

Medicinal Herbs

[HB107-100 - Ajwain](#)

75 days. *Trachyspermum ammi*. Annual. Open Pollinated. The plant produces excellent yields of flavorful leaves and seeds. A spice used throughout India in pastries, fish, and curries. Also used in savory dishes, baked goods, and even sweet desserts. Ajwain is used as an effective medicine for treating indigestion. Also known as Ajowan, Bishop's Weed, and Carom. Suitable for containers. An excellent choice for home gardens. A variety from the eastern Mediterranean region.



[HB180-500 - Angelica](#)

Angelica archangelica. Biennial. Open Pollinated. The plant produces excellent yields of Angelica leaves and stalks that are sweet tasting. The roots are used to fight infection, improve energy, and stimulate circulation. Dried leaves can be brewed as tea. Also attracts beneficial insects and pollinators, such as bees, parasitic wasps, lady beetles, minute pirate bugs, syrphid flies, and tachinid flies. Excellent for home gardens.



[HB1-500 - Anise](#)

125 days. *Pimpinella anisum*. Annual. Open Pollinated. The plant produces good yields of flavorful leaves and seeds. Leaves are used in salads, soups, stews, sausages, and sauces. Seeds are used in cakes and bread. It is used to aid with an upset stomach and cough. It is one of the sweetest-smelling herbs on the market. Used also in soaps, perfumes, and sachets because of its aromatic properties. An excellent choice for home gardens. A variety from the Mediterranean region.



[HB28-100 - Black Cumin](#)

65 days. *Nigella sativa*. Annual. Open Pollinated. The plant produces good yields of black aromatic seeds. It is used extensively in the Middle East and India. Used for making Russian rye bread and rolls. Seeds can be ground and used like Black Pepper too. The seeds have been used to make medicine for thousands of years. It helps boost the immune system, fight cancer, prevent pregnancy, reduce swelling, and lessen allergic reactions. Drought Tolerant. A variety from the Mediterranean region.



[HB94-1000 - Blue Vervain](#)

85 days. *Valeriana hastata*. Perennial. Open Pollinated. The plant produces good yields of green leaves with purple blossoms. Flowers will bloom from summer until fall. A medicinal herb is used as a sedative, relaxant, nerve tonic, antispasmodic, and analgesic, for nervous, and respiratory problems. Also used in combination to combat hot flashes and other symptoms related to menopause. An excellent choice for home gardens.



[HB154-500 - Bodegold Chamomile](#)

65 days. *Matricaria recutita*. Annual. Open Pollinated. The plant produces high yields of chamomile flowers. This improved German variety has higher oil, higher yields, and larger flowers. The plant has white daisy-like flowers with yellow centers. Chamomile is used as a calming herbal tea and stimulates the immune system. Also known to treat inflammation, stomach disorders, depression, anxiety, and insomnia. Can be used fresh or dried. Grows well in poor soil. Attracts beneficial insects and is suitable for borders and landscaping. An excellent choice for home gardens.



HB163-1000 - Breadseed Poppy

Papaver somniferum. Annual. Open Pollinated. The plant produces excellent yields of poppy seeds. The seeds are used on bread, cakes, and bagels. In Middle Eastern delicacies, such as halva. The seeds also yield good-quality oil that is used in salads and to make soap, ointments, and paints. It has opium, morphine, and codeine, a source of to control pain, coughs, and diarrhea. An excellent choice for home gardens.



HB18-250 - Caraway

Carum carvi. Biennial. Open Pollinated. The plant produces excellent yields of flavorful seeds and leaves used in bread, coleslaw, soups, meat dishes, and cheese. Also said to aid in indigestion. The seeds can be used as a flavoring in bread, cake, and apple pie. The young leaves are used in salads and soups. The mature leaves are eaten like spinach. The roots are boiled and eaten like potatoes or added to soups. Seeds can be sowed in autumn. Very easy to grow. An excellent choice for home gardens.



