

<i>Plant</i>	<i>Description</i>	Type of planting and when	Use
Achillea millefolium(YARROW)	Weedy herbaceous perennial harvest leaf and flower	Starts in Fall	Wound Healing and Bitter Analgesic, Blood Regulator
Allium sativum(GARLIC)	Nonnative Annual Harvest Root in Spring to Summer	Cloves in Fall	Antimicrobial and Cardiovascular Tonic
Artemisia spp(SAGEBRUSH)	Native Weedy Perennial spreads via rhizome Harvest leaf in Spring to Summer	Starts in Fall	Bitter Emmenagogue and Antimicrobial
Avena spp(WILD OATS)	Nonnative Annual harvest in Spring	Seeds Fall to winter-direct	Calming and Nutritive
Borago spp(BORAGE)	Nonnative Annual Blooms all winter harvest in Spring	Seeds Fall to winter-direct	Adrenal Support BEE FOOD
Calendula officinalis(CALENDULA)	Nonnative Annual Blooms all winter harvest in Spring	Seeds Fall to winter-direct	Wound Healing and Antimicrobial, Antifungal, and Bitter Alterative
Berberis/Mahonia trifoliolata(AGARITA)	Native perennial spiny shrub harvest in spring	Starts in Fall	Bitter Alterative and Antimicrobial
Cilantro(Coriandrum)	Nonnative Annual Blooms all winter harvest in Spring	Seeds Fall to winter-direct	Cooling Digestive Support
Echinacea purpurea et al.(CONE FLOWER)	Native perennial wildflower harvest after 3 years and replant pups in Fall	Starts in Fall	Immunostimulating
Foeniculum vulgare(FENNEL)	Nonnative herbaceous biennial	Seeds Fall to winter-direct	Digestive and Lung Support

	to annual harvest seeds		
Leonurus cardiaca(MOTHERWORT)	Non-Native Weedy Perennial spreads via rhizome Harvest leaf and flower in Spring to Summer	Seeds Fall to winter-direct	Cardiotonic and Calming
Melissa officinalis(LEMON BALM)	Non-Native Weedy Perennial spreads via rhizome Harvest leaf and flower in Spring	Starts in Fall	Euphoric and Calming Antiviral
Mentha spp (MINT)	Non-Native Weedy Perennial spreads via rhizome Harvest leaf and flower in Spring to Summer	Starts in Fall	Digestive Support, Analgesic
Monarda citriodora et al.(BEE BALM)	Native Annual Blooms all winter harvest flowers and stems in late Spring	Seeds Fall to winter-direct	Antimicrobial particular to throat infections
Oenothera speciosa(EVENING PRIMROSE)	Native perennial wildflower harvest flowers and or root	Seeds Fall to winter-direct	Antispasmodic and Hormonal
Rosemarinus officinalis(ROSEMARY)	Non Native perennial shrub harvest leaves as needed	Starts in Fall	Antimicrobial and Blood Mover Alterative
Salvia spp (SAGES)	Native perennial shrub harvest flowers and stems in spring	Starts in Fall	Astringent Antimicrobial
Scutellaria drummondii/ovatum(SKULLCAP)	Native perennial wildflower harvest flowers and stems in spring	Starts in Fall	Calming Sedative

Mexican Marigold(Tagetes)	Non Native perennial herb harvest leaves and flowers as needed	Starts in Fall	Digestive Support
Taraxacum officinale(DANDELION)	Non Native perennial herb harvest leaves, flowers and or root in Spring	Seeds Fall to winter-direct	Bitter Alterative Detoxifying to the Liver and Kidneys Leaves Nutritive
Verbascum thapsus(MULLEIN)	Non Native biennial to annual herb harvest leaves, flowers and or root as needed	Seeds Fall to winter-direct	Calming Antiinflammatory
Nettles(Urtica chamoiensis)	Native annual herb harvest the leaves and stems in Early Spring	Seeds Fall to winter-direct	Nutritive Astringent particular to Urinary Tract
Violet(Viola)	Native perennial herb harvest leaves and flowers in early spring	Starts in Fall	Nutritive Demulcent, soothing mucosa
Zanthoxylum clava-herculis et al.(PRICKLY ASH)	Native tree harvest twigs and leaves in Spring	Starts in Fall	Stimulating Nervine, Analgesic