



Medicinal Herbs

Fort Gordon Community Garden Club

Kathleen Duncan

<https://www.naturallivingideas.com/medicinal-herb-garden/>

Medicinal Herbs - Zone 8

- ▶ Medicinal Herbs that grow in zone 8

- ▶ Where and how they grow

- ▶ Indoor
 - ▶ Outdoor
 - ▶ Patio / Pots
 - ▶ By seed - cutting or division
 - ▶ Annual -perennial

- ▶ How to use them

- ▶ Teas
 - ▶ Tincture
 - ▶ Oils
 - ▶ Poultices



Zone 8 Herbs

24

HERB CULTIVATION RECOMMENDATIONS

Herb	Planting Season	Spacing	Propagation	Growth Pattern	Light Requirement
Anise (a)	Spring	6-8"	Seed	18-24" Upright	Full sun
Anise Hyssop (p)	Spring	1'	Seed/division	3' Upright	Full sun
Artemisia (p)	Spring/fall	2-3'	Seed/cutting/division	2-4' Upright	Full sun/light shade
Basil (a)	Spring	1-2'	Seed	1-3' Upright	Full sun
Bay (p)	Fall (protected)	Container	Cutting	3-10' Woody, upright	Partial shade
Borage (a)	Spring/late summer	18"	Seed	1-2' Upright	Full sun/partial shade
Caraway (b)	Spring/fall	8-12"	Seed	2-3' Upright	Full sun/light shade
Catnip (p)	Spring	18"	Seed/cutting/division	1-3' Upright	Sun/partial shade
Cayenne (a)	Late spring	2'	Seed	1-2' Upright	Full sun
Chamomile (p)	Spring	8-12"	Seed/division	12-14" Matting	Full sun/light shade
Chervil (a)	Early spring/late summer	9-12"	Seed	1-2' Branching	Light shade
Chives (p)	Spring/fall	8-12"	Seed/division	8-24" Clumps	Full sun/partial shade
Cilantro/Coriander (a)	Spring/late summer	4"	Seed	1-2' Branching	Full sun/partial shade
Comfrey (p)	Spring/fall	3'	Seed/cutting/division	3-5' Clumps	Full sun/partial shade
Costmary (p)	Spring	2'	Seed/division	1-3' Clumps	Full sun/partial shade
Cumin (a)	Spring	12-18"	Seed	1' Upright	Full sun
Dill (a)	Spring/summer/fall	12-18"	Seed	2-3' Upright	Full sun
Fennel (b,p)	Spring	18"	Seed	4-5' Upright	Full sun
Garlic (p)	Spring/fall	6-8"	Sets	2' Upright	Full sun
Ginger (p)	Late spring/summer	2' or container	Root division	2-4' Upright	Partial shade
Horehound (p)	Early spring	1'	Seed/division	2-3' Upright	Full sun
Hyssop (p)	Early spring/fall	1'	Seed/cutting/division	1-2' Upright	Full sun/partial shade
Lavender (p)	Spring/fall	18-24"	Seed/cutting	18-36" Upright, shrubby	Full sun
Lemon Balm (p)	Spring/fall	1'	Seed/cutting/division	2-3' Branching	Full sun/partial shade
Lemon Grass (p)	Late spring	3'	Division	2-3' Clumping	Full sun/partial shade
Lemon Verbena (p)	Spring	3-4'	Seed/cutting	3-5' Branching/woody	Full sun/partial shade
Lovage (p)	Fall	2-3'	Seed/division	3-4' Upright	Full sun/partial shade

Good For
Beginners
✓ Medicinal
properties
✓ Medicinal
properties

✓ Medicinal
properties
✓ Medicinal
properties

Good For
Beginners
or
Companion Planting

Companion Plant
✓ Medicinal Properties
✓ Medicinal Properties

✓ Medicinal
properties

✓ Medicinal
properties

Companion Plant
✓ medicinal use.