HB195-500 - Chia

100+ days. *Salvia hispanica*. Annual. Open Pollinated. The plant produces excellent yields of beautiful fuzzy dark green leaves with blue flowers. This herb has many health benefits. The seeds have an excellent source of fiber, protein, calcium, and digestive enzymes. The leaves contain powerful antioxidants that improve overall health as well as increase energy. You can make a therapeutic tea from the leaves that banish lethargy and purifies the body. It is said the fiber and protein in Chia seeds are beneficial for those trying to lose weight. An excellent choice for home gardens. An heirloom variety from Guatemala and Mexico.



HB133-200 - Cumin

115 days. *Cuminum cyminum*. Annual. Open Pollinated. The plant produces good yields of pungent flavor seeds. The foliage is similar to dill. Used in cheese, bread, beans, rice, sausages, and pickling. Seeds are used to aid in digestion. Excellent in Mexican, Indian, and Middle Eastern dishes. Used to make Curry Powder. An excellent choice for an herb garden. A variety from the Mediterranean region.



HB58-500 - East Indian Lemongrass

85 days. *Cymbopogon flexuosus*. Perennial. Open Pollinated. The plant produces good yields of grass-like herbs. It is used for flavoring soups, curries, and teas. Lemongrass oil is used to flavor ice cream, candy, pastries, desserts, and chewing gum. Also used to treat digestive problems and fever. An important ingredient in cosmetics and perfumes. It is a good insect repellent too. Easy to grow. Excellent choice for home gardens. A variety from India.



HB158-1000 - English Lavender

100 days. *Lavandula angustifolia*. Perennial. Open Pollinated. The plant produces good yields of silver-green leaves and beautiful lavender-blue flowers. It is the most fragrant of the lavenders, The flowers are fragrant and edible. The leaves can be used fresh or dried. Used to treat headaches, burn, and cuts. Also used to repel moths, mosquitoes, and gnats. Tolerates frost. An excellent choice for home gardens.



Note: Lemongrass seeds are naturally low in germination because of their imperfect pollination. Outer husk must be removed prior to planting seeds.

HB104-500 - Evening Primrose

85 days. *Oenothera biennis*. Biennial. The plant produces good yields of yellow blossoms which open and disperse fragrant odor into the moon night air. Reported to be used in many medical uses including PMS. Roots can be eaten as a vegetable and the shoots as a salad. Suitable for landscaping too. Cold Tolerant. Drought Tolerant. An excellent choice for home gardens.



HB39-250 - Fenugreek

75 days. *Trigonella foenumgraecum*. Annual. Open Pollinated. The plant produces good yields of very flavorful seeds. The seeds are used as an ingredient in curry powder. The clover-like leaves are used in vegetable dishes and dried leaves are used in many Indian dishes and pickles. Also used is a medicinal herb that is used for digestion and aid in healing. Also called bird's foot or Greek hayseed. An excellent choice for home gardens.



HB40-1000 - Feverfew

95 days. *Tanacetum parthenium*. Perennial. The plant produces excellent yields of yellow-green feathery leaves and white daisy-like flowers. It is said to ease migraine headaches, fevers, and menstrual cramps. Used to make teas. Also great for fresh-cut or dried flowers. It attracts beneficial insects. An excellent choice for home gardens.



HB49-500 - Garlic Chives

90 days. *Allium tuberosum*. Perennial. Open Pollinated. The plant produces high yields of ¼" wide garlic chives. The flat leaves have a strong flavor of garlic. Excellent for gourmet cooking, salads, soups, dips, spaghetti sauces, potato salads, vinegar, Oriental dishes, stir-fry, and garnishes. It can be used fresh or dried. Easy to grow and to transplant. Suitable for containers and for hydroponics gardening. The white flowers attract bees and other beneficial insects while discouraging other insects from chewing up other vegetable plants. They have been used since the 16th century as Chinese medicine for warming the kidneys and treating lower back and knee pain. Also called Chinese Leek. An excellent choice for home gardens.



