



Useful Herbs
of the
CSA Garden

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unless otherwise specified

This is your garden – take advantage of it!

This booklet is intended to give you ideas about how the CSA Garden herbs can be used in the kitchen and around the house. To make things easy, we've grouped information into two main sections. The first section outlines herb harvest, storage, preparation, and combination information. The latter section features each culinary or medicinal herb individually – they're listed in alphabetical order by common name (**culinary herbs are listed in bold print**).

While our goal is to provide you with simple and accessible information on the herbs found in this garden, we are farmers and gardeners – not professional herbalists.

THE INFORMATION PROVIDED IS NOT INTENDED AS A SUBSTITUTE FOR MEDICAL ADVICE. SOME INFORMATION IS GIVEN REGARDING SPECIFIC HEALTH RISKS OF SOME HERBS, BUT AN ABSENCE OF INFORMATION GIVEN FOR OTHER HERBS DOES NOT IMPLY THAT HEALTH RISKS DO NOT EXIST. MANY HERBS ARE NOT APPROVED OR REGULATED BY THE FDA AS MEDICINES OR SUPPLEMENTS. MANY COMMERCIALLY SOLD HERBS AND HERBAL SUPPLEMENTS VARY IN QUALITY AND CONTENT. PLEASE CONSULT WITH A PROFESSIONAL HERBALIST OR PHYSICIAN REGARDING YOUR OWN HEALTH CONCERNS.

We encourage you to do your own research!
A resource guide to the books, websites, and local herbalists used in the making of this booklet is located behind the featured herbs.

HARVEST

Harvesting technique for culinary or medicinal herbs varies with each plant, but there are some general rules we like to follow in the CSA Garden. We have provided you with several pairs of scissors – please use them, the plants will thank you • When harvesting flowers, please leave enough for everyone – try to harvest from plants with many flowers • While the roots of some herbs are useful, please harvest *only* the above-ground parts to ensure a future harvest • Herbs will stay fresher longer if harvested as sprigs rather than individual leaves • Most plants will be unhappy if you harvest more than 1/3 of the total plant at once • Paper or cloth bags work well for collecting your herb harvest – they're breathable and moisture absorbent •

Special cases:

- **Alstromerías** (a cut flower, NOT an edible herb): please pull the ENTIRE stem from the ground – this stimulates the growth of new flowers. You can trim the flowers to a desired length once you have pulled them from the ground.
- **Lamiaceae (Mint Family), Lemon Verbena, Tarragon:** Harvest by clipping sprigs above a set of leaves about mid-way down the stem – this will encourage branching and bushiness.
- **Apiaceae (Carrot Family), Chives:** Harvest by cutting outside stems to the ground – this will stimulate fresh growth from the center.

STORAGE

Many herbs, especially culinary herbs, are best used fresh, but some (see herb profiles for details) can also be dried and stored for later use • Small quantities of herbs can be hung in a warm, dry, place until crisp • Check them frequently, and **discard any that show signs of mildew or mold** • **Store dried herbs in glass jars away from heat and moisture** – they will keep taste and quality longer • Store fresh herbs in the refrigerator (in a resealable plastic bag) or place them in a glass of water as an herbal bouquet •

PREPARATION

Culinary Herbs

Most **culinary herbs need no special preparation** aside from chopping • In general, finely chopped herbs blend well in smooth textured dishes, but can sacrifice individual flavors • Coarsely chopped herbs keep individual flavors intact, but are slower to blend with other flavors • Think about the dish you're making and chop accordingly • Most sources recommend adding fresh herbs to a dish in the last 20 minutes of cooking for best flavor retention – some exceptions include hardy herbs like rosemary, thyme, and sage, which you can add in at any point • For more information please refer to *The Herbfarm Cookbook* – it's listed in the resource guide •

Medicinal Herbs

Medicinal herbal preparations vary depending on the chemical make-up and specific uses of an herb • The easiest herbal preparations include **teas, tinctures, oils, compresses & poultices** • Always label herbal preparations with at least the date, ingredients & indicated uses • The following information was consolidated in large part from Rosemary Gladstar's *Herbal Healing for Women* and David Hoffman's *Medical Herbalism: the Science and Practice of Herbal Medicine* – For more detailed information, please see their books •

Teas

The simplest way to brew an herbal tea is by pouring boiling water over your selection of fresh or dried herbs – this is called an **infusion** • If you've ever made tea using a tea bag or ball, you've made an infusion • They're quick and easy!!

Here's a few pointers for brewing herbal teas:

- Use 1 teaspoon dried herb (or 3 teaspoons fresh) for every cup of water.
- Steeping time varies among herbs, but in general **the longer the stronger** – aromatic herbs (i.e. mint, lemon balm) don't usually need more than 15-20 minutes, but teas will keep in the refrigerator for up to three days.
- Steep teas in a glass or jar with a fitted lid to retain essential plant properties

Variations on a theme:

- **Nana's Famous Sun-tea:** Simply add the desired herbs to a jar of water (gallon jars work well) with a lid and set out in the sun for a few hours.
- **Take an herbal bath:** Either brew a pint of herb tea and add it to bathwater or place a handful of the desired herbs in a cloth bag and run it under the spigot.
- **Decoctions (huh!?):** Another brewing method generally used for hardier

plant parts like seeds, bark, roots, rhizomes, woody stems and nuts. Bring water to a boil, add herbs, cover with a lid, and simmer over lower heat for 15-30 minutes.

Tinctures

Don't be intimidated – tinctures are a lot easier to make than you might think • Some herbal properties are more easily extracted in alcohol, which make tinctures a more appropriate way to take some medicinal herbs • Alcohol is also a preservative, so tinctures are great for storing herbs long-term (up to three years) • Alcohol can also be more effective at extracting certain properties from plant tissues •

What you'll need:

- **Fresh or dried herb** of your selection (tinctures are generally made of single herbs, and most herbs can be tinctured)
- **Alcohol** (40% concentration/60 proof – vodka and brandy are popular)
- **A Glass or jar with a fitted lid & dark colored glass jar(s)** to store the final product in (tincture jars and eye-dropper caps are usually available at supplement stores like the Herb Room or Staff of Life)
- **A fine-meshed strainer and/or muslin cloth**
- **A funnel**
- **The patience to wait at least two weeks** – the longer the better

How it works:

• Cover the selected herb completely with alcohol (don't worry about being exact), mix it all up in a blender and ensure that the mixture is covered with alcohol by at least an inch • Pour the mixture into a glass jar with a fitted lid and let sit in warm, dry place for *at least two weeks* (Rosemary Gladstar suggests six weeks, but two weeks is generally the minimum) • Shaking the tincture daily will aid the extraction process • Once ready, strain liquid off once and use the muslin cloth to press all remaining liquid from the plant material • Compost the pulp, add the pressed liquid to the strained liquid, and funnel into dark-glass tincture jars • Include the date, alcohol concentration, indications/uses and any other information needed to repeat the recipe on the label • Store tinctures away from heat and light •

Herb-infused Oils

These are NOT essential oils – essential oils are extracted through a complex distillation process and it is best to obtain them from a professional or trusted source to ensure highest quality • Herb-infused oils for cooking and medicinal/cosmetic purposes are easy to make • We describe *one* method for infusing herbs in oils, but Rosemary Gladstar gives directions for three other methods – please see her book for details •

What you'll need:

- **DRIED herb(s) of your selection** (do NOT use fresh plant material as there is a high potential for cultivating botulism)
- A **high quality vegetable oil** (olive oil works well for cooking/medicinal purposes; lighter oils such as almond oil are appropriate for massage and externally applied oils)
- A **glass jar with a tight-fitting lid & oil bottles with fitted lids**
- A **funnel**
- The patience to wait **at least 2-6 weeks**.

