranean climates, free draining sandy loam soils.

Remedy

Wormwood tincture, Wormwood oil

Which part of the plant to harvest

Growing tips and flower heads when flowering and with seed.

When to harvest

In Summer and Autumn when the plants are flowering and going to seed.

How to harvest and store

To get best effect, harvest tips and flowers and use while fresh.

Processing instructions

Tincture: Fresh plant in flower 1:2.

Oil: Cover fresh plant material with organic olive oil and leave in warm place out of light for 4 weeks then strain and press all oil out of plant material.

Properties

Antibacterial, antifungal, antiviral, anti-inflammatory, antimalarial, antiparasitic, antitumor, immunomodulant.

Symptoms this herb may alleviate

Tincture: If you don't have access to Sweet Annie, wormwood is very good for any parasitic infection in the blood and liver or for systemic

cancers. Indigestion, constipation, to protect body from viral, fungal and bacterial infection e.g. influenza, herpes, hepatitis B and C, enhances appetite, relieves menstrual pain, on skin heals bruises, (Madagascar using it to treat Covid19), See *Herbal Antibiotics* for more info.

Oil: Head lice and scabies.

How to use

Tincture: 30-90 drops up to 6 times daily. I would dowsse to discover best rate for each individual and for length of time to use, varies according to what you are treating but commonly 3-7 days max, repetition may be necessary, in case of malaria (after 7 days). Higher doses usually work better see *Herbal Antibiotics*.

Oil: Massage oil into skin of affected areas, if on head for head lice cover with a bathing cap and leave over night, wash out in the morning.

Propagation instructions

Grown from cuttings in Autumn. Place cuttings in damp sand and leave until they have roots and new top growth, transplant into garden at 1m diagonal spacings.

Diagonal spacings / Plants per sq m

1m / 1



YARROW

Achillea millefolium

Annual/perennial/height

Perennial, ground cover but goes to 80cm when flowering.

Conditions plant prefers

Temperate climate, free draining soils, drought and frost tolerant, likes lime.

Remedy

Fresh or dried leaf and flowers.

Which part of the plant to harvest

Everything above the ground.

When to harvest

At the point the flowers begin to open December – May.

How to harvest and store

Harvest, chop up and dry out of sun, and store in the dark.

Processing instructions

See 'how to use'.

Properties

Astringent, bitter, menstrual regulator, anti-inflammatory, anti-haemorrhagic, circulatory tonic, diuretic, antiseptic.

Symptoms this herb may alleviate

Bleeding, varicose veins, haemorrhoids, asthma, bronchitis, anorexia, interenal bleeding, dysmenorrhoea (especialy chronic), menorrhagia, amenorrhoea, mentsrual cycle irregularity, nose bleeds (put fresh herb up the nose).

How to use

Infusion with fresh or dried herb, drink frequently.

Propagation instructions

Grows well in Spring from seed or root cuttings, can self seed.

Diagonal spacings / Plants per sq m

30cm / 8 per sq m



SYMPTOMS AND REMEDIES CHART

SYMPTOMS	REMEDIES
Abnormal pap smears	Echinacea suppositories. See page 58.
Acne	Burdock tea, Burdock tincture, Calendula cream
Allergies	Turkey Tail tea
Amenorrhoea	Calendula tincture, Motherwort tincture, Yarrow infusion
Anorexia	Dried Dandelion root, Calendula tincture
Anxiety	St John's Wort tincture, Valerian tea, Ginger
Arthritis	Burdock tea, dried Dandelion root, Dandelion tincture
Asthma	Dried Elecampane root, Yarrow infusion
Bacterial infection	Licorice and Astragalus tincture, Sweet Annie tincture, Wormwood tincture, Turkey Tail tea, Usnea tincture
Bed sores	Honey
Bile production low	Dandelion tincture
Bleeding	Bruised Yarrow on the bleeding site
Boils	Burdock tea, Chickweed infusion
Brain fog	Ashwaganda root tincture, Ashwaganda root tea
Broken capillaries	Calendula cream
Bronchial catarrh	Dried Elecampane root
Bronchitis	Mullein tincture, dried Elecampane root
Bruising and bumps	Arnica infused oil, Arnica cream, Calendula cream, Sweet Annie tincture, Wormwood tincture
Burns	Honey
Calcium low	Dried raspberry leaves
Cancers	Burdock tincture, Sweet Annie tincture, Turkey Tail tea
Candida	Echinacea tincture
Chemotherapy side effects	Turkey Tail tea
Chronic accumulation of metabolic waste and toxins	Burdock tea, Burdock tincture
Cold chills	Ginger
Cold sores	See 'impetigo'
Colds	Calendula tincture, Garlic
Congestion	Turkey Tail tea, Elderflower tea, Elderberry tea
Conjunctivitis	Usnea tincture diluted, Chickweed infusion