HB22-1500 - German Chamomile

65 days. *Matricaria recutita*. Annual. Open Pollinated. The plant produces high yields of daisy-like flowers with an apple flavor. It is used fresh and dried to make great flavored relaxing tea, desserts, drinks, perfumes, and hair rinses. Aids in digestion and acts as a gentle sleep inducer. Because of the herb's antiseptic and anti-inflammatory properties, chamomile benefits conditions such as eczema, rashes, or insect bites. The dried flowers and leaves also make an addition to the potpourri. Also known as Common Chamomile. Drought Tolerant. An excellent choice for home gardens.



HB129-1000 - German Winter Thyme

95 days. *Thymus vulgaris*. Perennial. Open Pollinated. The plant produces high yields of aromatic Thyme leaves. Used in salads, beans, soups, stews, sauces, pickles, and French & Italian dishes. Excellent for poultry and fish dishes too. Medicinal herb used to treat sore throats and coughs. Also used as tea and massage oil. This is a winter-hardy variety. Cold Tolerant. An excellent choice for home gardens.



HB187-1000 - Golden Purslane

50 days. *Portulaca oleracea sativa*. Annual. Open Pollinated. This low-growing plant produces good yields of golden-colored leaves. Used in salads and can also be steamed or added to soups, and stews, and is an excellent addition to a stir-fry. It is high in Vitamins A, B, and C. It also makes an attractive garnish too. Purslane is also effective in the treatment of oral lichen planus. Its leaves are used to treat insect or snake bites on the skin, boils, sores, pain from bee stings, bacillary dysentery, diarrhea, hemorrhoids, postpartum bleeding, and intestinal bleeding. The plant grows in poor soil and in hot weather. Drought Tolerant. An excellent choice for home gardens.



HB54-1000 - Greek Oregano

90 days. *Origanum vulgare*. Perennial. Open Pollinated. The plant produces excellent yields of very flavorful dark green Oregano leaves with white flowers. One of the best tasting Oregano varieties around. Excellent for Greek and Italian dishes. The flowers are edible and can be used in the same manner as the herb. The flowers are especially tasty in pasta salads, green salads, and pizza toppings. Attracts beneficial insects. Suitable for containers, indoor pots, and herb gardens. It can be used for medicinal purposes too as the fresh leaves were chewed for the relief of toothache, indigestion, or a lingering cough. Plants should be divided every 3 years. An excellent choice for home gardens. A variety from the Mediterranean region.



HB188-1000 - Green Purslane

50 days. *Portulaca oleracea sativa*. Annual. Open Pollinated. This low-growing plant produces good yields of green-colored leaves. Used in salads and can also be steamed or added to soups, and stews, and is an excellent addition to a stir-fry. It is high in Vitamins A, B, and C. It also makes an attractive garnish too. Purslane is also effective in the treatment of oral lichen planus. Its leaves are used to treat insect or snake bites on the skin, boils, sores, pain from bee stings, bacillary dysentery, diarrhea, hemorrhoids, postpartum bleeding, and intestinal bleeding. The plant grows in poor soil and in hot weather. Heat Tolerant. Drought Tolerant. An excellent choice for home gardens.



HB113-500 - Holy Basil

90 days. *Ocimum sanctum*. Annual. Open Pollinated. The plant produces good yields of basil leaves. The leaves have a musky scent with a hint of mint. Used to make Thai teas. Medicinal used for digestive disorders. Also used in male and female tonics. Used by Hindus. Also known as Sacred Basil, Kaprao, and Tulsi. An excellent choice for home gardens.



HB42-250 - Horehound

85 days. *Marrubium vulgare*. Perennial. Open Pollinated. The plant produces good yields of fuzzy horehound leaves with small white purple or pink flowers. It is used to make horehound candy and tea. Used medicinal to relieve coughs, and sore throats, treat bronchitis and treat Whooping cough, and relieve gas. Also used topically to heal wounds. Excellent bee attractant. A hardy member of the mint family. A variety from Europe.



