


Plant Remedies for Minor Ills

Common name / Botanical name	Cultivation	Application / Medicinal Use
Aloe (<i>Aloe barbadensis</i>)	As a potted plant in a sunny window.	As an ointment for minor muscular aches.
Anise (<i>Pimpinella anisum</i>)	Sow seed in late spring.	Brewed into hot tea for indigestion.
Arnica (<i>Arnica montana</i>)	Sow seed in late spring.	As an ointment for bruising.
Caraway (<i>Carum carvi</i>)	Sow seed in late spring.	Chew the seeds for indigestion or flatulence.
Comfrey (<i>Symphytum officinale</i>)	Sow seed in early spring.	Crushed leaves as a cold compress for bruising.
Coriander (<i>Coriandrum sativum</i>)	Sow seed in late spring.	Brewed into hot tea for indigestion.
Elderflower (<i>Sambucus nigra</i>)	Sow seed in late summer.	Brewed into hot tea for slight fever.
Evening primrose (<i>Oenothera biennis</i>)	Sow seed in late spring.	An external application as an oil for eczema.
Hypericum (<i>Hypericum perforatum</i>)	Sow seed in early spring.	Massage with the oil for bruising — or apply to cuts.
Hyssop (<i>Hyssopus officinalis</i>)	Sow seed in early spring.	Brewed into hot tea for slight fever.
Lemon balm (<i>Melissa officinalis</i>)	Sow seed in early spring.	Brewed into hot tea for headache.
Linden blossom (<i>Tilia x europaea</i>)	Collect from mature trees.	Brewed into hot tea for headache.
Marjoram (<i>Origanum majorana</i> and <i>O. vulgare</i>)	Sow in late spring.	Apply as an oil for minor muscular aches or on gauze to an aching tooth.
Nasturtium (<i>Tropaeolum majus</i>)	Sow in late spring.	Crush the seeds and boil herbs in muslin to apply to styes.
Parsley (<i>Petroselinum crispum</i>)	Sow in late spring.	Make a cold compress of crushed leaves to apply to insect bites.
Peppermint (<i>Mentha x piperita</i>)	Sow in early spring.	Brewed into hot tea for indigestion.
Rosemary (<i>Rosmarinus officinalis</i>)	Take cuttings in early spring.	Needs a warm spot to thrive. Apply as an oil for minor muscular aches.
Thyme (<i>Thymus vulgaris</i>)	Sow in early spring.	Make a tincture and gargle with it to alleviate a sore throat.
Valerian (<i>Valeriana officinalis</i>)	Sow seed in early spring.	Make a cold decoction of the root to alleviate nervous tension.
Witch hazel (<i>Hamamelis virginiana</i>)	Obtain a young plant (it is very slow from seed).	Make a cold compress of the bark to alleviate bruising or make an ointment to apply to small wounds.
Yarrow (<i>Achillea millefolium</i>)	Sow seed in early spring.	Apply as an ointment to sore or swollen feet or hands.

Note: An oil is made when the herb has infused its potency into vegetable oil and a small amount of vinegar over a period of weeks and in a warm place. These oils can be used in therapeutic massage. A **tincture** is an herbal extract preserved in ethyl alcohol. A **decoction** is the liquid produced when an herb is boiled and imparts its healing properties to the liquid.

Chart adapted from *The Healing Garden* by Sue Minter (Charles E. Tuttle Company, Inc., 1993, 160 pp., \$24.95). To order the book, call 800-526-2778. █

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