

Grow Your Own Herbal Remedies:

How to Create a Customized Herb Garden to

Support Your Health and Well-Being

By Maria Noël Groves

REMEDY GARDENS OVERVIEW

Daily Tonics

Nutritive Garden

Nettle, Oat Straw, Calendula, Violet, Rosehips

Recipes: Nettle Oat Super Infusion, Chai Base, Nutri-Tea, Nutri-Broth

Nutritive Forager

Nettle, Dandelion, Burdock, Horsetail, Violet

Recipes: Multimineral Vinegar, Mineral-Rich “Coffee” Syrup, Dandelion Violet Weed Pesto

The Flavor Garden

Korean Mint and Anise Hyssop, Lemongrass and Lemon Verbena, Mint, Calendula

Tea Base Notes: Nettle, Marshmallow, Oat Straw, Violet, Raspberry, Lady’s Mantle, Lemon Balm

Recipes: Yummy Teas, Tea Base Notes, Floral Ice Cubes, Seltzer, Soda, and Infused Water

Energy and Relaxation

Stress Support

Holy Basil, Gotu Kola, Ashwagandha, Milky Oat Seed, Roses

Recipes: Milky Oats Tincture, Stress Support Tincture Blend, Holy Rose Water, Ashwagandha Milk

Brain Boosters

Gotu Kola, Bacopa, Rosemary, Lemon Balm, Mint

Recipes: Brain Boosting Tincture Blend, Brainiac Bonbons, Minty Memory Tea, Rosemary Lemon Tea

Uplift

St. John’s Wort, Mimosa, Roses, Holy Basil, Lemon Balm

Recipes: Happy Tea, Lemon Balm-SJW Pick Me Up, Rose Glycerite, Good Mood Tincture

Rest and Restore

Motherwort, Holy Basil, Skullcap, Lemon Balm

Recipes: Holy Basil Beverages, Mellow Me Glycerite

Sleepytime

Valerian, Skullcap, Passionflower, California Poppy

Recipes: Sleep Tea, Sleep Tinctures

Digestion and Detoxification

Bitters Digestif

Artichoke, Catnip, Chamomile, Lemon Balm, Dandelion

Recipes: Lemon Balm-Catnip Glycerite, Bitters Spray

Carminatives

Fennel, Korean Mint and Anise Hyssop, Mint, Chamomile, Dill

Recipes: Fennel and Korean Mint Seltzer, Sweet Fennel Liqueur, Bronze Fennel Vinegar, Fennel Seed Chews, Chamomile Mint Tea, Quick Dill Pickles

Tummy Soothers

Marshmallow, Plantain, Calendula, Roses, Meadowsweet

Recipes: Gut Healing Tummy Tea, Take 1, Gut Healing Tummy Tea Take 2, Gut-Healing Broth

Detox Forager

Dandelion, Burdock, Violet, Red Clover, Yellow Dock

Recipes: Bitter Brew Coffee Substitute, Nutri-Detox Tea

Immune and Respiratory

Immune SOS

Elder, Echinacea, Bee Balm, Garlic

Recipes: Darcey Blue’s Elderberry Syrup, Elder-Rosehip Oxymel, Echinacea Root Tincture, Bee Balm Honey, Bee Balm-Mint Tea

Lung Tonics

Mullein, Horehound, Wild Cherry, Marshmallow, Plantain

Recipes: Soothing Lung Tea, Horehound Cough Syrup, Raw Wild Cherry Honey

Allergy and Sinus

Nettle, Goldenrod, Horehound, Bee Balm, Goldenseal and Berberines

Recipes: Allergy Tincture Blend, Nettle-Peppermint-Marshmallow Tea

Skin Care and First Aid

Super Skin

Calendula, Rose, Lavender, Gotu Kola, Comfrey

Recipes: Calendula Oil, Rose Hydrosol, Comfrey Root Liniment, Calendula Comfrey Cream

First Aid

Plantain, Yarrow, Calendula, St. John’s Wort, Thuja

Recipes: Super Skin Salve, Ick Stick Thuja Salve, First Aid Simple

Insect Repellent and Bite Care

Lavender, Yarrow, Plantain, Catnip

Recipes: Herbal Insect Repellent, Plantain Poultice, Plantain-Yarrow Bite Rub, Poison Ivy Relief Tips

Pain Relief

Topical Pain Relief

Meadowsweet and Birch, St. John’s Wort, Comfrey, Cayenne, Cramp Bark

Recipes: St. John’s Wort Oil, Sore Muscle Bath, Cramp Bark Tincture with Glycerine,

Aches and Pains

Blue Vervain, Black Cohosh, Solomon’s Seal, Horsetail, Mullein Root

Recipes: Aches and Pains, Strains and Sprains Tincture/Liniment, Flower Essences for Pain, Pain Recipe Tips

Heart and Love

Gladden the Heart

Hawthorn, Linden, Rose, Motherwort

Recipes: Hawthorn Tincture, Peaceful Heart Tea, Linden Honey Cordial

Get the Blood Moving

Garlic, Rosemary, Hawthorn, Gotu Kola, Cayenne

Recipes: Heart Tonic Tincture Blend, Fire Cider, Fire Cider-Maple-Mustard Dressing, Thai Curry Fire Cider, Thai Curry Paste

The Woman’s Garden

Lady’s Mantle, Rose, Raspberry Leaf, Red Clover, Black Cohosh

Recipes: Lady Tea, Black Cohosh Tincture, Nutri-Lady Tea