HB43-1000 - Hyssop

85 days. *Hyssopus officinalis*. Perennial. Open Pollinated. The plant produces high yields of Hyssop. It has bright blue-violet flowers. It is used in soups, stews, and salads and in making soothing tea. Also medicinal uses to treat colds, the flu, bronchitis, sore throat, bruises, burns, and antiviral conditions, especially for Herpes simplex. Essential oils are used in perfumes. Excellent for attracting bees, butterflies, and hummingbirds. Also known as Syrian Oregano. Drought Tolerant. An excellent choice for home gardens. A variety from the Mediterranean region.



HB91-100 - Kantikari

95 days. *Solanum xanthocarpum*. Annual. Open Pollinated. The plant produces good yields of Kantikari. The root is used to treat cough, sore throats, asthma, toothaches, and chest pain. This herb has a high concentration of solasodine which is used in manufacturing cortisone and sex hormones. The berries are used in Indian curries. A herb from India.



Lot No: R

Germination: 85%

Test Date: 05/23

HB59-50 - Licorice

Glycyrrhiza glabra. Perennial. Open Pollinated. The plant produces good yields of licorice. It is used for cooking as well as medicinal uses. Used to make delicious candy, liquor, and sweetener for tea. Glycyrrhizin, the sweet compound, is 50 times sweeter than sucrose! Also known to help with the treatment of throat, stomach, urinary, and intestinal problems. A variety from the Mediterranean region.



HB48-500 - Lovage

90 days. *Levisticum officinale*. Perennial. Open Pollinated. The plant produces good yields of glossy dark green leaves. It has a celery-like flavor. Used in salads, rice, soups, stews, potatoes, poultry dishes, and casseroles. Known for the treatment of digestive problems. Attracts beneficial insects. An excellent choice for home gardens.



HB3-1000 - Korean Mint

85 days. *Agastache rugosa*. Perennial. Open Pollinated. The plant produces good yields of flavorful green mint-like leaves with beautiful purple flowers. The leaves smell like licorice. Used in salads, stir-fries, and for seasoning meats and other dishes. Also makes a pleasing tea. It is known to help treat fevers and aid in digestion, chest ailments, and many other conditions.



Excellent to make aromatic cut flowers. Easy to grow. Attracts beneficial insects and butterflies. An excellent choice for home gardens.

HB136-500 - Licorice Basil

75 days. *Ocimum basilicum*. Annual. Open Pollinated. The plant produces high yields of basil leaves with purple-colored flowers. This variety has a licorice flavor. Excellent with fish, salads, and gourmet dishes. Used to treat headaches, stress, digestive health, and inflammation. Also known as Persian Basil and Anise Basil. Suitable for containers. An excellent choice for home gardens.



HB80-250 - Marshmallow

90 days. *Althaea officinalis*. Perennial. The plant produces velvety gray-green leaves with beautiful petaled pale pink flowers. Used to treat sore mouths, coughs, and treat wounds. Also said to aid women during childbirth. Roots are used to make Candy Marshmallows and leaves and shoots are used in salads.



HB146-1000 - Mother of Thyme

95 days. *Thymus serpyllum*. Perennial. Open Pollinated. This spreading plant produces high yields of thick aromatic dark green Thyme leaves. Purple flowers appear in early summer. Used in salads, rice, and fish dishes. Medicinal herb used to treat sore throats, coughs, and mucus congestion. Also used as tea and massage oil. This is a winter-hardy variety. Makes a good filler between pathway steps or at the front of the border. A sweet fragrance is released when it is walked upon. Cold Tolerant. Also known as Brotherwort Thyme, Wild Thyme, and Creeping Thyme. An excellent choice for home gardens.



