



Grow Your Own Remedies

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Plant Meditation

Happy Birthday Dor



Deb Soule's Advice

Laugh & dance, sing & pray in your garden



Gertrude Jekyll's Advice

Use colour



Mary Reynold's Advice

Change is the breath of life



Why Grow Your Own Healing Begins in the Garden



- For your & your family's health
- Always there, never run out
- For gut health
- For spiritual & emotional health
- For bees and pollinators
- Keep unwanted bugs away
- Health of other plants
- Animal health
- For survival
- For beauty
- For the soil



How I Garden - Haphazardly!

- Easy
- Trial & error
- What grows well where i am
- Perennials
- Always comfrey, borage, tulsi, wormwood, calendula, lemon balm
- Spilanthes, gotu kola, feverfew, chrysanthemum
- artichoke, elecampane, blessed thistle



Culinary & Medicinal Herbs



- Rosemary
- Thyme
- Sage
- Oregano
- Basil
- Mints
- Parsley
- Cilantro

Easy Plants to Grow

Something for everyone & every ailment

Plants that keep giving

- **Elder** - *Sambucus nigra*
- **Anise Hyssop** - *Agastache foeniculum*
- **Bee Balm** - *Monarda spp.*
- **Comfrey** - *Symphytum officinale*
- **Lemon Balm** - *Melissa officinalis*
- **Tulsi** - *Ocimum sanctum/tenuifloram*
- **Chamomile** - *Matricaria recutita*
- **Calendula** - *Calendula officinalis*
- **Lady's Mantle** - *Alchemilla vulgaris*
- **Fennel** - *Foeniculum vulgare*
- **Spilanthes** - *Acmella oleracea*
- **Nasturtium** - *Tropaeolum minor*
- **Rose** - *Rosa spp.*
- **Poppy** - *Papaver spp.*
- **Wormwood** - *Artemisia absinthium*
- **Borage** - *Borago officinalis*
- **Hummingbird Sage** - *Salvia spathacea*
- **Sage** - *Salvia spp.*
- **Geranium** - *Pelargonium*
- **Echinacea** - *Echinacea spp.*
- **Lavender** - *Lavandula officinalis*
- **California Poppy** - *Eschscholzia californica*

Shade Plants



- Solomon's Seal

- Violets

- Ginseng

- Golden Seal



Top 5 Plants to Start

- Lemon Balm
- Tulsi
- Calendula
- Elder
- Rose
- Comfrey



Herbs for the Immune System

Immune Stimulants, Amphotericins etc

- Echinacea
- Elder
- Rosemary, Sage, Thyme
- Tulsi
- Calendula
- Garlic
- Fennel
- Spilanthes



