

Catnip

Dandelion

Echinacea

Lavender

lemon balm

Yarrow

Thistle

Goldenrod



Used for calming the nerves and helps with sinuses and colds

Can help with digestive functions, a source of vitamins B,C, A, and E

Can help with respiratory infections, and helps shorten the length of colds. Has been used to treat wounds and bug bites and burns along with other external issues

Can be used for calming, helps with sleep, can reduce the pain of headaches/migraines

Can help with stings, reducing inflammation (swelling) and the itchiness and can help with digestion and mental stress

Helps with blood clotting, and has uses in treating many pains/aches and can help with avoiding infections

Can be used to help with digestion and to reduce fevers

can help with colds and flues and can be used to help with sore throats along with used to reduce chances of infections

Sources:

Photo of catnip <https://animalia-life.club/qa/pictures/catnip-plant>

Photo of Dandelion <https://www.medicalnewstoday.com/articles/324083>

Photo of Echinacea <https://horticulture.co.uk/echinacea-purpurea/>

Photo of lavender <https://www.homesandgardens.com/gardens/deadheading-lavender>

Photo of lemon balm <https://www.herbazest.com/herbs/lemon-balm>

Photo of Yarrow <https://earthsongseeds.co.uk/shop/seed-packs/herb-seeds/yarrow/>

Photo of thistle <https://www.geograph.org.uk/photo/864100>

Photo of goldenrod <https://www.growforagecookferment.com/foraging-goldenrod/>

Information on plant uses is from: **Medicinal Perennials to know and grow by Dan Jason and Rupert Adams**

Edible and medicinal plants of the rockies by Linda Kershaw