HB50-250 - Motherwort

85 days. *Leonurus cardiaca*. Perennial. Open Pollinated. The plant produces good yields of large leaves of Motherwort with tiny pink flowers. Used as a traditional female tonic. Dried leaves can be brewed into tea. A medicinal herb used as an emotional balancer, stress reliever, menstruation, and treat infertility. It can also help to treat an overactive thyroid. Also known as Lion's Ear and Lion's Tail. A member of the mint family. An excellent choice for home gardens.



HB75-1000 - Mountain Mint

85 days. *Pycnanthemum pilosum*. Perennial. Open Pollinated. The plant produces good yields of fragrant Mountain Mint leaves. It may be used just like peppermint. It has a wonderful menthol fragrance for potpourri. Used to make teas for indigestion, and fevers, and to regulate the menstrual cycle. White flowers attract bees and butterflies. An excellent choice for home gardens. A variety from the USA.



HB51-1000 - Mugwort

85 days. *Artemisia vulgaris*. Perennial. Open Pollinated. The plant produces good yields of beautiful fragrant leaves. Used to make tea to treat menstrual and menopausal problems. Also used for digestive problems to reduce bloating. Stimulates and improves memory. Good insect repellent. Easy to grow. An excellent choice for home gardens. A variety from the Medeterrain region.



HB120-1000 - Munstead Lavender

110 days. *Lavandula angustifolia*. Perennial. Open Pollinated. The plant produces beautiful Lavender-blue flowers. The plants bloom in early summer and if pruned lightly after flowering may rebloom in late summer. Munstead Lavender is the most fragrant variety. The flowers and leaves are also edible and used in salads and baked goods. The flowers can be used to garnish desserts. Used in bouquets, sachets, and perfumes. Also used to treat headaches, burn, and cuts. Used to repel moths, mosquitoes, and gnats. Cold Tolerant. Perfect for borders, rock gardens, and containers. An excellent choice for home gardens. A variety from the USA.



HB123-500 - Pennyroyal

85 days. *Mentha pulegium*. Perennial. Open Pollinated. The plant produces excellent yields of aromatic mint-flavored leaves used in a variety of remedies and used in making tea to ease headaches. It can be added to desserts drinks and dips. Perfect for seasoning dishes, garnishes, and culinary creations. The plant is said to repel flies, gnats, chiggers, ticks, and mosquitoes! For medical uses, it is used to relieve dizziness and vertigo and is useful to help digestion, flatulence, and stomach problems. This crawling plant is used by homeowners to make permanent landscaping along walkways. Also used as an insect repellent and repel mice. An excellent choice for home gardens. United States Department of Agriculture, PI 197822. A variety from the Medeterrain region.



HB78-1000 - Peppermint

85 days. *Mentha piperita*. Perennial. Open Pollinated. The plant produces excellent yields of very aromatic peppermint leaves. The leaves are used to make tea, candies, and desserts. Also used for treating the common cold, asthma, congestion, and indigestion. Attracts beneficial insects. Suitable for containers. An excellent choice for home gardens.



HB81-500 - Quedlinburger Neiderliegende Lemon Balm

70 days. *Melissa officinalis*. Perennial. Open Pollinated. This plant produces good yields of lemon-scented leaves. Used for delightful teas, sauces, salads, and summer drinks. Excellent for colds, flu, depression, headaches, and indigestion. This is an improved variety with increased yields, higher essential oil content, and better winter hardiness. An excellent choice for home gardens.



HB190-1000 - Red Opium Poppy

Papaver somniferum var. *glabrum*. Annual. Open Pollinated. A variety with bright red petals. The poppy seeds are used on bread, cakes, bagels, and in Middle Eastern delicacies, such as halva. The seeds also yield a good quality oil used for salads and to make soap, ointments, and paints. The poppy plant is also used as a source of opium. It is used to control pain, cough, and diarrhea. As significant as the plant is medicinal, it is far more important for its culinary uses. This is a cool season annual with a mixture of flowers in an array of colors from pink, to purple, but most are blood red.