Calendula^a - marigold - Spring 15-18" Seed Full Sun

Basil - Annual
by Seed/transplant

Borage - Annual
by Seed/transplant

Cayenne - Annual
by Seed/transplant

Chamomile - perennial
by Seed/transplant

Garlic - perennial
Sets

Ginger - perennial
Root Division

Lavender - perennial
Seed/Cutting

Lemon Balm - perennial
Seed/Cutting

Calendula - Annual
by Seed/transplant

Zone 8 Herbs

HERB CULTIVATION RECOMMENDATIONS

Herb	Planting Season	Spacing	Propagation	Growth Pattern	Light Requirement
Marjoram (p)	Spring/fall	6-12"	Seed/cutting/division	6-24" Upright, shrubby	Full sun
Mint (p)	Spring/fall	1'	Cutting/division	2-3' Upright	Full sun/partial shade
Monarda (p)	Spring/fall	1'	Seed/cutting/division	3-4' Clumps	Full sun/partial shade
Mountain Mint (p)	Spring/fall	3'	Seed/division	2-3' Clumps	Partial shade
Oregano (p)	Spring/fall	1'	Seed/cutting/division	12-30" Matting, shrubby	Full sun
Parsley (b)	Early spring/late summer	6-8"	Seed	12-18" Upright	Full sun/partial shade
Patchouli (p)	Spring	2'	Seed/cutting/division	1-2' Branching, woody	Full sun
Pennyroyal (p)	Early spring/fall	6-12"	Seed/cutting/division	1' Matting	Full sun
Perilla (a)	Spring	2'	Seed	2-3' Upright	Full sun/partial shade
Rosemary (p)	Spring/fall	2-3'	Cutting/division/layering	2-3' Upright	Full sun
Rue (p)	Spring/fall	18-24"	Seed/cutting/division	2-3' Branching, woody	Full sun/partial shade
Sage (p)	Spring/fall	18"	Seed/cutting	2-3' Branching, woody	Full sun
Santolina (p)	Spring	2-3'	Seed/cutting/division	18-24" Upright	Full sun
Savory (a/p)	Spring	6-10"	Seed/cutting/division	8-18" Upright	Full sun
Scented Geranium (p)	Spring	1-2'	Cutting	1-3' Branching	Full sun/partial shade
Sesame (a)	Spring	8-12"	Seed	2-3' Upright	Full sun
Soapwort (p)	Spring/fall	18"	Seed/division	1-2' Branching	Full sun/partial shade
Sorrel (p)	Spring/fall	18"	Seed/division	1-2' Clumping	Full sun
Stachys (p)	Spring	18"	Seed/cutting/division	12-18" Clumping/matting	Full sun/partial shade
Sweet Cicely (p)	Spring	2'	Seed/division	2-3' Upright	Partial shade
Sweet Woodruff (p)	Fall	1'	Seed/division	8-12" Clumping	Shade
Tansy (p)	Spring/fall	2-4'	Seed/cutting/division	3-4' Upright	Full sun
Tarragon, French (p)	Spring	1-2'	Cutting/division	1-2' Upright	Partial shade
Thyme (p)	Fall/spring	1'	Seed/cutting/division/layering	3-12" Matting, bushy	Full sun
Yarrow (p)	Spring/fall	1-2'	Seed/division	1-5' Clumping	Full sun

(a) = annual; (b) = biennial; (p) = perennial

Companion Plant
✓ medicinal
properties
(essential)
Good For
Beginners

Companion Plant
✓ medicinal
properties
Good For
Beginners
✓ medicinal
properties

Good For
Beginners
not for culinary
use

Companion Plant
✓ medicinal
properties
Good For
Beginners
✓ medicinal
properties

Mint - perennial
Cutting/Division

Rosemary - perennial
Cutting/Division

Sage - perennial
Seed or cutting

Thyme - perennial
Seed
Cutting/Division

Yarrow - perennial
Seed/Division

Growing Medicinal Herbs in Zone 8

Seems sort of silly to grow medicinal herbs and use chemical herbicides, pesticides or fertilizers, Right? So DON'T DO IT

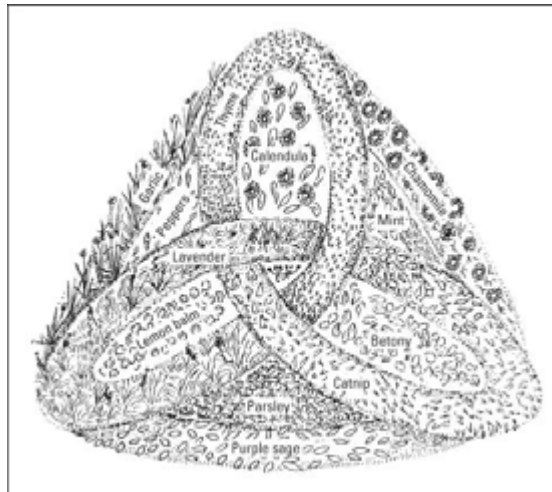
Lets start by giving them a good soil.

