COMMON YARROW  
(*Achillea millefolium*)

**Origin** - It is native to Europe and Western Asia.

**Health Benefits** - It is used in treating wounds and fevers, helps stop bleeding. It contains over 100 biological compounds and several vitamins and minerals. Provides benefits to cardiovascular health and aids in the treatment of pneumonia. They improve digestion, circulation, and the functions of the liver, gall bladder, and kidneys. It also contains salicylic acid and chamazulene, which soothe breakouts and blemishes. The plant is also a proven mosquito repellent.

**Description** - Grows 12”-36” tall, tolerates full sun, and blooms mid to later summer.

SWEET FLAG  
(*Acorus calamus*)

**Origin** - It is native to Asia and North America.

**Health Benefits** - It has antibiotic properties.

**Description** - Spreads by creeping rhizomes, this plant has sword shaped leaves and grows 2’-3’ tall, needs plenty of moisture as it is usually grown in bogs or shallow water.

**Where to Get** - Sandmountainherbs.com

LADY’S MANTLE  
(*Alchemilla mollis*)

**Origin** - It is native to Europe.

**Health Benefits** - It relieves menopausal discomfort and menstrual disorders, lack of appetite, rheumatism, stomach ailments, disorders of the muscles.

**Description** - Grows 18” tall with flower stems that can reach up to 24”, tolerates full sun as well as partial shade and blooms late spring to early summer, needs adequate moisture in periods of hot weather. Seeds can be slow to germinate.

BUTTERFLY WEEP  
(*Asclepias tuberosa*)

**Origin** - It is native to Missouri and eastern North America.

**Health Benefits** - The plants roots are used to treat lung inflammation, hence the name Pleurisy root.

**Description** - Grows 1’-3’ tall, and producing large clusters of bright orange flowers, full sun and drought tolerant, an important food source for the larvae of the Monarch butterfly.

BLACKBERRY LILY  
(*Belamcanda chinensis*)

**Origin** - It is native to China and Japan.

**Health Benefits** - The Chinese used this medicinally to treat sore throats, cough, bronchitis, and the mumps.

**Description** - Grows 2’-3’ tall and produces oranges spotted flowers in the summer, clusters of black seeds are produced, which look like blackberries, hence the name, tolerates full sun and a variety of soil types.

POT MARIGOLD  
(*Calendula officinalis*)

**Origin** - It is native to the Mediterranean region.

**Health Benefits** - It promotes healing and helps heal ulcers.
The Nutraceutical Garden: The Vegetable Component

**Health Benefits**
- It contains phytoestrogens, which help alleviate premenstrual and menopausal symptoms, as well as reduce the risk of breast cancer. Also, it is a good source of other antioxidants, which lessen the risk of all cancers. It also acts as an antiproliferative, which slows the spread of tumors.

**Where to Get** - Herbroots.com

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**BLACK COHOSH**  
*Colchicum autumnale*

**Origin** - It is native to England, Europe, and North Africa.

**Health Benefits** - It helps to treat gout.

**Description** - 4”-6” plant produces pink flowers in late summer, tolerates sun to part shade, corm produces as many as 6 flowers, which are then followed by the foliage.

**Where to Get** - Herbroots.com

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**AUTUMN CROCUS**  
*Colchicum autumnale*

**Origin** - It is native to England, Europe, and North Africa.

**Health Benefits** - It helps to treat gout.

**Description** - 4”-6” plant produces pink flowers in late summer, tolerates sun to part shade, corm produces as many as 6 flowers, which are then followed by the foliage.

**Where to Get** - Herbroots.com

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**LILY-OF-THE-VALLEY**  
*Convallaria majalis*

**Origin** - It is native to Europe.

**Health Benefits** - It is used as a cardiac drug.

**Description** - annual growing 12”-18” tall and blooms all summer long, tolerates full sun and needs adequate moisture to survive hot summer conditions; Officinalis means medicinal, and the florets of the plant were used for healing wounds and as a country remedy for ulcers.