How it works:

- Cover the selected herb completely with oil (don't worry about being exact), mix it all up in a blender and ensure that the mixture is covered with oil by at least inch or two • Pour the mixture into a container (preferably glass) with a tight-fitting lid and set in a warm and/or sunny place for several weeks • Once ready, strain oil off and funnel into oil bottle(s) • Include the date, type of oil used, ingredients, indications/uses and any information needed to repeat the recipe • Store oils away from heat and light •

Compresses & Poultices

Remember that bee sting you got when you were a kid, and that pasty stuff that the grown-ups put on it? That was a poultice • Compresses and poultices are great for stings, rashes, scrapes, and other skin irritations • To make a compress, soak a cloth in a hot pot of herbal tea, ring the liquid out and apply the hot cloth to the affected area • To make a poultice, mash or crush fresh herbs and apply directly to the affected area • Or...grind dried herbs, add boiling water to create a paste, apply as hot as possible to the affected area and wrap with gauze or cloth to hold it in place •

CULINARY & MEDICINAL HERBS of the CSA GARDEN
(listed alphabetically; • indicates culinary usage)

•Basil	(<i>Ocimum basilicum</i>)
•Bee Balm	(<i>Monarda didyma</i>)
•Borage	(<i>Borago officinalis</i>)
•Calendula	(<i>Calendula officinalis</i>)
California Poppy	(<i>Eschscholzia californica</i>)
Catnip	(<i>Napeta x faassenii</i>)
Chamomile, German	(<i>Matricaria recutita</i>)
Chamomile, Roman	(<i>Chamaemelum nobile</i>)
•Chives	(<i>Allium schoenoprasum</i>)
•Chives, Garlic	(<i>Allium tuberosum</i>)
•Costmary	(<i>Chrysanthemum balsamita</i>)
Echinacea	(<i>Echinacea purpurea</i>)
Feverfew	(<i>Chrysanthemum parthenium</i>)
•French Tarragon	(<i>Artemesia dracunculus</i>)
•Geranium, Rose Scented	(<i>Pelargonium graveolens</i>)
Hollyhock	(<i>Alcea rosea</i>)
•Hyssop	(<i>Hyssopus officinalis</i>)
•Hyssop, Anise Scented	(<i>Agastache foeniculum</i>)
•Lavender	(<i>Lavandula x intermedia</i>)
Lavender Cotton	(<i>Santalina incana</i>)
•Lemon Balm	(<i>Melissa officinalis</i>)
•Lemon Grass	(<i>Cymbopogon citratus</i>)
•Lemon Verbena	(<i>Aloysia triphylla</i>)
•Lovage	(<i>Levisticum officinale</i>)
•Marjoram, Sweet	(<i>Origanum majorana</i>)
•Mint	(<i>Mentha spp.</i>)
Mullein	(<i>Verbascum thapsus</i>)
•Nasturtium	(<i>Tropaeolum majus</i>)
•Oregano, Greek	(<i>Origanum vulgare hirtum</i>)
•Oregano, Golden	(<i>Origanum vulgare aureum</i>)
•Parsley, Curled	(<i>Petroselinum crispum crispum</i>)

•Rose	(<i>Rosa 'altissimo'</i>)
•Rosemary	(<i>Rosmarinus officinalis</i>)
•Sage, Culinary: 'Berrgarten'	(<i>Salvia officinalis</i>)
Self-Heal	(<i>Prunella vulgaris</i>)
St. Johnswort	(<i>Hypericum perforatum</i>)
•Thyme, Common	(<i>Thymus vulgaris</i>)
•Thyme, Lemon	(<i>Thymus x citriodorus</i>)
•Thyme, Lime	(<i>Thymus citrata</i>)
White Horehound	(<i>Marrubium vulgare</i>)
•Winter Savory	(<i>Satureja montana</i>)
Yarrow 'Summer Pastels'	(<i>Achillea millefolium</i>)

POISONOUS & TOXIC PLANTS AROUND THE FARM:

DO NOT INGEST THESE!!

Clematis spp.

Delphinium spp.

Foxglove (*Digitalis purpurea*)

Iris spp.

Jasmine (*Jasminum polyanthum*)

Larkspur (*Consolida ajacis*)

Narcissus spp.

Poison Hemlock (*Conium maculatum*)

Sweet Peas (*Lathyrus sp.*)

Senecio spp.

Tulipa spp.

Wisteria spp..

Basil

Ocimum basilicum var., *O. americanum*

Lamiaceae



Parts used: leaves

Culinary Uses: Basil's crisp, aromatic flavor lends freshness to almost anything

- There are more than 100 varieties of basil and each has its own twist on the classic basil flavor – from lemon to cinnamon to anise and beyond
- Basil's versatility extends far beyond its classic use in pesto and pasta sauces
- Toss torn leaves into green salads, fruit salads & sautéed vegetable dishes
- Chop it any way you want and use it to liven up meats, sausages, soups & stews (especially tomato based ones)
- Cinnamon basil is especially tasty with tomatoes and desserts like custard or ice cream
- Thai basil's anise flavor compliments seafood dishes well
- Basil is one of those herbs that loses its flavor with cooking, so add it to your cooked dishes at the last minute
- If you plan not to use it fresh, freeze whole or ground leaves in oil in a freezer bag

Try this one: *Radicchio Basil Salad*

1 head radicchio

1 heaping handful basil

1 small handful walnuts

1 small handful cranberries

olive oil & balsamic vinegar

salt and pepper to taste

Heat olive oil in a skillet and toss in radicchio when it's hot. Sear for 30 seconds to 1 minute – it should be warm and toasty, not limp. Add radicchio, toasted walnuts, and cranberries to fresh, whole basil leaves in a serving bowl. Dress with olive oil and balsamic vinegar, or make your own favorite dressing.