Herbs don't require an overly rich soil or lots of fertilizer or soil amendments but they still need good soil. (Myth - Herbs need to struggle to be strong) Your herb beds need nutrients so amend or side dress with good organic compost, well aged manure or compost or manure tea.

Most herbs like lots of sun and there are some traditional Knot or Wheel garden designs that turn your "Kitchen and Medicinal Herb Garden" into works of art. Always plan for a spot to sit and smell your herbs, best de-stress activity ever☺



Compost Tea



Herbs anywhere!

Herbs make great patio or windowsill gardens. Even a apartment balcony is a herb paradise if you get sun. Lavender in a pot near your favorite patio chair where you can reach out and brush the plant for a hit of fragrance is amazing. (Also Lavender is known to repel mosquitoes)

Make your use of medicinal herbs easy, put them near you in the kitchen window, just pluck some down and make a “spot of tea”.

There are kits, pre-packaged pots and new technology that cater to every need/space.

Good Container Garden Herbs are: Basil, Calendula, Cayenne, Chamomile, Dandelion, Echinacea, Garlic, Ginger, Lavender, Lemon Balm, Mint, Plantain, Rosemary, Sage, Thyme and Yarrow. (Check the growth pattern on UGA sheet to see what size container you might need)



Dried or Fresh - The Types of Preparation

Teas: Leave and Flowers are prepared differently than roots and bark. Steeping delicate leaves and flowers is called *infusion* while simmering roots or barks is called *decoction*. Just like “Sun Tea” some medical herbal teas do much better with “Sun” steeping. Some leaves and flowers are prepared by decoction if used for syrups.

Syrups: (For those who need a boost to take their medications) - Use a very concentrated decoction, cook down until half the liquid is gone. Strain out herbs, add honey , vegetable glycerin or brown sugar, simmer for usually 20 to 30 minutes. Can be flavored with a fruit concentrate. Can also add a small amount of brandy to help preserve. Store in refrigerator.



IF you don't grow your own herbs, select high quality organic fresh or dried herbs. Many useful medicinal herbs can not be grown in zone 8. Look for them at your local organic market.



Types of preparations cont.

Medicinal Oil: (Double-boiler method) Chop herbs and put them in a double boiler. Cover the herbs with 1 inch or two of high-quality cooking oil. (recommend Olive oil). Slowly bring the oil to a low simmer (just a few bubbles) watch to keep at a gentle simmer for 30 to 60 minutes - when it is a deep gold or green or smells “herby”. Strain out herbs and let oil cool naturally. (Label your oil before you pour into your bottles or the labels may not stick) pour careful so your label doesn't stain. *Oils can also be “Solar Infused”, works great no double boiler no burning your oil! (takes longer)*

Salve: (Use your medicinal oil you made) for each cup of oil add $\frac{1}{4}$ cup of beeswax. Heat oil and wax together until wax is melted. Check hardness by putting a spoon full on a plate and sit in freezer for a minute, check firmness you need for your use.

Tincture: Finely chop herbs, place in clean, dry glass jar. (fill jar with herbs to 1 to 2 inches from top) Cover them with 80-100 proof alcohol (Vodka, Gin, Brandies or Rum). Place jar in warm sunny spot and let herbs soak (macerate) for 4 to 6 weeks, shaking daily. Strain herbs, pour liquid into clean glass jar with tight-fitting lid. Last for up to 3 yrs. Dispensed by a dropper NOT A SHOT GLASS!!!

Poultice: Mashed or chewed handful of fresh herbs until soft apply directly to area or on a gauze or in larger amounts in a cheesecloth as a massage aid.



DIY Organic Ginger Tincture An anti-nausea agent, has antifungal activity against the yeast *Candida albicans*. It also discourages intestinal worms.

Ingredients and tools:

1 clean jar with a lid (quart size)

4-6 cups of vodka or everclear

1 ounce of organic, dried Ginger Root

Directions:

1. Start with a cleaned and sterilized glass jar. Place organic Ginger root in your jar.
2. Measure out 3-4 cups of vodka or other menstruum and place inside your jar.
3. Place the lid back on your jar and mix thoroughly.
4. Label your homemade Tincture with the Date and Ingredients.
4. Store in a warm dry place *Shake your brewing tincture regularly*

Start straining and consuming Ginger Tincture after 4-6 weeks.
I take approx 1/2 teaspoon up to 3 times daily as needed.

