

Appendix 1. Medicinal herbs around S & S Homestead Farm

Cultivated herbs

Thymus vulgaris

Rosmarinus officinalis

Origanum vulgare

Majorana hortensis

Levisticum officinale (Lovage)

Melissa officinalis (Lemon balm)

Hyssopus officinale

Allium Sativum

Digitalis Purpurea

Foeniculum vulgare (fennel)

Anethum graveolens (dill)

Matricaria chamomilla (german chamomile)

Calendula officinalis

Borago officinalis

Ocimum basilicum

Arnica montana

Petroselinum hortense (parsley)

Salvia officinalis

Artemisia dracunculus (tarragon)

Valeriana officinalis

Verbena officinalis

Allium schoenoprasum (chives)

Lavendula

Tropaeoleum majus (nasturtiums)- strongly antibiotic and nutritious

Wild herbs

Symphytum officinale (comfrey)

Taraxacum officinale (Dandelion)

Rumex, various (Dock, sorrel)

Sambucus canadensis (elder)

Hypericum perforatum

Rosa, various (rose hips)

Plantago major

Brassica, various (*mustard*)

Achillea millefolium (Yarrow)