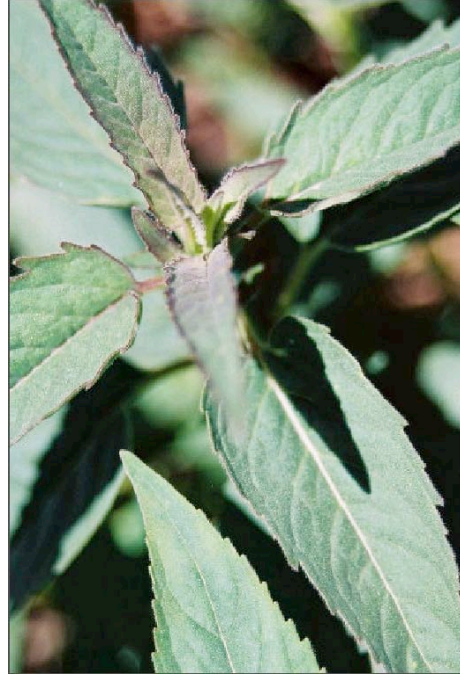
Medicinal Uses: Basil is known medicinally for its antiseptic, antibacterial, and stimulating properties

- Add it to bathwater or drink as a tea to alleviate fatigue
- Basil tea with a bit of honey may help with coughs and colds
- Crushed basil leaves applied directly or as a poultice can help with insect bites

Bee Balm

Monarda didyma

Lamiaceae



Parts used: flowers & leaves

Culinary uses: Bee balm flowers and leaves leave a hint of citrus and mint in a plethora of prepared foods • Oregano-flavored flowers make colorful garnishes in green salads and vegetable dishes • Add chopped leaves to stuffing or herb butters •

Medicinal and other uses: Bee Balm (a.k.a. Oswego Tea, Bergamot) is mainly drunk as a tea to relieve nausea, stomach pain, gas, and menstrual pain • A steam inhalation may help relieve sore throats and stuffy sinuses • Flowers and leaves are appropriate additions to potpourris •

Borage

Borago officinalis

Boraginaceae



Parts used: flowers, leaves & stems

Culinary Uses: Borage's cucumber-flavored leaves are high in minerals, especially Calcium and Potassium • Steam leaves like spinach – don't worry the fuzziness will go away when it's cooked • The bright violet flowers are often used to garnish cakes, cheeses, and salads • Toss a few flowers into cold drinks, yogurts, and fruit salads for extra delight •

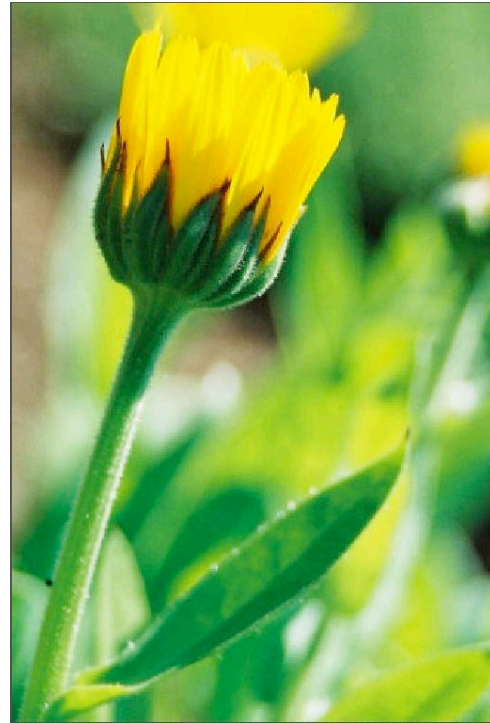
Medicinal Uses: Borage for courage! Take a seat next to any Borage plant and you'll see that it's a pleasant one to be around • Borage has a cooling effect and tea brewed from the leaves is good for the lungs, sore throats, fevers, and colds • Let that tea cool and use it as a gargle • Borage is an anti-inflammatory – crushed leaves applied directly or made into a poultice can be used to soothe skin irritations • Borage seed oil (available at many natural foods or supplement stores) is often used for skin irritations such as eczema or rashes, but research may not support this use •

NOTES: Some sources say that borage seed oil is completely safe, but recommend limiting use of the other parts of the plant • Borage is **NOT** recommended for long term use or for use during pregnancy • Please consult with a physician or professional herbalist before taking borage medicinally if: you have liver disease; you are pregnant; you regularly take NSAIDS (i.e. aspirin, Advil, cox-2 inhibitors); you take phenothiazines or tricyclic antidepressants •

Calendula

Calendula officinalis

Asteraceae



Parts Used: Flower heads & petals

Culinary Uses: Calendula flower petals are a beautiful addition to any salad and can also be added to soups and stews •

Medicinal Uses: Used as an ointment or salve, calendula's anti-inflammatory properties are especially helpful in healing cuts, rashes, sunburns, diaper rash, and other skin problems • If you're feeling ambitious, make a salve and use calendula as an ingredient • Calendula can be helpful for reducing pain and inflammation caused by middle-ear infections • Brew flowers in a tea for relief from a fever or stomach cramps • Calendula tincture has been used for gastrointestinal problems and to regulate menses •

NOTES: Calendula is NOT recommended for internal use during pregnancy or lactation • Do NOT use calendula if you have allergies to plants in the Asteraceae (Compositae) family •

California Poppy
Eschscholzia californica
Papaveraceae



Parts Used: Flowers, leaves, stems & roots (please only harvest above-ground parts)

Medicinal Uses: California Poppy is well known as a sedative and relaxant • Eat a flower for a mild relaxing effect • Tinctures made from the whole plant are great for sleepless nights, even for children •

NOTES: Be sure to store this herb in a dark airtight container because the dried herb is easily degraded by sunlight • This poppy is the state flower of California – it is illegal to harvest them from public lands in the state •

Catmint, Catnip

Napeta x faassenii, *N. cataria*

Lamiaceae



Parts Used: leaves

Medicinal Uses: Catnip has a sedative effect on people • Combine it with chamomile and lemon balm in tea for stress relief • Drink the tea, or add it to a hot bath for added relaxation • If you're crafty, make an herb pillow using catnip as an ingredient • Freeze it for 10-15 minutes for headaches and swollen eyes, or heat in a microwave for sore muscles •

Try this one: *Relaxing Eye Pillow (makes 1-2 eye pillows approximately 8"x 3")*

Material (Silk is nice, but anything you'd want on your face works)

1-2 C flax seed

2 Tbsp. dried chamomile flowers

2-3 Tbsp. dried catnip leaves

1-2 Tbsp. dried lemon balm leaves

3 Tbsp. dried lavender flowers

A few rose hips (dried and chopped)

A few drops lavender essential oil

Mix ingredients together in a bowl, except for the lavender essential oil. Sew the pillow inside out, leaving one edge open. Turn the pillow right side in, fill it and sew it shut. They tend to be more fragrant at first, but lose fragrance after a while. Use the lavender essential oil to revive the aromatherapy. The oil can be dropped in the mixture before you fill the pillow, or add a drop or two every time you heat or cool it.

