

Possible Herbs:

Herb	Light Needed	Soil Moisture	Soil type	watering	Perennial Or annual	ease	Name		who
Violets: Skin, nodules, cough	Sun or part shade	moist	Well drained	daily	perennial	hardy	Viola tricolor	x	Amy
Lemon balm: Less anxiety	Sun or shade	moist	Well drained-poor	light	perennial	hardy	Melissa officinalis	x	Dana
German Chamomile: Digestion, relax	Full sun tolerant lt. shade	dryer	Well drained acid	light	annual	hardy	Matricaria recutita	x	Dana
Calendula: Healing, anti inflammatory	Sun or part shade	dryer	Well drained	light	annual		Calendula officinalis		
Yarrow: Bitter, cold, toothache, antiseptic, astringent	Full sun tolerant	dryer	Well drained	light	perennial	hardy	Achillea Millefolium		
Mullein: dry cough, inflammation	Full sun	dryer	Poor, gravel	light	Biannual	hardy	Verbascum thapsus		
Red Raspberry: Women, nourish	Full sun	Moist	Well drain, acid	Every other day	Biannual, spread well	hardy	Rubus idaeus	x	Kim
Echinacea: Immune system,	Full sun	moist	Well drained fertile	Every other day	perennial		Echinacea purpurea	x	Amy
Horsetail Heal joints, bones, teeth	Part shade	moist	Fertile, wet	Every day	perennial		Equisetum hyemale	x	
Comfrey External healing, pain	Part shade	rich, moist	Clay and sandy	Light-moderate	annual	hardy	Symphytum officinale		
Elecampane expectorant	sun	moist	Well drained	moderate	perennial	hardy	Inula helenium		
Motherwort Menstruation, relax nerve	Sun or part shade	moist	Moist, well drained	More if dry	Perennial	hardy invasive	Leonurus cardiaca		

Ideas: Passion Flower, catnip, elecampane (Inula helenium)

Harvest:

Elderberries
Skunk cabbage
Rose hips/petals
Douglas fir resin
Plantain - Amanda
Chaparral
Linden tree (*Tilia cordata*)
Witch Hazel

The Process:

1. Join an introductory meeting describing the process, getting handouts of your herbs, and pay the supply charge- about \$50/person for a year. The \$50 covers seeds, dropper/spray bottles, salve tin, organic honey/alcohol/olive oil/glycerin.
2. Each person picks at least one herb to grow. (grow as much as possible to share)
3. We will meet once a month to learn how to process an herb; what it can be used for; the herb's practical application, and each person will go home with some herbal medicine. I will have resources about that herb as memory aids.
4. Use and learn the herb of the month. I may be able to have a private group page so that we can ask questions and tell about our discoveries.
5. Throughout the year, you will have made 12 herbal preparations.

Date of first meeting: Second Tuesday of the Month at DaySpring Christian Fellowship.