Constipation	Artichoke leaf tea, dried Dandelion root, Dandelion tincture, Calendula tincture, Sweet Annie tincture, Wormwood tincture, Elderflower tea, Elderberry tea
Coughs	Mullein tincture, dried Elecampane root, Elderflower tea, Elderberry tea
Debility	Ashwaganda root tincture, Ashwaganda root tea
Depression	St John's Wort tincture
Diarrhoea	Ginger, dried Elecampane root
Digestive support	Artichoke leaf tea, Astragalus tincture, Dandelion tincture
Digestive ulcers	Burdock tincture
Dysmenorrhoea	Calendula tincture, Motherwort tincture, Yarrow tincture
Ear ache	Mullein oil
Eczema	Burdock tea, Burdock tincture, Calendula cream
Fever	Calendula tincture, Ginger, Elderflower tea, Elderberry tea
Fibroids	Motherwort tincture
Fungal infection	Sweet Annie tincture, Wormwood tincture
Gall Stones	Dried Dandelion root, Dandelion tincture, Calendula tincture
Gastric ulcers	Calendula tincture
Gastritis	Calendula tincture
GI tract infections	Usnea tincture
Gout	Burdock tea, Burdock tincture, dried Dandelion root, Dandelion tincture
Haemorrhoids	Calendula tincture
Head lice	Wormwood oil
Heavy menstrual bleeding	Yarrow and Raspberry leaf infusion
Hepatitis	Dried Dandelion root, Sweet Annie tincture, Wormwood tincture
Herpes	Calendula cream, Sweet Annie tincture, Wormwood tincture
High blood pressure	Dried Astragalus root, Astragalus tincture, Garlic
Hypertension	Burdock tincture
Immune system support	Astragalus tincture, Ashwaganda root tincture, Ashwaganda root tea, Echinacea tincture, Turkey Tail tea
Impetigo (school sores)	Usnea tincture, Honey
Indigestion	Artichoke leaf tea, dried Dandelion root, Dandelion tincture, Calendula tincture, Sweet Annie tincture, Wormwood tincture
Infected wounds	Honey
Inflammation	Burdock tea, Turkey Tail tea, Elderflower tea, Elderberry tea

Influenza	Calendula tincture, Echinacea tincture, Licorice tincture, Sweet Annie tincture, Wormwood tincture, Garlic, Elderflower tea, Elderberry tea
Insomnia	St John's Wort tincture, Valerian tea
Irritable bowel	Elderflower tea, Elderberry tea
Jaundice	Dandelion tincture
Kidney support	Burdock tincture, Dandelion leaf tea
Liver support	Artichoke leaf tea, Burdock tincture, Dandelion tincture, Calendula tincture
Loss of memory	Ashwaganda root tincture, Ashwaganda root tea
Low energy	Astragalus tincture
Low energy due to age or disease	Ashwaganda root tincture, Ashwaganda root tea
Lung infections	Usnea tincture, Mullein infusion
Lung support	Dried Astragalus root, Astragalus tincture
Lymphatic system support	Calendula tincture
Menopause	Motherwort tincture, Nettle and Raspberry leaf tea
Menstrual pain	Sweet Annie tincture, Wormwood tincture
Migraine	Valerian
Muscle aches and pains	Arnica infused oil, Arnica cream
Nasal catarrh	Elderflower tea, Elderberry tea
Nausea	Ginger, dried Elecampane root
Nervous exhaustion	Ashwaganda root tincture, Ashwaganda root tea
Nervousness	Valerian tea
Nose bleeds	Bruised Yarrow up the nose
Nutritional support	Dried Nettle, dried Raspberry leaves, Chokeberry, dried Nettle and Raspberry leaf tea
Pain relief	Echinacea tincture
Parasitic infection	Sweet Annie tincture, Wormwood tincture
Poor appetite	Sweet Annie tincture, Wormwood tincture
Poor circulation	Dried Astragalus root, Astragalus tincture
Prickles	Chickweed poultice
Psoriasis	Burdock tea, Burdock tincture
Relaxation	Motherwort tincture
Reproductive problems	Burdock tincture, Motherwort tincture
Respiratory catarrh	Mullein tincture
Rheumatism	Burdock tea, dried Dandelion root, Dandelion tincture