German Chamomile

Matricaria recutita

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Roman Chamomile

Chamaemelum nobile

Asteraceae



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Parts Used: flowers

Medicinal Uses: Chamomile is often used for its relaxing, sedative, and anti-inflammatory effects • Use it in aromatherapy (as in the eye pillow with catnip and lavender), or drink it as tea • German chamomile tea is a helpful digestive and sleep aid • Let that tea cool and use it as a hair rinse to bring out highlights in blonde hair • Use as a mouthwash for minor oral infections • Compresses are sometimes used to relieve sore muscles and joints • Roman chamomile has similar properties as German chamomile, although some cultivars are grown as a carpet and do not flower • Having a rough day? Take a seat on a mat of Roman Chamomile for a little relaxation •

NOTES: Harvest flowers as they begin to open • Use them fresh or dry them for later use • Chamomile is NOT recommended for people with allergies to ragweed or plants in the Asteraceae (Compositae) family • **Chamomile is NOT recommended for some people – please consult with a physician or professional herbalist if: you are taking prescription sedatives or bloodthinners (i.e. warfarin) •**

Chives & Garlic Chives

Allium schoenoprasum, *A. tuberosum*

Liliaceae



Parts Used: flowers & leaves

Culinary Uses: These relatives to garlic and onions have a milder hint of onion (or garlic) flavor • The hollow leaves are useful in almost any dish • Chives are especially popular with potatoes, eggs, cheese, and in soups & salads • Separate the mauve-colored flowers into individual florets and use as a garnish in any dish you like •

Medicinal Uses: Chives are high in iron and stimulate the appetite, but don't usually cause the same stomach upset that onions and garlic do for some people •

NOTES: Harvest chives by cutting outer leaves to the ground •

Costmary, Alecost
Chrysanthemum balsamita
Asteraceae



Parts Used: leaves

Culinary Uses: Chop tangy flavored leaves finely and add small amounts to soups, salads, meats, and vegetables like peas, potatoes & carrots • Use leaves in an herb butter for a touch of bittersweet seasoning •

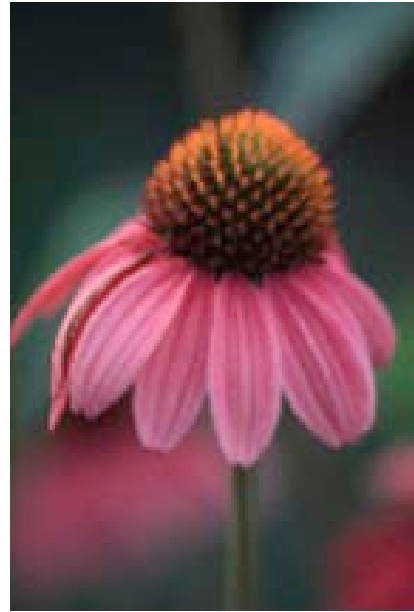
Medicinal and other uses: Make a poultice or use crushed leaves to relieve bee stings • Add leaves to salves and ointments for scrapes, burns and stings • Brew a tea to help with colds • Place the aromatic leaves in dresser drawers and hampers, or hang a few around the house to discourage insects and sweeten the air • Dry leaves and add them to potpourris to accent the scents of other herbs •

NOTES: Costmary is NOT recommended for use by people with allergies to flowers in the Asteraceae (Compositae) family •

Echinacea, Purple Coneflower

Echinacea purpurea, *E. angustifolia*, *E. pallida*

Asteraceae



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Parts used: flowers, leaves, stems & roots (please harvest only above-ground plant parts)

Medicinal uses: Echinacea has antifungal, antiviral and antibacterial properties, which make the herb useful for treating infections • Echinacea popularly used as an immune booster for flus and colds • Simmer Echinacea flowers and leaves with ginger and lemon for a tea to help ward off that bug going around • Echinacea in tincture form is also an effective for this purpose •

NOTES: Echinacea can lose effectiveness when taken for prolonged periods of time • Echinacea is NOT recommended for people with allergies to the Asteraceae (Compositae) family • Some people may develop sensitivities to Echinacea including symptoms like nausea, dizziness, headaches, constipation, and skin irritation • Echinacea is NOT recommended for some people – please consult with a physician or professional herbalist before taking Echinacea if: you have an autoimmune disorder; are pregnant or lactating; are taking immunosuppressants (i.e. tacrolimus, cyclosporine, etc.) •

Feverfew

Chrysanthemum parthenium

Asteraceae



Parts used: flowers & leaves

Medicinal uses: Feverfew is one of the 'bitter herbs', which are often used to stimulate digestive juices • Infuse leaves and flowers to relieve headaches, fever, and muscle aches and pains • The tincture combines especially well with Mugwort tea to relieve sinus headaches • Use of feverfew is often also used to prevent and treat migraine headaches • Feverfew is a mild *emmenagogue*, and is sometimes used to promote uterine contractions and menstruation •

NOTES: Chewing raw leaves may cause mouth sores, although this is usually how it is used to treat migraines • **Feverfew is NOT recommended for some people – please consult with a physician or professional herbalist before using feverfew if:** you have allergies to flowers in the Asteraceae (Compositae) family; you are under two years old; you are pregnant or lactating; you are taking blood thinners such as warfarin • Some people may develop headaches, anxiety, nausea & vomiting after discontinuing long term use of feverfew suddenly – some sources recommend decreasing feverfew dosages gradually •

French Tarragon
Artemesia dracunculus
Asteraceae

Parts used: leaves

Culinary uses: Tarragon's punchy anise and mint flavor is useful in green salads, fruit salads, eggs, meats, and sauces • Add it to a cream sauce for chicken dishes – this is a classic dish • Mild seafoods like halibut or crab work well with tarragon sauces (think of hollandaise) • Like Basil, tarragon is best used fresh and loses flavor the longer you cook it – always add tarragon to a dish at the last minute • If you plan not to use tarragon fresh, preserve it in vinegar with some lemon rind and use it to dress salads •

Medicinal uses: French Tarragon is a good source of mineral salts and high in vitamins A & C • The herb was used in the Middle Ages as a sleep aid and breath-freshener •

Geranium, Rose Scented

Pelargonium graveolens

Geraniaceae



Parts used: flowers & leaves

Culinary uses: Blend a few leaves with sugar for use in baking • Use the leaves to flavor custards, jellies, pound cakes, and salad dressings • Flowers make delightful garnishes in green salads and fruit salads • Drop a leaf or two into teas and wine for a rosy aroma •

Medicinal and other uses: Scented geraniums are often used in aromatherapy • Infuse the leaves into cosmetic grade oils (like almond oil) for a sweet smelling tonic effect on the nervous system • Mix leaves with other relaxing herbs and toss the blend in the tub for relieving soak • Any scented geranium is a pleasant addition to potpourris, sachets and herb pillows •

Hollyhock
Alcea rosea
Malvaceae



Parts used: flowers

Medicinal uses: Flowers can be added to soaps and salves as a soothing ingredient for skin • Hollyhock tea can help relieve sore throats • A compress or steam bath may provide relief to earaches •

Hyssop

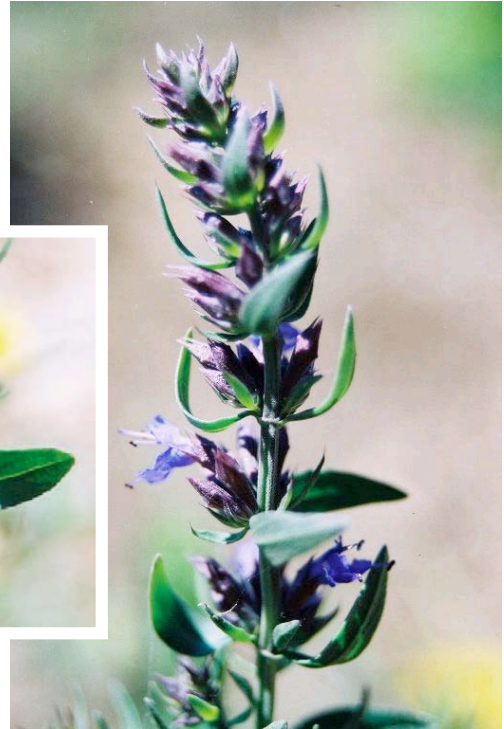
Hyssopus officinalis

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Anise Hyssop

Agastache foeniculum

Lamiaceae



Parts used: leaves and flowers

Culinary uses: Hyssop's blue flowers make a pleasant garnish in green salads • The leaves impart a spicy, slightly bitter flavor to soups, meats and steamed or sautéed vegetable dishes – a little goes a long way • Try a pinch of hyssop in fruit cocktails and salads • As its name implies, anise hyssop has a minty anise flavor – it is botanically different from hyssop, although both are in the mint family •