Herbs for the Nervous System

- Lemon Balm



- Rose



- Tulsi



- Chamomile

- Lavender

- Borage



- Bee Balm



Bitter Herbs



- Wormwood
- Southernwood
- Sweet Annie
- Mugwort
- Rue
- Artichoke
- Dandelion

Dor's Garden

Plants I discovered or loved in Dor's garden

- Valerian
- Bee Balm
- Anise Hyssop
- Fennel
- Shisho





Flowers

- Nasturtium
- Poppy
- Geranium
- Hummingbird Sage
- California Poppy



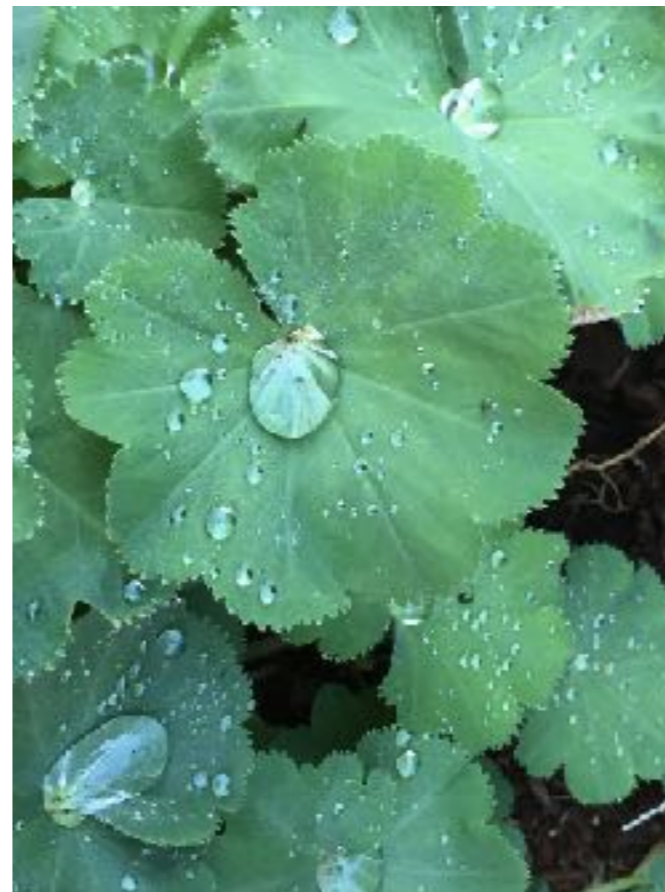
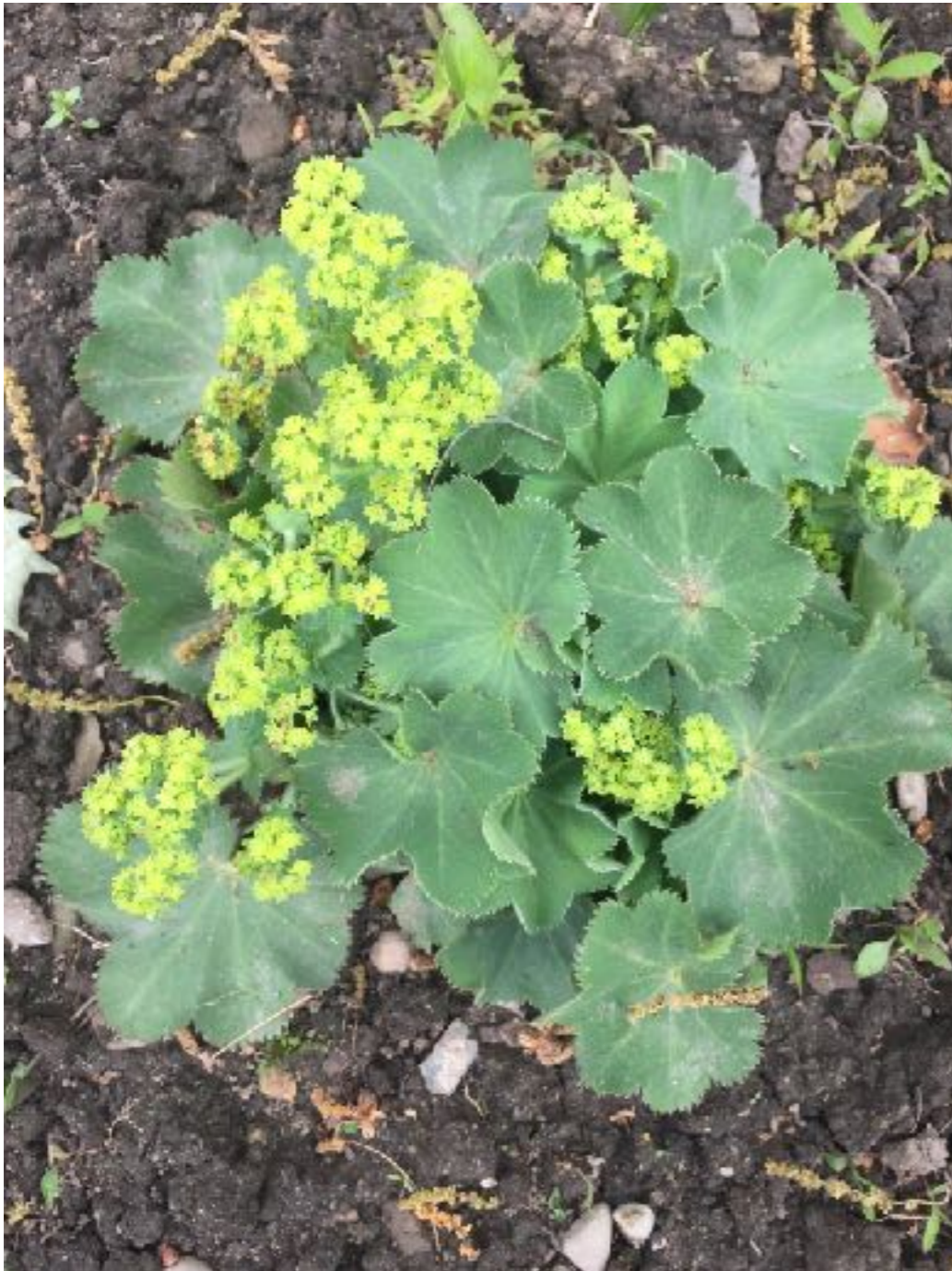
Edible Flowers

- Nasturtium
- Calendula
- Dandelion
- Rose
- Elder
- Borage
- Violet
- Periwinkle
- Lavender
- Red Clover
- Bee Balm
- Anise Hyssop
- Most herb flowers



Women's Herbs

- Lady's Mantle
- Black Cohosh
- Sage
- Raspberry Leaf
- Motherwort



A Few Extras



- Artichoke
- Bitter Melon
- Astragalus

Herbs I don't grow because i find them wild but you could grow



- Mugwort
- Motherwort
- Yarrow
- Raspberry Leaf
- Red Clover
- Nettles



Weeds in Your Garden

Lamb's quarters, chickweed, dandelions,
plantain, purslane, red clover.

Companion Planting



Increases soil nutrients, keeps away pests, shading,
increases biodiversity, increases yields.