**Where to Get** - Parkseed.com

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**FOXGLOVE**  
*Digitalis purpurea*

**Origin** - It is native to Europe and North Africa.

**Health Benefits** - Source of digitalis and it is used as a cardiac drug. It is important for regulating action of the heart, but too powerful for use without medical supervision.

**Description** - has large pendulous spotted flowers, which are arranged in spikes, and grows 2’-5’ tall, blooms late spring to early summer, part shade and moist conditions; The heart stimulant, Digitalis, is derived from this plant.

**Where to Get** - Sandmountainherbs.com

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**PURPLE CONEFLOWER**  
*Echinacea purpurea*

**Origin** - It is native to the eastern United States.

**Health Benefits** - It aids with respiratory and urinary infections. It also helps to shorten the duration and lessen the severity of the common cold. Highly regarded blood purifier used in the treatment of diseases caused by impurities. It is said to increase bodily resistance to infection by strengthening the immune system.

**Description** - grows 2’-4’ tall and 2’ wide, produces solitary purple blooms in the summer, and is tolerant of full sun and drought.
MEADOWSWEET  
*Filipendula ulmaria*

**Origin** - It is native to Europe and western Asia.

**Health Benefits** - It contains the chemical salicylate, which has aspirin like properties, but lack side effects such as stomach and intestinal irritation that occur with long term aspirin use. It also is said to treat the flu, rheumatism, arthritis, and fever. Once added to herbal beers and wine

**Description** - grows up to 6’ tall and produces pale white flowers, which are almond scented, in the summer, tolerates full sun to partial shade, but need moist soil

**Where to Get** - Sandmountainherbs.com

ST. JOHN’S WORT  
*Hypericum perforatum*

**Origin** - Even thought this plant is not native to the United States, it has since naturalized throughout much of the country.

**Health Benefits** - It is used to treat depression and as a sleep aid. Noted for its calming effect; valuable for nervous disorders such as insomnia, depression and bedwetting. The oil has remarkable soothing and healing action when rubbed into painful joints and strained muscles. Active constituent is hypericin. Hypericin has known antiviral properties and is under investigation as a possible treatment against HIV.

**Description** - produces starry yellow flowers in the summer and grows 12”-24” tall, drought tolerant once established and likes full sun to part shade.

**Where to Get** - Sandmountainherbs.com

SWEET POTATO VINE  
*Ipomoea batatas*

**Origin** - It is native to South America.

**Health Benefits** - It has anti-diabetic effects.

**Description** - trailing, creeping plant with large cordately shaped like leaves, available in green (Marguerite), purple (Blackie), or tricolor.

ENGLISH LAVENDER  
*Lavandula angustifolia*

**Origin** - It is native to the Mediterranean region.

**Health Benefits** - It helps to treat anxiety and restlessness. For centuries the fragrant flowers have been used in dried sachets, scented soaps, perfumes and potpourris. Lavender oil is an important article of commerce. In the garden, lavenders make sweet-smelling border plants along pathways.

**Description** - grows 12”-24” tall, tolerates full sun, aromatic flowers bloom in the summer.

EVENING PRIMROSE  
*Oenothera biennis*

**Origin** - It is native to eastern North America.

**Health Benefits** - It contains fatty acids believed to be beneficial to health in modest quantities. Oil in seeds contains gammalinolenic acid (GLA), a precursor of prostaglandin E1. The latter is very active biologically regulating such functions as the vessel and immune systems. The young root can also be eaten like a vegetable and the shoots can be used in salads.
**Health Benefits** - It is used as a laxative, to treat constipation and irritable bowel syndrome. The mucilaginous seed coats lubricate and cleanse the intestines, acting as a mild laxative. It also helps to lower cholesterol. Popular prepared laxatives such as Metamucil are made from the seeds.

