

## Appendix 1. Medicinal herbs around S & S Homestead Farm

### Cultivated herbs

*Thymus vulgaris*

*Rosmarinus officinalis*

*Origanum vulgare*

Majorana hortensis

Levisticum officinale (Lovage)

Melissa officinalis (Lemon balm)

*Hyssopus officinale*

*Allium Sativum*

Digitalis Purpurea

Foeniculum vulgare (fennel)

Anethum graveolens (dill)

*Matricaria chamomilla* (german chamomile)

*Calendula officinalis*

*Borago officinalis*

Ocimum basilicum

Arnica montana

Petroselinum hortense (parsley)

*Salvia officinalis*

Artemisia dracunculus (tarragon)

*Valeriana officinalis*

*Verbena officinalis*

Allium schoenoprasum (chives)

*Lavendula*

*Tropaeoleum majus* (nasturtiums)- strongly antibiotic and nutritious

### Wild herbs

*Symphytum officinale* (comfrey)

Taraxacum officinale (Dandelion)

Rumex, various (Dock, sorrel)

*Sambucus canadensis* (elder)

Hypericum perforatum

Rosa, various (rose hips)

Plantago major

Brassica, various (*mustard*)

Achillea millefolium (Yarrow)