Scabies	Wormwood oil
Shock	Valerian infusion, Lemon Balm infusion, Chamomile infusion
Sinusitis	Elderflower tea, Elderberry tea
Skin bacterial infections	Usnea tincture
Skin fungal infection	Calendula tincture, Usnea tincture
Skin inflammation	Calendula cream
Skin wounds	Calendula cream, Echinacea tincture, Honey
Sleeplessness	Dried Chamomile
Sores	Echinacea tincture
Splinters	Chickweed poultice
Stings & Bites	Echinacea tincture applied externally and internally, Itch Bite Sting Cream
Stomach cramp	Ginger tea
Streptococcus	Echinacea and Licorice tincture
Stress	Dried Astragalus root, Astragalus tincture, Burdock tincture, Turkey Tail tea
Sunburn	Calendula cream, St John's Wort oil
Tension	Valerian tea
Throat infections	Usnea tincture, Echinacea purpurea tincture in a mist spray
Toxic exposure	Dried Dandelion root, Dandelion tincture
Trachetis	Mullein tincture
Tuberculosis	Mullein tincture, dried Elecampane root
Ulcers	Echinacea tincture, Honey
Upper respiratory infections	Usnea tincture
Urinary tract infections	Usnea tincture
Uterine relaxant	Dried raspberry leaves
Vaginal infections	Echinacea tincture, Echinacea suppositories (see page 58), Usnea tincture
Varicose veins	Calendula tincture, Yarrow tincture
Viral infections	Licorice, Elder and Astragalus tincture, Ginger Juice, Ginger soda, Sweet Annie tincture, Turkey tail tea and tincture
Warts and verrucas	Celandine sap

STORAGE OF ALL HERBAL REMEDIES

All dried herbs, herbs in oil tinctures etc., keep best in amber glass, out of the light and in a cool place.

HOW TO MAKE AN OIL INFUSION

Oil infusions are useful for burns, sunburn, chapped and dry skin, skin infections, as ear drops, and for use on wounds as salves. With oil infusions the medicinal properties of the plant are transferred to an oil base rather than water or alcohol. Olive oil is our preferred oil for herb infusions, because it is a great carrier oil (of the medicinal properties of your plants), as well as being relatively stable, and organic olive oil is cheaper and easier to find than many others.

Making an Oil Infusion with Dry Herbs

Grind the dry herbs as fine as possible then place in a glass or ceramic jar and cover with olive oil. Olive oil is stable, doesn't go rancid easily and is in itself strongly antimicrobial. Stir to ensure the plant material is well covered by oil and then leave in the warm sun for 4 weeks. Strain the oil out through a strong cloth that can be squeezed hard to wring as much of the oil out as possible. Store the infusion in a dark cool place.

Making an Oil Infusion with Fresh Herbs

Place herbs in a clear glass jar and cover with just enough olive oil to totally cover the herbs, ensuring no part of the plant material is exposed to the air. Leave in a warm, sunny place for 2 weeks, then strain through a cloth into another jar. Leave this liquid to settle and you will see that there is a water infusion lying below the oil infusion, the water that has come out of the fresh plant leaves. You will now need to pour the oil off the water, possibly twice to ensure you only have oil left. Discard the water. Leaving water in with the oil will ruin the medicine.

HOW TO MAKE A SALVE

A salve is an oil infusion thickened adding beeswax. Only beeswax should be used. Place your infused oil in a stainless steel bowl over a pot of boiling water like a water bath, so that the oil heats gently. You will require approx 50gm of beeswax per 250ml of oil. If you are using your own beeswax I would cut a few pieces off the bigger block so you can add a small piece at a time to the warm oil. I usually add one small piece and when that melts I know the oil is at the lowest temperature to melt the beeswax, so at that point I add as much as I need in small pieces. If I'm buying beeswax it is great if you can buy pellets, because then they can be added in small amounts and you can test the salve as you go to see if the amount of beeswax is right.

Do that by keeping a saucer in the fridge or even better, freezer. When you would like to know if you have your ratio of beeswax to oil correct, drip a drop or two onto the cold plate, let it set, and then put your finger on it. It should resist for a couple of seconds and then melt totally, with your body heat. That is what you are looking for. If you have it right great, otherwise add a little more wax or a little more oil until it is correct.

While it is still warm pour into small salve jars, and label immediately.



HOW TO MAKE A TINCTURE

Fresh Plant Tinctures

Fresh herb tinctures are made by putting the fresh herb material into 100% proof alcohol. These tinctures are nearly always made in a one to two ratio, which is written 1:2. This means you are using one part fresh herb (weight measurement), to two parts liquid (liquid measurement).

Place your herb material into a glass jar that has a good lid, cover with alcohol according to 1:2 ratio as above. Place out of the sun and leave for 4 weeks. At the end of 4 weeks strain out the tincture through a cloth that can be squeezed hard to get as much tincture out as possible. The resulting liquid is labelled and stored in glass in the dark.

Alcohol not only pulls out the medicinal quality from the plant but also the water from the plant. The water in the fresh plant dilutes the alcohol. How much the alcohol is diluted depends upon the kind of plant we are using, some are higher than others. This means that although we are only using plant material and alcohol, the liquid in the resultant tincture is approximately 50% alcohol and 50% water, depending on the plant used.

Fresh leafy plants may be chopped up or left whole when making tincture or they may even be blended with the alcohol. Roots are best dried first.

Dried Plant Tinctures

Plants, when they dry, lose their natural moisture content. The amount of water you combine with alcohol to make a dried plant tincture is the amount of water that the plant loses when it dries. Tables detailing the amount of moisture a plant loses are available online however we have included detailed info for all of the herbs we use here in our database in the 'processing instructions' column. Adding back the amount of water that was present in the plant when it was fresh, enables the alcohol to extract the water soluble constituents as well as those that are alcohol soluble only.