**Description** - low growing annual, with soft grass like leaves.

**Where to Get** - Sandmountainherbs.com

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**PSYLLIUM INDIAN**  
*Plantago ovata*

**Origin** - It is native to Europe.

**Health Benefits** - It is used as an astringent.

**Description** - grows 3”-4” tall, produces open rosettes of leaves, blooms midsummer with insignificant purple-red flowers, tolerates full sun and dry conditions; Sempervivum comes from semper, meaning forever, and vivo, to live, meaning live forever. It can be seen on tiled rooftops in the European country, as it is said to repel lightning and prevent fires.

**Where to Get** - Sandmountainherbs.com

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**SOLOMON’S SEAL**  
*Polygonatum odoratum*

**Origin** - It is native to North America.

**Health Benefits** - It helps heal wounds.

**Description** - grows 18”-24” tall and 2’ wide, 1” white flowers hang, usually in Pairs, from the underside of the leaf and bloom in the spring, will tolerate heavy shade and need moist conditions.

**Where to Get** - Sandmountainherbs.com

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**SELF HEAL**  
*Prunella vulgaris*

**Origin** - It is native to Europe.

**Health Benefits** - It treats sore throat and is a general healer. It was originally named from the German Brunella, which is a disease of the throat called quinsy, which this plant is supposed to heal.

**Description** - grows less than 1’ tall and produces purple flowers on spikes in the summertime, Tolerates full sun to partial shade

**Where to Get** - Sandmountainherbs.com

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**HENS AND CHICKS**  
*Sempervivum tectorum*

**Origin** - It is native to Europe.

**Health Benefits** - It is used as an astringent.

**Description** - grows 3”-4” tall, produces open rosettes of leaves, blooms midsummer with insignificant purple-red flowers, tolerates full sun and dry conditions; Sempervivum comes from semper, meaning forever, and vivo, to live, meaning live forever. It can be seen on tiled rooftops in the European country, as it is said to repel lightning and prevent fires.

**Where to Get** - Sandmountainherbs.com

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**COMFREY**  
*Symphytum officinale*

**Origin** - It is native to Europe.

**Health Benefits** - It contains allantoin, a substance that stimulates cell division, aiding in the healing of wounds, ulcers, and broken bones. The leaves and roots are used to promote healing and in the treatment inflammation, rashes, cuts, broken bones, etc. Comfreys are nutritional herbs, rich in calcium, potassium, phosphorus, vitamins and trace elements. It is not for internal use due to present alkaloids, and if used over long periods of time it may cause liver damage. Safe for external use as alkaloids cannot be absorbed through the skin.

**Description** - comes from the Latin ‘con firma’, which means strength, grows 3’- 4’ tall and 4’ wide,
FEVERFEW  
(Tanacetum parthenium)

**Origin** - It is native to England.

**Health Benefits** - It is used to treat migraines. A medical survey in England indicates that 1 to 4 leaves of feverfew infused in a tea or eaten in a sandwich daily reduce the number and severity of migraine attacks in some sufferers. It even has pleasant side effects including a sense of well-being, lack of tension and relief from arthritis.

**Description** - bushy perennial growing 1’-3’ tall, produces daisy-like yellow flowers in summer, easily grown in most soils as long as it is placed in full sun to part shade.

**Where to Get** - Sandmountainherbs.com

VALERIAN  
(Valeriana officinalis)

**Origin** - It is native to Europe and Asia, but it has since naturalized in Canada and the United States.

**Health Benefits** - It is used as a sleep aid and has excellent sedative action. Widely used to allay pain, nervous unrest, migraine, and insomnia.

**Description** - grow 3’-5’ tall, tolerate full sun, white, pink, and purple flowers are borne in the spring and are prized for their fragrance.

**Where to Get** - Sandmountainherbs.com

produces purple-pink flowers in the spring, likes full sun.

**Where to Get** - Sandmountainherbs.com