Calendula, nasturtium, dill especially good
Corn, beans, squash; tomatoes & basil



Garden Designs



Preserving herbs from your garden

Drying, Tincturing, Vinegars,
Syrups, Herbal Honeys, Oils & Salves

Lemon Balm Elixir



INGREDIENTS

- Lemon Balm leaves
- Vodka or Brandy
- Honey
- Grated organic lemon peel
- Mint (optional)



INSTRUCTIONS

Fill a glass jar with chopped lemon balm leaves. Add vodka about 2/3 full. Add local honey about 1/3. Add some grated organic lemon peel. Cover with a plastic lid or metal lid over parchment paper. Label with ingredients and date. Leave in a cool, dark place, shaking once a day (or not), for about 2-4 weeks. Strain and put into bottles. Label.

Vinegars & Teas & Syrups



Hot Water Tea



Sun Tea

Basic Herbal Vinegar Recipe

Fill jar 2/3 with chopped fresh herbs.
Add honey and apple cider vinegar.
Cover with a plastic lid.
Label with ingredients and date.
Keep in a cool, dark place for 4-6 weeks.
Strain and use on salads, veggies,
marinades.



[Rosalee's Violet Flower Recipe](#)

Making Oils & Salves

calendula, plantain, yarrow, comfrey



Calendula Oil

Ingredients:

- Organic calendula flowers
- Organic olive oil

Directions:

1. Fill a glass jar 2/3 of the way full with dried calendula flowers. If using fresh calendula, wilt for 12 hours to remove most of the moisture (too much moisture will cause the oil to go rancid) before adding to the jar.
2. Pour olive oil into the jar, making sure to cover the flowers by at least one inch with oil so they will have space to expand.
3. Stir well and cap the jar tightly. Label.
4. Place the jar in a warm, sunny windowsill and shake once or more daily.
5. After 4 to 6 weeks, strain the herbs out using cheesecloth.
6. Pour the infused oil into glass bottles and store in a cool, dark place. Label.



Calendula Salve

Ingredients

Calendula Oil

Beeswax (1 oz per one cup of infused oil, more or less)

Essential oils (10-20 drops per cup of infused oil, optional)

Directions.

- Put the infused oil into a double boiler, which can be as simple as a stainless steel bowl that fits over a pot with an inch or two of water in it. Bring that water to a simmer to gently heat the oil.
- Add the beeswax, and stir occasionally until it has completely dissolved.
- Add essential oils if using, and stir to combine.
- Carefully pour the hot salve into tins or jars.
- Let cool completely before use.

What to grow for certain conditions

Arthritis, Muscles & Joints: *Comfrey, Solomon's Seal, Rue*

Anxiety & Depression: *Bee Balm, Borage, Lemon Balm, Fennel, Tulsi, Lavender, Rosemary, Dandelion Flowers*

Allergies: *Tulsi, Yarrow, Fennel, Sage*

Auto-Immune: *Tulsi, Astragalus*

Blood Sugar Balance: *Tulsi, Rosemary, Bitter Melon, Artichoke, Dandelion Root*

Brain, Memory: *Tulsi, Rosemary, Sage, Lavender*

Breast Feeding: *Fennel, Dill, Tulsi*

Cholesterol Balance: *Rosemary, Garlic, Artichoke, Tulsi, Bitter Melon, Dandelion Root*

Cold Sores: *Bee Balm, Lemon Balm*

Coughs, Lungs: *Fennel, Thyme, Tulsi, Astragalus*

Digestion, Bloating, Gas, Tummy Ache: *Bee Balm, Chamomile, Catnip, Fennel, Aromatics*

Fevers: *Elder Flower, Mint, Yarrow, Tulsi, Bee Balm*

Gerd/Reflux: *Chamomile, Fennel, Calendula, Catnip*

Grief, Sadness: *Rose, Tulsi, Rosemary, Calendula*

Immune Health: *Tulsi, Elder Flower, Elderberry, Sage, Echinacea, Calendula*

Insomnia: *Lemon Balm, Chamomile, Lavender, California Poppy*

Menopause: *Lady's Mantle, Sage, Lavender, Mugwort*

Menstrual Cramps: *Bee Balm, Catnip, Thyme, Chamomile, Dandelion Flowers*

Nausea, Vomiting: *Bee Balm, Mint*

Parasites: *Wormwood, Sweet Annie, Mugwort*

Sore Throats: *Sage, Bee Balm, Rose, Violet, Spilanthes*

Stress & Nervous Exhaustion: *Anise Hyssop, Tulsi*

UTI's: *Bee Balm, Thyme, Yarrow, Parsley*

Wounds: *Calendula, Plantain, Rosemary, Lavender, Yarrow, Comfrey (not puncture or really deep wounds)*

Resources & Sources

BOOKS

- *How to Move Like a Gardener* by Deb Soule [avenabotanicals.com]
- *Herb Gardening* by Claire Loewenfeld
- *The Garden Awakening* by Mary Reynolds
- *Dare to be Wild* - film about Mary Reynolds on amazon
- *Greenfingers* - film on amazon

For Plants and Seeds

- Strictly Medicinal Seeds (<https://strictlymedicalseeds.com>).
- Bountiful Gardens, Pennington, NJ
- Well-Sweep Herb Farm, Port Murray, NJ

