



Herbalism Guide for Crabtree Farms Spring Plant Sale

The following heirloom herbal knowledge and recommendations are provided by Leah Larabell, who is the owner of High Garden Tea and a clinical-level herbalist with two decades of training and teaching experience.

These statements are not approved by the FDA or intended to diagnose, treat, cure, or prescribe.

Plants are not medicine and do not want to be. They focus on wellness, restoration, and health as opposed to curing disease. This information is for educational and plant wisdom keeping purposes only.

-Leah

Calendula

- Tends to tissues in need whether external wounds or internal inflammation. A favorite gentle lymphatic tonics to enjoy after an illness or in a time of recovery to flush away built-up cellular debris.
- Gather when in flower; seed heads are beneficial as well as the petals.
- Dries well for tea or salve making.

Lemon Balm

- A lovely herb soothing to the digestive system, antiviral specific to the herpes virus (including shingles), and may offer calmness or a lift, depending on what you need. Lovely for children who are anxious.
- Dries well for tea.

- Gather before going to flower.

Oregano

- A favorite to dry and use as a sinus steam when congestion comes around. Simply pour boiled water over 1TB dried and crushed oregano in a bowl, breathe in the steam for 5 minutes and enjoy the decongesting and antibacterial properties offered by the potent steam. Also wonderful as a culinary herb.
- Dries well for tea, steam, or culinary use.
- Gather anytime.

Sage

- A favorite for sore throats as a tea or gargle. Strongly antibacterial. Also delicious when dried and used in your cooking!
- Dries well for tea and culinary use.
- Gather year-round.

Thyme

- Powerful expectorant and lung tonic herb when the cough is wet and productive. Strongly antibacterial. Also a lovely dried alternative for that weak stuff at the grocery store!
- Dries well for tea and culinary use.
- Gather year-round.

Ashwagandha

- Coming to us from Ayurvedic wisdom, it is a traditional rasayana or rejuvenation herb. It has been worked with for centuries as a calming nervine aiding the body to handle stress better. It is now called an “adaptogen” in Western herbalism. It is the most soothing of all the adaptogens that I currently know. Ashwagandha has also been noted for centuries to aid libido and male system vitality and balance. Other aspects of ashwagandha that have been called upon by many for years is its reputation to carry power as an iron-rich, anti-inflammatory, and antispasmodic herb aiding pain relief protocols.
- Gathering: root after the plant goes to flower and fruit.
- Chop up finely to dry for tea.

Catnip

- A favorite intestinal antispasmodic. I reach for Catnip when anyone in my family has a “tummy ache.” I also really love it with children’s colds as a soothing and relaxing tea to help battle a bug.
- Gather: top ⅓ of the plant just as it begins to flower.
- Dries well for tea.

Chamomile

- A beloved garden companion to gather for a soothing tea. Appreciated as a mildly relaxing tea, but really appreciated for its topical use as well. I make it into a strong tea and apply it to eye irritations and infections as well as topical rashes and irritations for great relief.
- Gather when in flower.
- Dries well for tea.

Hyssop

- A powerful yet gentle expectorant known to be quite helpful with coughs and respiratory viruses.
- Dries well for tea.
- Gathering: when in flower, gather top ⅓ and flower.

Motherwort

- Known to be a calming herb, especially when stress affects the heart. “Heart tension” can be felt and experienced in many ways.
- Dries well for tea.
- Gather just when going to flower.

Mullein

- An all-time favorite lung tonic herb! I reach for this with almost any cough. The flower is an old-time remedy for earaches as it can be soothing to the pain when infused into oil. The root is noted for facial pain.
- Dries well for tea, but be careful with all the fine hairs. They can be irritating.
- Gather leaves before going to flower, flower when in flower, and root in the fall.

Nettle

- Favorite herb of all time. This highly nutritive herb is known to be a tonic for the kidneys, aid in battling allergies, and all-around easily absorbed multivitamin. For the benefit of battling allergies, the Nettle needs to be fresh so growing your own is the best way to get this!
- Gather top 1/3 before going to seed (do with gloves and long sleeves - this baby really does sting) and boil in water for 10-15 minutes making a fresh tea. Enjoy now or freeze in ice cube trays to enjoy later if seeking antihistamine benefits.
- If you want the nutritive benefits, Stinging nettle dries very well for tea.
- If seeking kidney tonic benefits, gather the seeds and dry for tea.

Spilanthes

- An impressive herb offering oral health gifts. Pain-relieving, anti-inflammatory, and antibacterial for dental issues. Makes an incredible mouth rinse. Also makes a powerful immune stimulant tea to battle a bug.
- Dries well for tea or tinctures fresh nicely.
- Gathering: when in flower, gather top 1/3 and flower.

Bee Balm

- An all-time favorite native plant offering immune stimulant and antibacterial properties through its lovely leaves and flowers. I love this one drunk as a tea or used as a sinus steam when battling congestion. If there's a sinus issue going on, I'm reaching for Bee Balm.
- Dries well for tea or steam.
- Gathering: top 1/3 when in flower. Leave some for the pollinators though!

Echinacea (purpurea)

- A well-known immune tonic for a good reason. I love Echinacea purpurea because it's the aerial parts of this species that make the best tea. I reach for this when we have been around someone sick or feel something potentially coming on. Drinking plenty is the key. A cup every 2-3 hours.
- Dries well for tea.
- Gathering: top 1/3 when in flower, leaves, and flowers.

Passionflower

- A much-loved native plant and for good reason, it's so calming. The leaves and flowers of this beauty have been noted to calm a racing mind and bring forth relaxation.
- Dries well for tea.
- Gathering: top $\frac{1}{3}$ when in flower, leaves, and flowers.

Yarrow

- Loved for tightening and toning tissues, especially the bowel or sinus tissues. I often recommend this tea as a sinus rinse (add the saline pack to it) if someone is dealing with swollen sinuses and congestion. I also find this tea to be helpful when drunk on a regular basis if dealing with bowel inflammatory issues.
- Gather top $\frac{1}{3}$ when in flower.
- Dries well for tea.