HB23-500 - Roman Chamomile

65 days. *Chamaemelum nobile*. Perennial. Open Pollinated. The plant produces high yields of daisy-like flowers with an apple flavor. It is known for its calming effect; both on the body and mind. It is used fresh and dried to make great flavored relaxing tea, desserts, drinks, perfumes, and hair rinses. Aids in digestion and digestive pain, and acts as a gentle sleep inducer. Because of the herb's antiseptic and anti-inflammatory properties, chamomile benefits conditions such as eczema, rashes, or insect bites. Hot tea eliminates mucus buildup. When added to a hot bath, it aids in muscle pain relief. The dried flowers and leaves also make an addition to the potpourri. Used as a ground cover for filling spaces between flagstones, cracks, and paths. An excellent choice for home gardens. A variety from the Mediterranean region.



HB63-250 - Rosemary

85 days. *Rosemarinus officinalis*. Perennial. Open Pollinated. The plant produces good yields of very aromatic needle-like leaves. This variety germinates faster and more uniformly than other varieties. Leaves have a delicious flavor and are fragrant. Excellent fresh or dried. Used to flavor salads, chicken, turkey, meats, stews, soups, seafood, roasted vegetables, stuffing, and sauces. Also is used for treating headaches, and circulation. Used medicinally as a massage oil for rheumatism or aching joints. It traditionally symbolizes happiness, protection, and love, and medieval brides often wore rosemary or carried it in their bouquets. Rosemary is a perennial known to live 15 to 20 years. Cold Tolerant. Drought Tolerant. Suitable for containers. An excellent choice for home gardens.



HB84-100 - Sage

90 days. *Salvia officinalis*. Perennial. Open Pollinated. The plant produces excellent yields of very flavorful silver-green leaves. Used fresh or dried to season beans, cheese, poultry, pork, sausages, omelets, cheese and bean dishes, meats, sauces, and tomato dishes. Also used as a digestive and nerve tonic. Sage tea is used to gargle for sore throat. Perfect as a border plant in the herb garden. Suitable for containers. Sage naturally dies after about 5 years, so replant every 3 years. Also known as Broadleaf Sage, Common Sage, and Garden Sage. Excellent choice for home gardens. A variety from the USA.



Note: Germination is naturally low. Growing Rosemary from seed is well known as being difficult as it has a low germination rate and is also slow to germinate.

HB105-250 - Salad Burnet

70 days. *Sanguisorba minor*. Perennial. Open Pollinated. The plant produces excellent yields of salad burnet leaves. It is very flavorful and tastes and smells like cucumbers. Used in salads, sandwiches, soups, and stews. Adds cucumber flavor to vinegar, cream cheese, and cold drinks. Also said to be used in facial treatments to improve skin. Also known as Pimpinella. Keep flowers cut to promote leaf growth. Suitable for container gardening. An excellent choice for home gardens.



HB106-500 - Soapwort

85 days. *Saponaria officinalis*. Perennial. Open Pollinated. The plant produces good yields of beautiful flowers and dark green leaves. It is used in making homemade soups, shampoo, or delicate fabric wash by soaking roots and leaves in hot water. Also used to relieve skin itchiness, and pain relief, and as a soap. Attracts bees, butterflies, and hummingbirds. A variety from Europe.



HB67-500 - Sorrel

60 days. *Rumex acetosa*. Perennial. Open Pollinated. The plant produces good yields of 8" long greens used in salads, soups, and sauces for fish dishes. It has a lemon flavor and is high in Vitamin C. Used in diets for scurvy. A common native species in the grasslands. An excellent choice for home gardens. United States Department of Agriculture, PI 27761.