Medicinal uses: Like many members of the mint family, it may also be a useful digestive aid • Hyssop is often recommended as a tea for coughs and colds and to relieve respiratory congestion • Some sources suggest mixing it with equal parts of white horehound for bronchitis and asthma relief • Let that tea cool and use it as a gargle for sore throats • Make a poultice or apply crushed leaves directly to relieve burns, bruises and other skin irritations •

NOTES: It is NOT recommended to take hyssop medicinally for prolonged periods •

Lavender

Lavandula x intermedia

Lamiaceae



Parts used: flowers

Culinary uses: Lavender's trademark scent adds to cold drinks like lemonade and iced tea • Blend lavender flowers with sugar in a blender and use it in baking desserts like cakes, cookies and sorbets • The Herbfarm Cookbook suggests combining lavender with walnuts, pistachios, almonds, and ginger among other things • Use a touch of lavender in savory dishes and on poultry, pork and lamb •

Try this one: *Lavender Lemonade (modified from a recipe found on www.epicurious.com)*

3 Tbsp. Lavender flowers

2 C Fresh squeezed lemon juice (or lemon juice concentrate)

1 C Honey

1 C Sugar

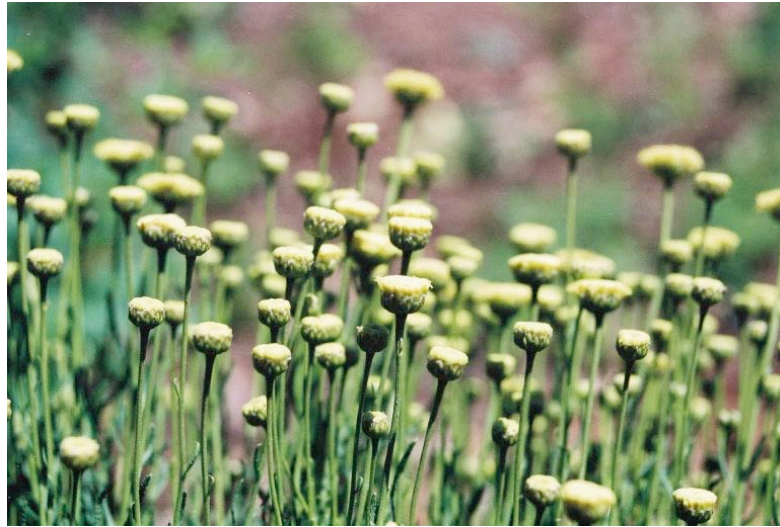
6 C Water

Dissolve honey and sugar (using just sugar or just honey is also okay) in boiling water. Pour boiled water over lavender flowers and steep until cool. Mix with lemon juice and remaining water. Stir well and serve over ice with a spearmint garnish. Makes 6 cups.

Medicinal and other uses: Use lavender flowers in potpourris, sachets, or the eye pillow recipe given for Catmint – its perfect for relieving tension headaches and providing general relaxation • Lavender tea made using the leaves has been used for nausea • Although lavender *essential oil* is very popular, infuse leaves in cosmetic grade oil (i.e. almond, apricot) to use on an itchy or flaky scalp • The possibilities are endless with lavender!

NOTES: Do NOT ingest lavender essential oil • Some sources suggest that lavender may enhance depressant and sedative effects of alcohol and hypnotic drugs • Please consult with a professional herbalist or your physician before using lavender internally in medicinal quantities during pregnancy •

Lavender Cotton
Santolina incana
Asteraceae



Parts used: flowers & leaves

Other uses: Add the camphor-scented flowers and leaves to drawers and closets to keep moths away, or mix them into a potpourri •

NOTES: Please do NOT ingest lavender cotton ~ some sources implied its use internally, but not enough information was found to support that •

Lemon Balm

Melissa officinalis

Lamiaceae



Parts used: leaves

Culinary uses: Lemon Balm's fresh lemony flavor is versatile and fun • Freeze leaves in ice cubes and serve them in cold drinks, or add a leaf or two to hot tea • Chopped leaves are delicious in sauces for chicken and fish • Whole leaves can be tossed in green salads and fruit salads for a light lemon hint • Chop leaves and toss in with summer vegetables •

Medicinal uses: Brew up some lemon balm tea with a bit of honey to treat fevers, even for children • Steep leaves with catmint for nervous headaches • Lemon balm tea has also been used as a carminative (digestive stimulant) and calmative (sedative) • Boiled leaves are a great anti-viral internally & externally for herpes outbreaks • Preserve dried leaves in vinegar and use as a facial rinse • Lemon balm combines well with spearmint, peppermint, and elder flowers • Mix dried leaves with other scented herbs for an aromatherapy bath •

NOTES: Lemon Balm is NOT recommended for some people – please consult with a physician or professional herbalist if: you are pregnant or lactating; are taking prescription sedatives (i.e. Ambien, benzodiazepines, Fiorinal) • Flavor is best when young the leaves are harvested just as flowers begin to open •

Lemon Grass

Cymbopogon citratus

Poaceae



Parts used: leaves & stems

Culinary uses: Lemon grass is a well-known flavor in many Thai, Malaysian, and Southeast Asian dishes - it adds a punchy lemon flavor to coconut soup • Use the tender portion of the leaf base and stem for cooking • Add a touch of lemon grass to your next cup of hot tea for a crisp and tangy lemon sensation •

Medicinal and other uses: Lemon grass tea can be useful for treating headaches, fever, and digestive irritation • Use lemon grass stalks in an aromatherapy bath mixture • Infusing lemon grass into cosmetic grade oils can yield a citrus-scented tonic for skin and nails • Lemon grass is often used commercially in soaps and insect-repellents •

Lemon Verbena
Aloysia Tryphylla
Verbenaceae



Parts used: leaves

Culinary uses: Lemon verbena imparts a crisp lemon flavor without the acidity no matter what you use it in • Leaves are popular additions to desserts and fruit dishes • Blend leaves into a paste with sugar to lend a lemony hint to sorbets and dessert sauces • Garnish cold drinks and hot teas with young, tender leaves • Use lemon verbena leaves as a substitute wherever a recipe calls for lemon grass, but if you don't chop them finely, you'll want to strain them out before serving • Use this herb fresh, dried or frozen as a sugar paste •

Medicinal and other uses: Lemon verbena tea is commonly used as mild sedative and to relieve congestion and nausea • For massages, infuse the leaves into almond oil (combines well with rosemary or lavender) • A cold compress can relieve puffy eyes – soak a cloth in a cooled tea and apply it to the eyes for 10-15 minutes •

