

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