Onion Cold Syrup:

Slice 2 to 4 large onions into half moon thin slices and place in deep pan. Just barely cover the onions with honey. Warm the onions until they become soft and somewhat mushy and the honey taste strongly of onions. (You can add chopped garlic if you want it will help). Strain and pour into small jar while warm or can be left on stove at low simmer to help patient breath better too.

Take ½ to 1 teaspoon at onset of symptoms every hour or two or up to 4 times a day.



Basil Poultice: For stings and insect bites

Mash an or chew a handful of basil until soft, place leaves directly on the insect bite or sting. Leave on for 15-20 minutes. Repeat as needed.

Adding equal part plantain leave will make this poultice more effective.

Can use rehydrated dried basil if needed. Add enough water to make a mash.



Borage Tea: For stress

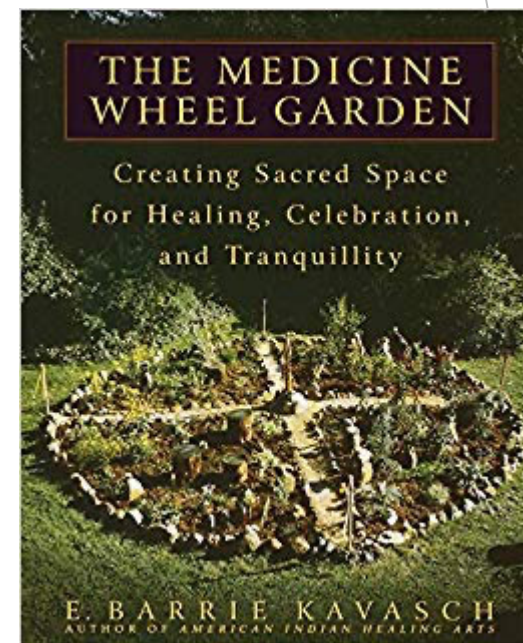
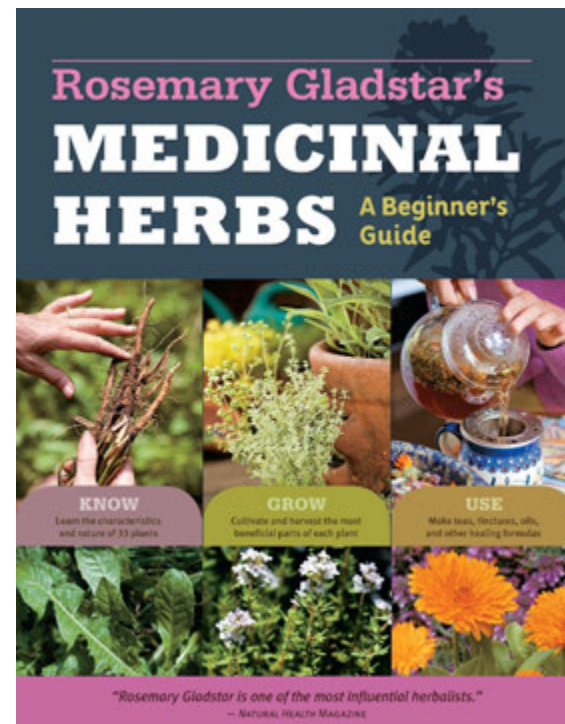
- 1) Take 1-3 tablespoons of fresh borage leaves (some flowers are okay, too) or 1-3 teaspoons of dried herb per cup of water
- 2) Boil the water, pour over the herbs.
- 3) Let it steep for up to 20 minutes. Strain, sweeten with stevia and/or honey, and sip slowly until finished.



Calendula Salve: for skin rashes, small wounds, cuts, diaper rash, massage gently into affected area.
1 cup Calendula Oil (That you made), ¼ cup grated beeswax, 4-6 drops of lavender essential oil and a pinch of turmeric root powder for color.

Warm oil and wax slowly check for consistency (see slide 8) Pour into small jars, let cool then put on lids. Should keep for a year if stored in a cool dark place.

Name the Herb???



Great Books