










Sheet1

Herb Name (common & latin)	Picture	Common Uses (M = Medicinal, T = Tea, B= Bee, C= Culinary,	Growing Notes: Height, Wet/ Dry, Sun/ Shade PROPAGATION	Harvesting Notes (Month)	Usage Notes	Taste and Thoughts on Qualities- good to blend with?	GRIDS ayurvedic doshas/ Hot-cold, wet-dry/
Aloe Vera		M. First Aid, Houseplant	Thrives out of direct sunlight. occasional watering.	pick off small leaves.	burns, skin use inside flesh. dries on skin leaving layer of protection.		
Garlic		C,	many cloves = a bulb, light soil, sunny. Plant a clove like you would tulip in winter/ early spring to harvest in June/ July.	wait for stalks to dry and hopefully a bulb with several cloves. google platting for storage. Ensure dry.	rubbed on warm rough toast for bruschetta.		
Horseraddish		C,	roots in verges. look for wavy leaf. Hard to dig all up so only plant if you have wild patch or controlled area.	if scythe all top growth the leaves come back quick to reveal where the plants are.	clean root and grate with yogurt for beef sauce. never tried boiling as a root veg?		
Rue		Special Interest	Small Bush. Does ok in most conditions.	just prune to shape		bit magic, 1st flower has 5 the rest have 4 petals.	
Sages		C, B,	Mediterranean herb. good drainage and sun. Lots of varieties. takes a good cutting.	leaves as needed.	can be strong in tea.		
Goldenrod		M	divide plant.	pick tops before as flowers coming out.	not used much, mainly in tincture for respiratory/ urinary system.		
Gingko		M	slow tree. Beautiful. Not sure what soils it like. M or F (dioesious)	leaves	in tincture.		
Gotu Kola		M	Spreads via runners. warm but part shade and some moisture.	?	How is it used to get connective tissue benefit?		
Ground Ivy		M	Edge plant likes shade in woodlands	leaves late spring	tincture	distinct smell	
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Hyssup		B,	seeds or cuttings. Various colours. Mediterranean. good draining and sun.	benefits from shaping and cutting back in summer.			
Wormwoods			Cuttings easiest to propagate.	Mugwort wildharvest.	Pungent smells so anti flee. Intestinal parasites. and Bitter.		
comfrey		B	can be a thug. Variety choice.	dig up whole plant.	leaves for compost. poutice. Root infused oil.		
Myrtle		B	delicate bush, careful in harsh winters and wind can scorch leaves.	Not sure But I love it.	amazing flowers suggest neural aid?		
poke root		M	Does OK in Most soils.	Never dug roots up yet.	Heard that berries poisenous. One a day for rheumatism elsewhere. CAUTION with it.	amazing colour.	
Lilly of the Valley		M	woodland soil. part shade/ shade	never used but I have tincture for heart issues. I presume the tops when flowering	Heart	pungent aroma = oils	
Horehounds		M	Furry white horehound Marubium vulgare - I find it can vary in speed of growing. Cuttings an layering possible. Black Horehound more nettle like- I use this less.	arial parts.	coughs		
Vitex		M	Shrub that is a bit tender. leaves come out April.	Never had large enough to harvest. I presume berries rather than flower buds.	Hormal balance.	strong aroma.	

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Mushrooms		M	many varieties	wildcraft or buy dried.	in powders or tincture?		
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