NOTES: Like many herbs, lemon verbena taken in large quantities for extended periods can cause stomach irritation •

Lovage

Levisticum officinale

Apiaceae

Parts used: leaves, stems, roots & seeds (please only harvest above-ground plant parts)

Culinary uses: Lovage's celery flavor is useful in most savory dishes including stews, soups, casseroles, and meats • Mix fresh leaves into green salads to add richness • Stalks can be eaten like celery • Seeds are often added to breads, biscuits and pastries • Leaves (rather than stalks and stems) are best for cooking with and can be added at any point in the cooking process •

Lovage Soup (from The Complete Book of Herbs by Lesley Bremness)

1 oz. butter

2 medium onions, finely chopped

4 Tbsp. chopped lovage leaves

1 oz. all-purpose flour

2 cups chicken or vegetable stock

1 cup milk

salt and black pepper



Melt the butter in a saucepan and gently sauté the onions for 5 minutes until soft. Add the lovage, stir in the flour and cook for one minute, stirring constantly. Gradually stir in the stock, cover and simmer gently for 15 minutes. Add the milk and seasoning. Reheat slowly; do not boil the soup or it will curdle.

Medicinal uses: Lovage tea has been used as a digestive aid and to reduce water retention •

NOTES: Please consult with a physician or professional herbalist before using lovage if: you are pregnant; you have kidney problems •

Marjoram

Origanum majorana

Lamiaceae



Parts used: leaves

Culinary uses: Marjoram is used similarly to all of the savory herbs, but is not as strong as oregano • Marjoram pungent flavor is tasty in sauces for seafood and meats, but works equally as well with vegetables like beets and carrots • Add finely chopped leaves and garlic to melted butter and spread it on breads and vegetables •

Medicinal and other uses: Marjoram tea may help relieve indigestion, gas, and nervous tummies • Add brewed tea or a handful of leaves to bathwater for tension relief •

NOTES: Marjoram is NOT recommended for medicinal use during pregnancy •

Mint

Mentha sp.

Lamiaceae



Parts used: leaves

Culinary uses: Mints are deliciously fresh garnishes for cold drinks like teas and lemonade • Use it anywhere a minty flavor is desired – it's a versatile herb that accents anything from desserts to soups to salsas and more • Try it with fish in a marinade or sauce • Each variety has its own unique flavor – try them all and choose your favorite • Mint can be used fresh or dried •

Medicinal uses: Peppermint tea is especially popular for calming unsettled stomachs and nerves, but most mints should have similar effects • Mints are more than appropriate for baths, but use them in combination with other stimulating herbs so as not to confuse your senses • Experiment with the mint family – include a snippet of peppermint or candy mint with lavender in almond oil for a tingly scalp massage •

NOTES: All mints are stimulating herbs and may not be compatible with pregnancy • Peppermint may cause heartburn and is **NOT** recommended for use by people taking heartburn medications (i.e. Prilosec, Zantac, Tagamet, etc.) • Please consult with a physician or professional herbalist with any individual health concerns •

Mullein

Verbascum thapsus

Scrophulariaceae



Parts used: flowers & leaves

Medicinal uses: Mullein is an expectorant and is useful for clearing mucous from the body • Steep leaves and/or flowers in boiled water to relieve coughs and congestion • Infuse mullein flowers and garlic in olive oil and drop the warm oil in achy ears for relief •

NOTES: Mullein seeds are toxic and should not be ingested •

Nasturtium

Tropaeolum majus

Tropaeolaceae



Parts used: flowers, leaves & seeds

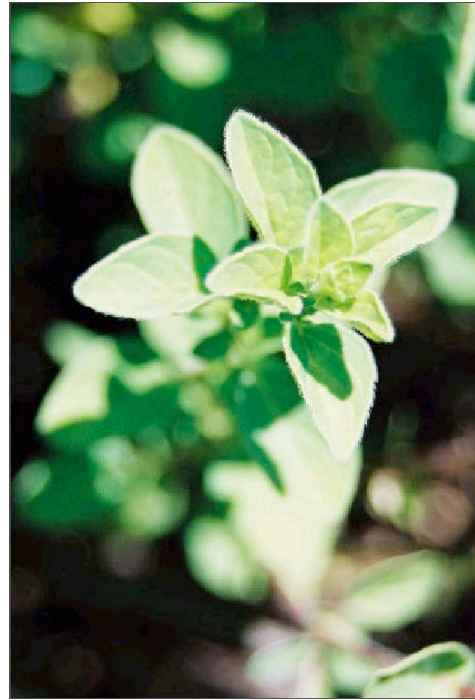
Culinary uses: The orange, yellow and reddish flowers are a colorful favorite in green salads • Leaves lend a peppery taste to salads as well • Seeds can be dried, ground like pepper, and used as a seasoning • Pickle seeds in vinegar for a treat later •

NOTES: Nasturtiums are high in vitamin C, so eat up!

Oregano

Origanum vulgare 'hirtum', *O.v.* 'aureum'

Lamiaceae



Parts used: leaves

Culinary uses: Oregano is one of the most popular Italian cooking herbs and is essential in pasta and pizza sauces • Try using fresh whole leaves as a pizza topping instead of in the sauce • Oregano's bold flavor is delicious in eggs, on grilled cheese sandwiches, and in stir fries • Use it to season seafood, poultry and other meats • Combine it with other savory herbs like thyme, rosemary and chives • Add oregano at any point in the cooking process, but use the herb judiciously – it can be overbearing •

Medicinal uses: Oregano tea has been used to alleviate coughs and nervous headaches • Chew on leaves to temporarily relieve a toothache •

Parsley

Petroselinum crispum crispum

Apiaceae



Parts used: all above-ground parts

Culinary uses: Parsley is most commonly used as a garnish, but we should all branch out because this herb is chock full of vitamins and minerals, especially vitamin C • Add chopped leaves and stems to soups, sprinkle over salads, serve with cooked veggies, eat it raw – enjoy • Parsley combines well with most other savory herbs – add it to cooked dishes just before serving for best flavor •

Medicinal uses: Parsley is a mild emmenagogue – try ginger parsley tea with a dollop of honey can to encourage a late period or ameliorate a painful one • It's also good for relieving gas • Chew on a parsley sprig as a breath freshener •

NOTES: Parsley is NOT recommended for medicinal use during pregnancy •

Rose

Rosa 'altissimo'

Rosaceae



Parts used: hips (the fruit) & petals

Culinary uses: Tear off petals and toss them in with salad greens • Layer petals in sugar containers (or blend the two in a blender) to flavor the sweets • Rose petals add a subtle and sweet flavor to wines, sorbets, jams, pies, and other sweets •

Medicinal uses: Rose hips are rich in bioflavonoids and vitamins C, B, and E • Rose tea has been suggested to help with colds, infections, headaches, and diarrhea • Infuse the hips in cosmetic grade oil with lavender for the skin – they'll add a mellow scent and aid circulation • Hips or petals can be combined in potpourri or herb pillow mixes • Rosewater made from the petals can be used as a facial rinse to soothe dry or sensitive skin

NOTES: Be sure that all roses you eat are organically grown (the ones here at the farm are)!