Dried plants are usually tinctured at a 1:5 ratio. That means 1 part dried herb by weight, to 5 parts liquid. If you have 10 grams of powdered root, (dry weight) you would have to add to it 50ml of liquid. This gives your 1:5 ratio. The tricky part comes in figuring out how much of that liquid should be water, and how much alcohol.

We are lucky because that work has been done for us and there is an internationally accepted standard way to show how much water is in each fresh herb. The standard way is to use the formula 1:5 (to show the weight of dried herb to liquid, and then a % to show how much of the liquid is alcohol. For example, 1:5 70%. In this case we use 1 part dried herb to 5 parts liquid. The liquid is 70% alcohol.

The formula for Echinacea purpurea is 1:2 fresh plant tincture, 1:5, 70% dry plant tincture. If we have 10 grams of dried Echinacea purpurea root, we add 50ml of liquid, made up of 35ml (70%) of alcohol and 15ml (30%) of water. These formulae are in the data base in the 'processing instructions' column.

Tinctures are best stored in amber glass bottles in a dark cool place. They keep for many years under these conditions.

Origin of the Word 'Proof'

For those of you needing to know what to look for when buying alcohol to use in tinctures, I use vodka.

In the eighteenth century English soldiers were paid partly in rum. The watering down of drinks has always been a problem, so to test their rum before accepting it as pay, the sailors would soak gunpowder in it. If the gunpowder would still burn, the rum was 'proved'. Hence 100 proof. The rum had to be a minimum of 57.5% alcohol for the gunpowder to burn. Today we say 50% alcohol is '100 proof'.



HOW TO MAKE A HOT WATER INFUSION

An infusion is made by immersing a herb in either hot water or boiling water, for an extended period of time. The water you use needs to be the purest you can find. Depending on where you are, not tap water. Spring or well water without added chemicals is best.

For leaves: 30gm of leaf per litre of water, let steep for 4 hours tightly covered. Tougher leaves require longer steeping. The more powdered the leaves the stronger the infusion. If using fresh leaves cut them up as much as possible.

Place herb in a container that has a lid, to prevent volatile oil escaping. Pour boiling water over it and place the lid on and leave for several hours, then drink within 24 hours. Infusions made like this do not usually keep their beneficial qualities longer than this.



SOME MORE FAVOURITES

Nourishing Tea

This is the tea I have been drinking daily for nearly 40 years. I attribute to this, the fact that I went through menopause without one single hotflash, or any other physical symptoms that have become normalised. Obviously it is a key time in one's life and there are major internal changes, I got that!

I have a two litre stainless steel pot, and I add to that a 4 finger pinch of dried nettle, a 4 finger pinch of dried raspberry leaf, and whatever else I feel like, maybe burdock root, oat straw, dandelion root, and at the end possibly chickweed (don't boil the chickweed). It could just be the raspberry leaf and nettle. The amounts of herb you use are all flexible, depends on how you like it. I like it strong, newbies will possibly need to work up to that if they choose.

Simmer for 20 minutes, then leave to cool, can be reheated as many times as you want to drink it. The longer it is simmered and the more times it is, the better it gets.

Adrenal, Immune, Nervous System Tonic Tea

Take a generous pinch (4 finger pinch) of the following and prepare as the Nourishing Tea above:

- Oat straw
- Withania whole plant
- Turkey Tail fruit bodies
- Nettle leaf
- Hawthorne berries and or leaves and flowers

Cold and Flu Tea

Two tablespoons of finely grated fresh or frozen ginger, juice of half a lemon or lime, pinch of cayenne pepper and 1 litre of boiling water. Pour water over above, leave a little to steep and cool enough to drink, add one tablespoon of raw honey.

Spring Super Charge Tonic

This Spring tonic takes me back, way back, to my ancient cellular memory, of connection with the natural world in a powerful way.

In large stock pot add:

- A large handful of nettles
- A large handful of dandelion tops, roots and flowers
- Fresh chopped blackberry leaves
- Fresh chopped yellow dock root
- A handful of cleavers
- A sprig of horsetail
- A good 4 fingered pinch of Turkey Tail mushrooms
- A good inch of Calendula blossoms
- A good pinch of your local or favourite seaweed
- A good inch of hawthorn berries and or leaves and flowers

Cook on a medium heat until the brew reaches a light boil, then simmer for several hours (could be in a solar oven or slow cooker hot box etc.). Strain and drink, adding honey or molasses if you like it sweet. I prefer it as it is. Great for a Spring Equinox Celebration!

Itch Bite Sting Cream

Itch Bite Sting Cream is a mix of lavender, nettle, plantain and echinacea (whole plant dried).

I always have this on hand for any stings or bites (also keep homeopathics for bee, wasp and white tail stings), and generally itchy skin.

