

Siskiyou Mountain Herbs plant list 2015

9044 Takilma Road, Cave Junction (541) 592-3386

HERBS

ALOE – promotes rapid tissue healing, soothes burns
ARNICA – first aid for bumps, bruises, sprains
BALLOONFLOWER – Chinese lung medicine
BEE BALM – antibacterial, antiviral
BLEEDING HEART – analgesic, tonic alterative
BLUE VERVAIN – bitter, female tonic
BONESET – helps symptoms of flu
BUGLEWEED – used for hyperthyroidism
BUTTERFLY WEED – used for pleurisy, butterflies
CALENDULA – promotes rapid tissue repair
CALIFORNIA MUGWORT – see Mugwort
CALIFORNIA POPPY – stress relief, sleep aid
CALIFORNIA SPIKENARD – lung tonic, mood elevator
CATNIP – calming for children, cat play
CHIVES – onion-flavored culinary herb
COLTSFOOT, EASTERN or WESTERN – lung medicine, poultice on sprains
COMFREY – promotes rapid healing
COW PARSNIP – reflux, GERD
DANDELION – promotes elimination of wastes
ECHINACEA – stimulates immune response
ELECAMPANE – bronchitis, cough relief
EVENING PRIMROSE – edible, essential fatty acids
FENNEL – digestive, antispasmodic
FEVERFEW – bitter, migraine prevention, Tx
FIGWORT – anti-inflammatory for arthritis, lymph
FIREWEED – chronic diarrhea, digestive inflammation
“FO TI” – Chinese liver, kidney tonic
GOLDENROD – anti-inflammatory, anti-Candida
GOTU KOLA – promotes tissue healing, adaptogen
GRINDELIA – for poison oak, lung tonic, asthma
HOPS – sedative, topical antibacterial, beer ingredient
HOREHOUND – VERY bitter, lung medicine
HORSERADISH – circulatory stimulant, spice
HYSSOP – bitter, minty lung medicine
LADY’S MANTLE – astringent
LAVENDER – aromatic calming anti-inflammatory
LEMON BALM – calming mood-elevating tea
LEMONGRASS – relax tea, Thai cooking
LILY OF THE VALLEY – cardiac stimulant
LOBELIA – purgative, lung herb, nicotine substitute
LOVAGE – spice, calms stomach, lung medicine
LUNGWORT – lung herb
MARSHMALLOW – soothing mucilage
MEADOWSWEET – aspirin-like, indigestion, ulcer

MINTS – anti-spasmodic, calms digestion, nice tea
APPLE, BERGAMOT, HIMALAYAN, SCOTCH, SPEARMINT, PEPPERMINT
MUGWORT – bitter, emmenagogue, dream plant
MULLEIN – lung medicine, ear oil, smoking herb
NETTLE – nutritive, root for prostate health
OREGANO – culinary spice
OREGON GRAPE – anti-bacterial, antifungal
PENNYROYAL – emmenagogue, repels fleas
POKE – used CAREFULLY for sore breasts, mastitis
PULSATILLA – PTSD, panic relief
QUEEN ANNE’S LACE – urine retention, stones
RUE – compress for sprains/strains
SAGE – culinary spice, gargle for sore throat
SELF HEAL – promotes healing of wounds
SIBERIAN GINSENG – adaptogen
SKULLCAP – calms stress, anxiety, pain
ALPINE, BAICAL SKULLCAP
ST. JOHN’S WORT – nervine, depression
THYME – culinary spice, anti-bacterial
VALERIAN – sedative, calming, painkiller
VERVAIN – calming, aids digestion & elimination
VIETNAMESE CORIANDER – cooking spice
VIOLET – cooling, for coughs, dry skin, edible
WILD GINGER – induce sweating to reduce fever
WILD YAM – anti-inflammatory, antispasmodic
WILLOW – inflammation, neuralgia, diarrhea
WOOD BETONY – mild sedative, bitter
YERBA MANSA – sinus astringent, colds

VEGGIES

TOMATO, PEPPER, FRENCH SORREL, THIMBLEBERRY, RASPBERRY

ORNAMENTALS

BLUE BELLS, CAT TAIL (AQUATIC), CLEMATIS, COLUMBINE, COREOPSIS, DIANTHUS, IRIS, LILY, MALLOW, RED TRUMPET VINE, RUDBECKIA, SEDUM, SWEET WOODRUFF

Approx. Prices:

3-4" pots annuals \$2.50-4.50
Perennials \$3.50-5.50
Tall 4-6" & 1 gallons \$6-12
2 gallons \$12-20
5 gallons \$20-30

WE WILL REUSE YOUR CLEAN, UNBROKEN GARDEN POTS, ANY SIZE! 592-3386