HB68-250 - Spearmint

85 days. *Mentha spicata*. Perennial. Open Pollinated. The plant produces good yields of dark green spearmint leaves. This sweet-smelling spearmint is used in candy, teas, jellies, desserts, lamb dishes, and salads. Also used as a garnish on ice cream, iced drinks, and melons. Adds fragrance to toothpaste, lotions, and tinctures. Spearmint tea is used for medical purposes to treat many ailments, including nausea, hiccups, and poor digestion. Suitable for containers. An excellent choice for home gardens. A variety from the USA.



HB69-500 - St John's Wort

85 days. *Hypericum perforatum*. Perennial. Open Pollinated. This shrubby plant produces good yields of green leaves with bright yellow flowers. It is used as an antidepressant, sedative, and wound healing. Also an excellent ground cover. Very easy to grow. A variety from the Mediterranean region.



HB141-100 - Stevia

120 days. *Stevia rebaudiana*. Perennial. Open Pollinated. The plant produces high yields of dark green leaves. It is used as a sweetener. Stevioside is 300 times sweeter than sugar but without calories. It can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Also plaque retardant and tooth decay inhibitor. It is a useful sweetener for diabetics and dieters and is used to treat blood pressure problems. Suitable for containers. An excellent choice for home gardens. A variety from South America.



HB134-500 - Summer Savory

70 days. *Satureja hortensis*. Annual. Open Pollinated. The plant produces good yields of peppery flavor leaves. Excellent for flavoring sausage, egg dishes, cabbage, sauerkraut, beans, peas, and lentil dishes. A peppery flavor to add to dressings and sauces. It is often called the bean herb. Also used to make tea for sore throats, asthma, the common cold, and a persistent cough. It is often used as a remedy for stings, insect bites, and skin irritations. It has an added benefit as it repels insects. An excellent choice for home gardens.



TR12-10 - Tea Leaf Tree

Camellia sinensis. Perennial. Open Pollinated. This small tree produces excellent yields of green tea leaves. Tea is the world's most consumed drink. Young leaves are processed to make tea and green tea beverages. It is used for medicinal use too. Tea stimulates the central nervous system, is diuretic and astringent, relaxes smooth muscles, and increases coronary flow. It has significant anticancer and antioxidant effects and even has been shown to prevent tooth decay on account of its high fluoride content. Can be grown indoors in containers. A variety from India.



HB103-500 - Valerian

85 days. *Valeriana officinalis*. Perennial. Open Pollinated. The plant produces good yields of roots that are used for nervous tension, anxiety, migraine, insomnia, pain relief, and to relax tense muscles and soothe digestive discomfort. Easy to grow. One of nature's best herbal sedatives. It can help you to wind down and get a good night's sleep. Also known as Garden Heliotrope, Cat's Valerian, Setwell, and St. George's Herb. An excellent choice for home gardens. A variety from the Mediterranean region.



HB73-1000 - Wormwood

129 days. *Artemisia absinthium*. Perennial. Open Pollinated. The plant produces good yields of silvery gray and aromatic foliage. Repels moths and other insects. The oil from plants is used to treat sore muscles, digestive aids, fever, jaundice, parasites, treat sprains, bruises, and lumbago. Used as a pesticide against nematode control. Also known as Sweet Annie. Drought Tolerant. A variety of the Mediterranean region.



HB79-1000 - Yarrow

85 days. *Achillea millefolium*. Perennial. Open Pollinated. The plant produces heavy yields of beautiful white flowers commonly used as a medicinal herb and in herbal teas. It attracts bees, butterflies, and beneficial insects. Good for cut flowers too, as dries well. Blooms in the summer. Used for medical purposes to treat colds, fevers, and wound healers. One of the most popular herbs for colds and flu. Used topically to stop bleeding by crushing flower tops and leaves. It was used medicinally to slow the flow of blood from wounds. A hot cup of tea from the leaves and flowers induces a sweat to throw off heat and toxins. Yarrow is also commonly known as Nosebleed Plant, Old Man's Pepper, Sanguinary, Soldier's Woundwort, Thousand Leaf, and Devil's Nettle. A variety from the Mediterranean region.