Mix equal parts fresh herbs, lavender, nettle, and plantain, and dried Echinacea. Place in a jar the size you require and cover with organic olive oil as the oil infusion recipe on page 48. Proceed from there to making a salve as described on page 49.

Ear Ache Oil

Harvest mullein flowers daily once moisture is off them. Pack into oil, daily following instructions for making an oil infusion. Add finely chopped garlic, 1 tsp in 100mls oil. Steep 6 weeks in warm but shady place. Strain. Place in dropper bottle and put 3 drops warm oil into ear for ear infection, either bacterial or fungal.

Immune Support Tincture #2 (Turkey Tail in database is #1)

A favourite immune support tincture of mine is an equal mix of licorice, echinacea, and astragalus. I would use this in any situation with children and adults where you are looking at boosting immune function in the face of winter colds runny noses, sore throats etc. coming on or 'travelling around'.

You can add separately made tinctures once finished in equal parts or you can put all three of these herbs into the alcohol together, to make a 1:5 65% tincture.

Bitters

Bitters are used around meal times, either before or after food. The bitter note at the root of these formulas has the ability to activate digestive secretions powerfully, from saliva and digestive enzymes to bile from the liver, by engaging a network of nerves that connect the tongue to the stomach, pancreas, liver and gallbladder.

I absolutely love this recipe taken from an old *Wise Traditions* magazine and amended to suit my garden and herbs available... It is also a great gift!



Basic Formula for Herbal Bitters

- 1 tablespoon strong bittering agent, wormwood dried
- 1 tablespoon of soothing herb, burdock, sliced and dried
- 2 tablespoons of citrus notes, grated dried orange peel
- 1-2 teaspoons of warm spice, fresh fine grated ginger
- 1-2 teaspoons of sweetness, honey or maple syrup
- 330mls of vodka, 100% proof

Place all ingredients in a jar, mix well and leave for 2 weeks, then strain through a muslin cloth pressing out as much liquid as possible. Put into a dropper bottle. In a cocktail use 15-30 drops to sparkling water before meals as an aperitif, or add 2 teaspoons to half a glass of water as an after meal digestive aid. Bitters mix well with almost any cocktail, and can be altered as you prefer.

Smudge Sticks

Smudge sticks are for energetically cleansing a space or people. Used by many groups of indigenous peoples, they are made using selected herbs, and tied together then lit, and once going, blown out and the red embers encouraged to produce smoke which is blown over the areas that require cleansing and preparing for ceremony of some kind. Smudge sticks are easy to make and as well as being a key part of all rituals they are great gifts.

I use the cleansing herbs in my own back yard. They can be made with either dried herbs or fresh herbs. If you make them with fresh herbs the sticks will need to be given time to dry out before they will light.

I usually harvest enough herbs to make a few or enough so that several of us can make them together. The Autumn Equinox is a good time to be harvesting these herbs.

You will need a few sticks of rosemary, white sage, lavender, wormwood, and kitchen sage, along with some non-toxic natural hemp, cotton or other natural fibre string. Collect a bundle of these sticks, maybe when bunched together 2cm thick, and then group them so they make a nice stick and twist the string around them to hold them together. Let them dry if not already, then light to use as a cleanser to begin all ceremonies.

Moth Balls

A few of us might remember the days when our parents and grandparents, used to put Camphor balls in our wardrobes and clothes cupboards. The camphor was a distilled oil from the camphor tree, and it has a strong smell that kept the moths out that eat holes in woollen garments.

Not many people have a lot of woollen garments and blankets in their wardrobes and cupboards anymore, and you can't buy 'Moth Balls' anymore either. Those of us in colder climates wearing natural fabric clothing will have a lot of wool. The way to keep the moths out is to make gauze bags that hold dried herbs, that repel these moths. Simply harvest what you find around you at their peak and dry as all other herb greens are dried in the database, crumble and mix and place in sachets and put into your draws, cupboards wardrobes where you have your woolies.

These herbs include:

- Lavender, and or Lavender Oil
- Tansy
- Pennyroyal
- Cloves
- Sweet Annie
- Wormwood
- Thyme
- Lemon Oil
- Rosemary

Antiviral Yarrow, Elderflower, and Rosehip Tea

A tea that can be easily made from common country weeds and herbs, either fresh or dried if you are concerned about viral infections. Is a combination of Yarrow, Elderflower and Rosehip tea with Mint added to taste.

Add a 4 finger pinch of each of these if dried, somewhat more if fresh to a thermos or similar so that you can pour 1 litre of boiling water over them, cap and leave for 30 minutes or more. herbs Once you have tried this a few times alter the ratios and amounts to taste.

Echinacea Suppositories

This recipe is copied from Stephen Buhner's book *Herbal Antibiotics*. Buy the book, it is amazing if you wish to understand herbs on a deeper level than this introduction. I have no experience with testing an abnormal pap smear but he clearly does:

Suppository for an abnormal pap smear

Echinacea can easily correct even stage three dysplasia. Whenever echinacea is placed directly on cells that are displaying abnormal properties, the cells tend to return to normal relatively quickly as long as the treatment is assertive and consistent. I have seen no other herb that comes close to echinacea's reliability in this regard. Use as a suppository.