Rosemary

Rosmarinus officinalis

Lamiaceae



Parts used: flowers & leaves

Culinary uses: Rosemary's resinous & piney flavor is popular in Mediterranean cooking • Use the young succulent growth rather than the older woody growth in your recipes • Rosemary leaves are often used to flavor fish, poultry, lamb, pork, beef, stuffing, vegetables, breads and spreads • 'Home-fry' potatoes with rosemary leaves, onions & garlic to serve with breakfast • Strip woody stems and use them as skewers to give barbequed meats and vegetables a rosemary hint • Toss flowers in with salads or use them as garnishes in dessert dishes • Bake leaves into breads and sweets like pound cakes and muffins • Rosemary has a strong flavor so be aware of how much you use when cooking •

Medicinal and other uses: Rosemary tea makes a stimulating and invigorating addition to bathwater, and can be used in early stage colds as a diaphoretic (it'll make you sweat it out) • Let that tea cool and use it as an antiseptic mouthwash and gargle • Rosemary's antiseptic properties are also useful in cleaning – boil a handful in 2 cups of water for 10 minutes and use it as a wash for sinks, counters, and fixtures • Include the herb as an ingredient in a salve to promote blood circulation and aid with eczema, bruises, sores & other wounds • Rosemary has antioxidant properties and can be used to help preserve medicinal oils •

Sage, Culinary 'Berggarten'
Salvia officinalis

Lamiaceae



Parts used: leaves

Culinary uses: Culinary sage aids digestion of fatty foods – it's no wonder it's known for seasoning for stuffing, sausages, meatloaves, omelets, and cheeses • Sage's strong flavor works on its own or in combination with other savory herbs like rosemary and thyme • Fry leaves in butter or oil and serve as a crispy, savory garnish with green beans • Preserve its pungency in vinegars and butters • For vinegar, simply place sage leaves in the bottom of a glass jar or bottle, fill it with vinegar, and close the lid – let it sit for a few weeks before using • Sage's blue flowers are colorful additions to green salads • Like rosemary and other hardy herbs, sage has a strong flavor and does well when added at the start of the cooking process • Use it fresh or dried •

Medicinal and other uses: Sage's most popular medicinal use is as a gargle to ease for sore throats and laryngitis. Some people like to call Sage the "toothbrush plant" because rubbing the leaves on teeth and gums may help fight plaque and tartar build-up. Poultices and crushed leaves are often useful in treating insect bites. Dried leaves can be hung in closets and placed in drawers to discourage bugs from getting into your clothes.

Self-Heal

Prunella vulgaris



Parts used: flowers & leaves

Medicinal uses: Self-heal has been suggested to treat internal and external wounds • Steep flowers & leaves in boiled water, add a touch of honey and drink to relieve sore throats • Let that tea cool and use it as a gargle or mouthwash for throat irritations such as thrush •

St. John's Wort

Hypericum perforatum

Hypericaceae



Parts used: flowers & leaves

Medicinal uses: St. John's Wort is most commonly known for its antidepressant properties • Many people take capsules to help with everyday blues and stress, but flowers in bloom can also be harvested and brewed as tea for the same effect • It combines well with skullcap for stress and tension relief • A St. John's Wort tincture (use 95% alcohol) may be more appropriate than tea for stress relief • St. John's Wort applied topically has anti-inflammatory effects on wounds • Compresses, poultices, crushed leaves, salves, and ointments made from the flowers are great for muscle strains, sprains, scrapes, burns & general wound-healing •

NOTES: Using St. John's Wort can cause increases sensitivity to sunlight and decrease the effectiveness of several drugs • St. John's Wort is **NOT recommended for some people – please consult with a physician or professional herbalist before using St. John's Wort if:** you are pregnant or lactating; you are taking oral birth control pills; you have severe or chronic depression; you have bipolar disorder; you are taking ANY prescription medication (there is a long list of drug interactions with St. John's Wort– err on the side of caution); or you are undergoing chemotherapy or UV light treatment • Use of St. John's Wort should not be used for at least two weeks before any surgery •

Thyme (Common, Lemon, Lime)

Thymus vulgaris, *T. x citriodorus*, *T. citrata* 'aureus'

Lamiaceae



Parts used: flowers & leaves

Culinary uses: Thyme is appropriate for just about anything! Thyme is commonly an ingredient in bouquet garní, a French herb mixture used to season soups, stews, stocks, fish, poultry and other meats • Leaves add a savory flavor to eggs, potatoes, parsnips, eggplants, beets, carrots, tomatoes, beans & other vegetables • The flowers are packed with thyme flavor and can be chopped with the green parts for cooking • Sprinkle a touch of thyme on figs, pears, or cheese • Mix up a poultry marinade using chopped thyme, olive oil, lemon juice, garlic, black pepper, and salt • Lemon thyme is especially suitable for seafood, like halibut • Bake lemon thyme into shortbread to be served with fruit • Common Thyme has a sturdy flavor and can be added at any point in the cooking process, but add lemon thyme towards the end of cooking to retain its lemony flavor • Flavor is best when thyme harvested in bloom, but it can be clipped anytime and kept fresh in a resealable container in the fridge for up to two weeks • Or, hang a few sprigs until they're dry and store them on or off the stem in a sealable glass jar in a cupboard away from heat and moisture – those sprigs can keep their spicy flavor for up to six months •

Bouquet Garni (from The Cornell Book of Herbs & Edible Flowers by Jeanne Mackin)

Fresh or dried herbs can be used. If they are dried, use less because dried herbs tend to have stronger flavor.

4 sprigs parsley (chervil can also be used)

1 bay leaf

2 sprigs thyme

Combine the herbs and tie them into a 4-inch square of cheesecloth. Add during the last 20 minutes of cooking time. Can be used to flavor soups and stews.

Medicinal uses: Thyme has antiseptic and stimulating properties which make it useful for relieving indigestion • Using it in cooking is an easy way to take advantage of its benefits to digestion, but you can steep it in boiled water and drink with honey • Mix it with rosemary in the bathtub for some camphor-scented refreshment and relief from skin irritations • The rosemary/thyme combination also makes an effective dandruff rinse for hair when brewed like tea •

White Horehound
Marrubium vulgare
Lamiaceae



Parts used: flowering tops & leaves

Medicinal uses: Horehound contains mucilage and is most commonly used to treat coughs, sore throats, bronchitis, and lung congestion – steep it with ginger and honey in boiled water and drink it hot 3 times daily for relief • Horehound also combines well with mullein for coughs and lung congestion • Horehound is a bitter herb, so let hot tea cool and drink it to stimulate digestion • Horehound is bitter and gets more bitter the longer you steep it – keep steeping time to less than 10-15 minutes •

NOTES: White horehound is **NOT** recommended for some people – please consult with a physician or professional herbalist before using horehound medicinally if: you are pregnant; you take insulin or anti-diabetes agents; or you are taking medication to lower blood pressure • Taken in large quantities or over extended time periods, horehound may have affect heart rhythms •

Winter Savory

Satureja Montana

Lamiaceae



Parts used: leaves

Culinary uses: Winter savory lends a peppery taste to any savory dish – cook it with beans & lentils, greens, roasted potatoes & root vegetables, soups, sauces, poultry and meats • *The Harbfarm Cookbook* suggests that savory is particularly yummy when paired with bay leaves to season dried beans – or any other bean for that matter • Store winter savory in a resealable container in the fridge for up to two weeks •

