



HERBAL MEDICINE IN THE GARDEN

Your backyard can be a great source of plant-based medicines and herbal remedies. Whether you have a large garden space or just a few pots by the door, you can grow a medicinal garden!

Rosemary is not just for seasoning savoury dishes, but is also used to support memory and concentration, aid digestion and detoxification.

Peppermint leaves can be picked directly from the garden and eaten fresh or steeped in hot water to make a soothing tea. It is beneficial for upset digestion, reflux and nausea.

Lavender plants look and smell beautiful. They also have a long history of use as a perfume and in herbal medicine. Lavender is very helpful for calming busy, anxious minds.

Calendula, or marigold, is used in herbal medicine to soothe inflamed skin when applied topically. The petals of the bright yellow / orange flowers can be infused in olive or almond oil to make a soothing balm.

Do you have any of these growing already?



Herbal
2020 Medicine
Week



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