Ingredients

- Echinacea augustifolia root
- Vegetable glycerine
- Flour
- Usnea tincture
- Calendula tincture

Powder the echinacea roots finely as you can then mix it with enough vegetable glycerin to bring it to the consistency of cookie dough. At this point it will be a bit sticky, so mix it with enough flour (any kind). Chlorella or spirulina can also be used to bring it to the consistency of bread dough. Once you have, take a bit of the mix, and press it into the shape of a suppository, about the size of your thumb. Repeat until you have used up all the mixture. Place the suppositories on a tray and put them in the freezer. They won't freeze, they will remain pliable but manageable.

Each evening, after you are in bed, place one suppository up against the cervix. The next morning, use a douche made from a mix of equal parts usnea and calendula tinctures, 30mls of tincture to 1 litre of water (otherwise the remains of the suppository will drip out throughout the day – messy). Repeat every day for 14 days.

Using Ginger as a Medicine for Mild Viral Infections

Fresh Ginger Juice Tea

Ginger is a useful antiviral only if we use the juice of the fresh root, not dried ginger.

Juice a piece of ginger about the size of 4 thumbs. Save the pulp to use to make a ginger infusion. Combine ¼ cup of the fresh juice with 350 gms hot water, 1 tablespoon of honey, and 1/8th teaspoon of cayenne pepper. Drink 4-6 cups per day for respiratory antiviral support, and other things as on page 25.

Ginger Kefir Soda

Make the first stage of your kefir soda then when you bottle it add finely grated ginger, or ginger juice (and turmeric optional) and finish the second stage fermentation. Refrigerate until ready to drink.

KIWI BACKYARD ANTIVIRALS

Finding out which herbs are the most powerful antivirals in our own gardens and environment to use as antivirals in this fragile time when viral infections are on the rise is always a challenge. I'm making a big effort to include items in our diet that have antiviral properties that make our food our medicine, and help us maintain our health. Chokeberries are great for that, we have them on our breakfast every morning, elderflower tea and elderberry juice drinks. Many of us can find Turkey Tail fungi and dry it for tea, it tastes great, adding ginger juice or grated ginger to dishes frequently, are some of the edible plants we can easily include in our diets. Others are yarrow as in an infusion as tea, garlic and green tea. All are easily available or at least some of them for all of us.

Having tinctures to use in case of an actual viral infection is another thing and in this case we need to have medicine that has known strengths and doses that will actually deal with an infection. I've done plenty of the above, and have used St John's Wort tincture for herpes, but making one's own antiviral medicine for a potentially more serious viral infection (influenza for example) requires a little more effort and exactness.

CHILDREN'S REMEDIES

If you are a real beginner here and would like something to aim for in your first season on this journey and you have young children this is the list of medicine I would be aiming to create for your family. Children love these remedies:

1. ***Calendula Cream*** – cuts, scratches, soothing, psychic healer.
2. ***Arnica Cream*** – accidents, bruises, shock, bumps.
3. ***Echinacea Tincture*** (ideally made from *E. augustifolia* but as a second best *purpurea*, which I have found great if you get in very early, and add licorice if you have it too, otherwise Immune Support Tincture #2) – immune support, flu, sore throat, stings, bites. I recommend having a mister to put Echinacea Tincture in for early reversal of sore throats. Mist every half hour as soon as you/they feel it coming on, kids love misters!
4. ***Elecampane Root*** – whooping cough, asthma, croup, lungs needing to be cleared, laboured breathing.
5. ***Itch Bite Sting Cream or Plantain Leaves*** – itches, bites, stings.
6. ***Mullein Oil*** – earache.
7. ***Calming Tea*** (fresh or dried parts of any of the following in small amounts) Chamomile Flowers, Lemon Balm leaves, St. Johns Wort flowers, Lavendar flower heads, Valerian leaves – sleeplessness, hyperactivity.
8. ***Sweet Annie or Wormwood Tincture and Oil*** – nits, head lice, scabies, parasites.
9. ***Usnea Tincture*** – School Sores/Impetigo, upper respiratory issues, eye infections.
10. ***Yarrow Leaves*** – Smash and rub on all cuts to stop bleeding, children love being able to find yarrow and do this themselves.