Medicinal uses: Like many of the savory culinary herbs, winter savory has antiseptic properties and aids digestion • Brew a tea, let it cool, and use it as a mouthwash • Apply a poultice or compress to insect bites and bee stings for relief •

Yarrow 'Summer Pastels'

Achillea millefolium

Asteraceae



Parts used: flowers

Culinary uses: Chopped young leaves add a peppery, slightly bitter touch to green salads and soft cheeses •

Medicinal and other uses: Hot tea brewed using flowers makes a helpful digestive aid • Throughout history, yarrow has been used to stop wounds from bleeding • Crushed leaves applied directly or as a compress or poultice are often used to treat rashes, cuts, and other wounds • Yarrow tea can be drunk to reduce a heavy period or stimulate a late one • Let that tea cool and use it as a wash to treat minor bleeding from hemorrhoids • Dried yarrow flowers are excellent additions to flower arrangements •

NOTES: Using Yarrow may increase sensitivity to sunlight • Yarrow is **NOT** recommended for some people –please consult with a physician or professional herbalist before using yarrow medicinally if: you are pregnant or lactating; you have an allergy to plants in the Asteraceae (Compositae) family •

HERBAL RESOURCES:

The following resources were useful in creating this booklet – check them out!

General Books on Herbs and Plants:

- *The Complete Book of Herbs* by Lesley Bremness. Penguin Books, New York, NY: 1988.
A great book for the novice herb gardener or herb user – includes photographs, background, cultivation and suggested uses.
- *The Herb Book* by John Lust. Benedict Lust Publications, Santa Barbara, CA: 2001.
Provides medicinal information on a selection of herbs from a-z – includes sections on background, terminology, culinary herbs, dye plants & useful resources.
- *The New Age Herbalist* by Richard Mabey. Collier Books, New York, NY: 1988.
A great general guide for using and growing herbs – includes color photographs, dyer's information, and information on culinary and medicinal uses.
- *The Way of Herbs* by Michael Tierra, C.A., N.D. Pocket Books, New York, NY: 1990.
A great guide to Chinese and western herbs for use as medicines and food – from a local practitioner!

Culinary Herb Books:

- *The Cornell Book of Herbs & Edible Flowers* by Jeanne Mackin. Cornell Cooperative Extension, Ithaca, NY: 1993.
A short but informative book with beautiful photographs of each herb featured – includes information on background, cultivation, and uses.
- *The Herbfarm Cookbook* by Jerry Traunfeld. Scribner, New York, NY: 2000.
An essential resource on culinary herbs! Not just any cookbook – an entire section is devoted to outlining *how* herbs are used in cooking from harvesting to storing to cutting them in different ways.
- *The Complete Book of Herbs & Spices* by Sarah Garland. The Viking Press, New York: 1979.

Briefly describes culture, background and traditional uses of several culinary and medicinal herbs. Many of the Latin names have changed since this book was written.

Medicinal Herb Books:

- *Herbal Healing for Women* by Rosemary Gladstar. Simon & Schuster, New York, NY: 1993.
Gladstar does an excellent job of making herbs easy to understand – includes easy methods for preparing teas, tinctures, oils, salves, etc; recipes & guidelines for women during different life stages; a section on specific herbs; and a section on helpful resources.
- *Medicinal Herbs in the Garden, Field & Marketplace* by Tim Blakely and Lee Sturdivant. San Juan Naturals, Friday Harbor, WA: 1999.
An appropriate introduction if you're interested in growing herbs commercially includes everything from marketing to cultivation.
- *Medicinal Plants of the Pacific West* by Michael Moore.
Moore is one of the more knowledgeable herbalists there are, and this book is excellent! It's full of information on what the plants look like, where they grow, what they're useful for, and more. Reading this book will open your eyes to all of the edible and useful plants growing in your own backyard, literally.
- *Natural Healing with Herbs* by Humbart Santillo, N.D. Hohm Press, Prescott, AZ: 1993.
A good reference for those with some knowledge of herbal terminology – includes A-Z descriptions of commonly used herbs and chapters on herbal formulations, homeopathy, diagnosis, and different herbal therapies.
- *Prescriptions for Natural Healing* by Phyllis A. Balch, CNC and James F. Balch, M.D. Avery Books, New York, NY: 2000.
A comprehensive guide to health – provides information on herbs, vitamins, supplements, and nutrition.

- *The Herbal Handbook: A User's Guide to Medical Herbalism* by David Hoffmann. Healing Arts Press, Rochester, VT: 1998.
A comprehensive text with in-depth coverage of herbal chemistry and properties – it's appropriate for people with more than a passing interest in medicinal herbalism.
- *Wild Medicinal Plants* by Anny Schneider. Key Porter Books, Toronto, Canada: 2002.
A handy guide to wild medicinal plants – includes information on several common weeds around the farm.
- *Medical Herbalism: by David Hoffmann.* Healing Arts Press, Rochester, VT: 2003.
An excellent resource for anyone wanting to know more about the science of medical herbalism! It's been argued that everything you'll need to know about herbs can be found in this book.

Local Resources:

- **Darren Huckle, Herbalist, L.Ac.**
Phone: (831) 334-5177 Email: qihuck@yahoo.com
Darren is a local practitioner specializing in 'garden-based herbalism'. He has been involved with the UCSC Farm & Garden for several years and was an apprentice in 1995. He suggests *Herbal Remedies for Dummies* by Christopher Hobbs & *Healing with the Herbs of Life* by Lesley Tierra as good herbal reads.
- **Orian Johnson & Hawk Valley Herbs**
Phone: (650) 879-3273
Orian tends a medicinal herb garden and offers seasonal workshops on medicinal herbs.
- **The American School of Herbalism**
Phone: (831) 476-6377
Website: www.americanschoolofherbalism.com
Email: ash@surfnet.usa
This locally operated school offers a variety of short and long term herb classes.

Websites regarding general herbs and their uses:

- <http://magdalin.com/herbs/>
- An illustrated A-Z reference of herbs and their uses:
<http://magdalin.com/herbs/>
- <http://www.herbnet.com/herbnet.htm>
- Includes general gardening tips and a page with an A-Z on herbs:
<http://gardenaire.com>
- This page is linked to the Mountain Valley Growers website – provides useful information on common culinary herbs:
<http://mountainvalleygrowers.com/culinaryherbgarden.htm>

Websites regarding herbs and health risks:

- <http://www.wholehealthmd.com>
- Health Central:
http://www.healthcentral.com/peoplespharmacy/pp_herblibrary/pp_herblibrary.cfm
- <http://www.drugdigest.org>
- Memorial Sloan-Kettering Cancer Center:
<http://www.mskcc.org/mskcc/html/11571.cfm>
- This site describes several common poisonous plants and their toxic effects.
<http://chppm-www.army.mil/ento/PLANT.htm>
- This page briefly describes common poisonous plants and their toxic effects:
<http://aggie-horticulture.tamu.edu/plantanswers/publications/poison/poison.htm>