



# 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 and 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 sooth 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?



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