WOMEN'S HEALTH KIT IDEAS

- | | |
|--|--|
| <i>Calendula</i> | Tincture or tea for lack of menstruation. |
| <i>Echinacea augustifolia</i> | Tincture for Urinary Tract Infections and abnormal pap smears. |
| <i>Ginger</i> | Infusion to relieve stress. |
| <i>Ginger & Turmeric</i> | Infusion to relieve stress and painful cramps. |
| <i>Motherwort</i> | Tincture for balancing all menstrual issues, and supporting effective contractions when labour is not effective, also for balancing hormones during menopause. For mothers to relieve colic in small babies. |
| <i>Nettle Raspberry leaf & Oatstraw</i> | Tea for balance and health throughout pregnancy and breastfeeding time, and maintaining health and hormone balance during menopause. |
| <i>St Johns Wort</i> | Tincture for lack of menstruation. |
| <i>Sweet Annie</i> | Tincture for lack of menstruation. |
| <i>Turkey Tail</i> | Tea for relieving stress. |
| <i>Usnea</i> | Tincture for Urinary Tract Infections. |
| <i>Valerian</i> | Root tea or tincture for stress, sleeplessness, delayed menstruation. |
| <i>Yarrow</i> | For dysmenorrhoea (especially chronic) varicose veins, and anorexia |
| <i>Yarrow & Raspberry leaf</i> | Infusion for very heavy bleeding. |

GARDEN DIARY

As you connect with the life around you, make notes so that you can build your own Garden Diary or calendar for future use.

Fill in the details for your own garden and environment and personal wishes and needs, and then use this information to create your own personal sun calendar on the back of the Koanga calendar.

JANUARY

Follows the Summer Solstice, when we have the longest day, and we are still in the high energy of growth. Everything is growing fast and extending in all directions, herbs, trees and all plants, and it is getting hotter and drier.

Go for a daily, or at least weekly, walk around your garden and wider with your eyes open, checking out your neighbours (the plants herbs and weeds!). Check your list of herbs you wish to work with this season and specifically look out for them, building a relationship.

What are the herbs for tea this month?

Which herbs require your attention this month?

Which herbs are you harvesting this month?

Which are the most obvious and special birds and/or plants around you this month?

What seasonal things are happening this month?.....

What are the seasonal remedies you are using this month?.....

Any other comments?.....

FEBRUARY

The February Sun signals the end of Summer and the huge growth period associated with it. It is the time for the Requiem for the grain, the time of the grain harvest. Rather than growing, our crops are now switching to seed so that they might live again. This is the beginning of the season of abundance, vege, fruit, herbs and grains. A very busy time.

Traditionally this was a critical time in the year because the size and quality of the grain harvest determined how well we survived winter.

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MARCH

March is an exhausting season, getting the whole garden stored for winter, but also deeply satisfying. It is the Thanksgiving season, and especially dedicated to the storage of vegetables and fruit. I love this season. Time to recognise and give thanks for all the hard work that has gone into the harvest. Time to make honey mead.

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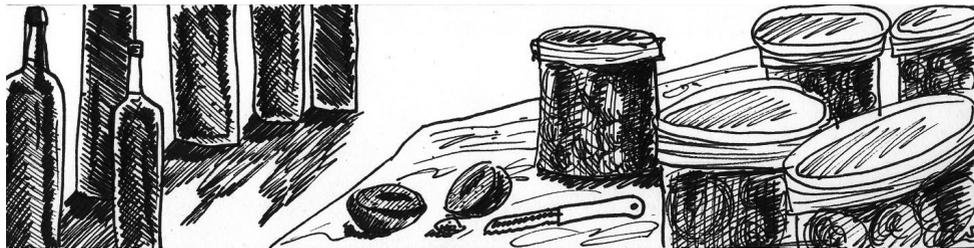
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APRIL

The Autumn Equinox is this month, signalling a time for giving thanks. The deer are roaring, the hawthorn berries are turning red, the leaves are beginning to fall and this season is a race to make sure we put aside our crops well so that we eat well over Winter. It is the same with our healing herbs... the medicine we will need over the next year will almost all be collected now, ready to be made into our favorite remedies. The Thanksgiving is as much for the herbs, weeds and healing allies in our lives as it is for the potatoes and the tomato sauce!

The energy is returning to Mother Earth this month, it is time for us all to go inside and sit with ourselves... in readiness for the new understandings and learnings that come.

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MAY

We're past the Autumn Equinox now and getting ready for Winter. This is the time of the Sun Festival of Samhain. Samhain is the Celtic festival of the Ancestors, This is the time when the veil between the worlds is thin and we are best able to communicate with our ancestors. Traditionally it is time to harvest our meat, as it is cold enough now for it to be stored well. This is the last of the four harvests, beginning with grain, vegetables, fruit and now the meat.

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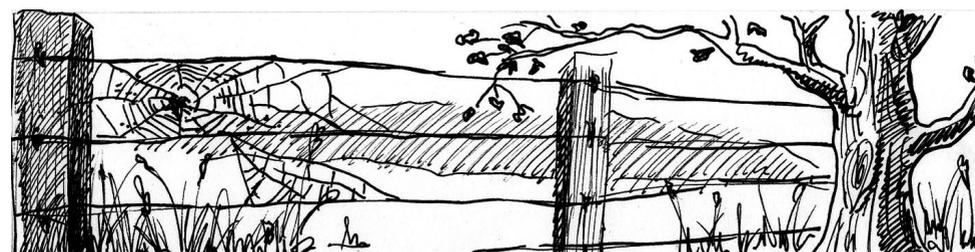


JUNE

The Winter Solstice is this month... time to rest, let the garden go for a bit, ponder how things went over the past year, with things related to our connection with the natural world around us and give thanks for the connections we have to the herbs we are coming to know, and the life that is stirring within us.

It's time to do some reading, some research, and dream up the changes we might like to make internally and externally in relation to our connection with Mother Earth and the 'healer' within. It's time for renewal, time for the festival of Rebirth.

- Time to plan your next season's herb garden. Make lists, check out database many times so you are clear what conditions your chosen herbs need, how much room they take up, how high they grow, and the conditions they need for germination.
- Make yourself a medicine cupboard list. A list of all the medicine you would like to have in your cupboard so that you have a reference point for the next year. It's amazing how fast you go through some of these items, when word gets out you have something good, and especially over Winter.
- It's time to buy the seeds you might need because some of them may need stratifying.
- Check your medicine cupboard to see what you're getting low in and do whatever you need to do.
- Continue your daily or weekly walks around all of the herbs in your life and watch carefully. They don't stay dormant long!
- You might find some Turkey Tail ready to harvest now.





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JULY

July is the very beginning of the gardener's year... and we're still in the depths of Winter feeling the cold and making time to take care of ourselves... and doing the dreaming to take ourselves deeper and forward into the magic of the healer, and the great spirit that connects all. Take the time for research to enable you to make the best decisions for the year about to burst into action.

- It is time to be organising seed raising mix or making your own, and getting seedling trays ready, and generally getting things all lined up to begin seed planting. For great instructions on how to grow great seedlings see the ReGeneration Productions *Growing Great Seedlings* workshop on the Koanga Shop (www.koanga.org.nz, or www.regenerationproductions.co.nz).
- Time to be stratifying seeds and possibly scarifying seeds that need to be planted in early Spring.
- Your first seeds may be going in this month. Check database carefully and the list you made yourself.

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AUGUST

This is the ancient Celtic Festival of Imbolc, or the festival of the bride. Symbolising a time to purify and cleanse ourselves, our dreams, our lives, in readiness for the chaos and growth and craziness of Spring about to be upon us.

- Get out the lavender and sage sticks.
- Keep in touch with the new life appearing in the garden.
- Keep in close touch with your propagation plan and your baby seedlings.
- Plan your garden over and over until you are sure you have things marked in the best possible places, tall at the back, huge tall herbs in a different place to the tiny ground covers etc.
- I always like to feel/think about where in the world each herb has come from, and who their relations were, who they like growing with, and what the conditions were in those ancient places. This always helps me support my herbs to be in the best place with the favoured friends.

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SEPTEMBER

This month brings the Celtic sun festival of Ostara, the festival of fertility, the return of hope and of the possibility again of our new season's dreams coming true... the Spring Equinox.

- Do your best to 'see and feel' the life force returning in our gardens and local ecosystems, a wonderful time to go a step further in noticing and feeling what is happening all around us at this time. What are the early Spring greens in your area, which are the edible ones, learn to identify and harvest and use them as you can.
- This is the time of the year when we go to our Hawthorn tree to give thanks for the Winter past and the Summer coming and all of life, especially the nature spirits working to support us seen and unseen.

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OCTOBER

October signifies the return of the flowers and insects, of extended family time and celebration as we go from the scarcity of the Winter months to the abundance of the season to come (not quite there yet though). Big month all round.

- If you are planning on making herbal gifts for the Festive Season, this is the time to plan and begin the process.

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NOVEMBER

November is the season of flowers, and is the traditional Sun Festival of passion, the festival of Beltane. This is a time when the passion of the natural world is very tangible, when the flowers open the insects come and party big time... and then the birds party too, and we can feel the frenzy of life begetting life!

- Make sure you have your Solstice gifts sorted.

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DECEMBER

December is the season of growth and celebration once again, family time, gatherings, the Summer Solstice, and the beginning of the season of abundance! Time to give thanks!

- Go for a walk around all the herbs and plants you wish to be working with and really get to know them. Ask them if there is anything they need in order to make the best medicine. Possibly learn to dowse to enable communication more freely if you feel that is a good idea.

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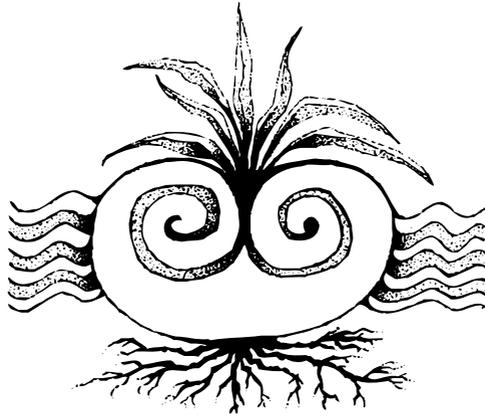
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