

## Medicinal Seed Information

<b>Common Name</b>	Baical Scullcap
<b>Botanical Name</b>	<i>Scutellaria baicalensis</i>
<b>Climate</b>	Arctic
<b>Planting Instructions</b>	Grows easily from seed and is generally sown in the spring directly outdoors or started in the greenhouse and transplanted outdoors. It tends to prefer soils that retain moisture (contain moderate amounts of compost or organic matter) and can withstand colder temperatures. Skullcap prefers a moderate amount of spacing between plants.
<b>Light</b>	Full sun/partial shade
<b>Water</b>	Grows well in any well-drained soil and is also drought hardy
<b>Germination Rate</b>	24 days
<b>Days to Maturity</b>	Flowers in the summer or fall of the first season when planted in the spring.
<b>Special Instructions</b>	Harvest the root when it is 3-4 years old in the fall or spring. Likewise, harvest the leaves and stems before flowering during the summer.
<b>Part of Plant used Medicinally</b>	whole plant
<b>Spiritual Needs</b>	Baical scullcap is a feminine plant that promotes peace, love and spirituality. It is soothing and relaxing.
<b>Medicinal Uses</b>	Used to relieve allergies, reduce water retention, high blood pressure, anxiety and fever. Its anti-bacterial and anti-viral properties is useful for dysentery, diarrhea and other infections. It is used for hot and thirsty conditions, reduces inflammation especially in the lungs and liver (hepatitis), stops bleeding, aids in decreasing cough and detoxifies. It has a tranquilizing effect and aids in preventing abortion. It is soothing to a fetus. Baical scullcap is also a sedative, nervine (tones the nerves) and anti-spasmodic.
<b>Description</b>	Herbaceous Perennial with purple flowers. Grows to 12 inches tall
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Bittersweet
<b>Botanical Name</b>	Solanum dulcamara
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Sow directly in garden in Spring or start early in the greenhouse and transplant outdoors. Prefers a lot of space between plants.
<b>Light</b>	Partial shade to full sun
<b>Water</b>	Prefers moist soil
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Will mature in the late fall or at least be well established before winter if sown in the spring.
<b>Special Instructions</b>	Harvest twigs and bark after foliage has fallen. Harvest the stems when they are young and green up to when they are an older, wooden bark.
<b>Part of Plant used Medicinally</b>	Stems, good for at least 2 years if left whole; bark of the root and twigs .
<b>Spiritual Needs</b>	This herb is a member of the Nightshade family and it can be poisonous if used inappropriately, as such, it must be treated with extreme caution. It is a very potent herb and must be used with care. Bittersweet is a masculine plant. It offers spiritual powers, visions, protection and healing for emotional traumas when worn.
<b>Medicinal Uses</b>	Low dosage of the tincture, tea or homeopathic remedy is used internally as a narcotic, to treat a sluggish liver, jaundice, obesity, skin disharmonies due to poor assimilation of fats such as eczema and warts, gallbladder and spleen disturbances, rheumatic conditions, gout, asthma, chronic bronchitis and whooping cough. It also heals all internal wounds, bruises and ruptures, dissolves congealed blood and is valuable as a remedy for fever, muscle spasms and inflammation. Topically, a poultice can be used for gout and herpes. It has an affinity with the liver, lung and stomach organs and meridians.
<b>Description</b>	Woody perennial drooping bush. Red berries. Grows to 4 ft. tall, with many nodding purple and yellow flowers
<b>Other</b>	Berries are toxic. Leaves are toxic in excess, use with caution. Contains alkaloids.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Burdock, Gobo
<b>Botanical Name</b>	<i>Arctium lappa</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Burdock grows easily from seed and is an extremely versatile plant, withstanding extremely cold and hot temperatures, though it tends to grow best at about 20 - 30 F. Direct seed in the garden in the spring once soil is warm, or start earlier in the greenhouse and transplant outdoors. Prefers a neutral pH and varies in its need for space, so ask the plant how far apart it would like to be planted. Roots grow deeply, therefore transplanting is too hard on the plant once it is well established. Grows in many soil types but tends to prefer a loose, easily crumbled soil that is deeply dug. Can be grown on mounds of soft soil or planted with wood chips and sawdust to make digging up the root easier.
<b>Light</b>	Full sun
<b>Water</b>	Keep seeds wet until seedlings sprout, do not saturate soil once seedlings become established. Prefers moist and well drained soil.
<b>Germination Rate</b>	10-14 days. Some can remain dormant until following fall.
<b>Days to Maturity</b>	Will at least be well established by winter if sown in the spring.
<b>Special Instructions</b>	Harvest the root during the first growing season or at the latest, in the dormant period after first season of growth. Harvest seeds in summer, the whole plant in mid-summer. Seeds are produced during the second year.
<b>Part of Plant used Medicinally</b>	Root. Seeds , leaves
<b>Spiritual Needs</b>	Burdock is a feminine plant. It offers protection and healing. When casted around the home, it wards off negativity.
<b>Medicinal Uses</b>	Burdock is high in minerals and vitamins found in the soil. Its root improves liver and spleen function, eliminates heavy metals, improves skin conditions such as psoriasis and acne (through improvement of liver and spleen), reduces inflammatory conditions such as gout and fever, can be used for hypoglycemia, diabetes, chronic indigestion, as an antibacterial and antifungal, for lymphatic congestion, for growths and can be used to dissolve kidney stones. The tea made from its leafy branches is used to treat gonorrhea, vertigo, rheumatism, and measles. A poultice from the leaves is useful for burns, ulcers, bruises and sores; a tea/tincture made of the seeds are used to reduce water retention, to clear abscesses, insect and snake bites, flu and constipation. This preparation can also be used as a wash for hives and eczema. Burdock should be used under supervision of a healer during pregnancy. It has an affinity to the lungs, stomach, kidney and liver organs and meridians.
<b>Description</b>	Biennial. Will self seed if seeds are not removed and may take over surrounding area. Flowers to 7 ft. tall in the second year. Stout, multibranched; clumps of purplish, red flowers, egg-shaped leaves; after flowering. When grown in a climate with a short growing season it tends to always flower during its second year.
<b>Other</b>	The leaves of burdock can be used to help cure gout when placed to the soles of the feet.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Clover, Red
<b>Botanical Name</b>	Trifolium pratense
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Red clover can be broadcasted on a newly tilled field in the spring, summer or fall or planted directly in the garden with a small amount of space between the plants. It can also be started in the greenhouse early in the season and transplanted outdoors.
<b>Light</b>	Full sun
<b>Water</b>	Thrives in a variety of moist, well drained soils, but does not grow well in sand or gravel.
<b>Germination Rate</b>	3 days
<b>Days to Maturity</b>	Will flower or at least be well established before winter if sown in the spring.
<b>Special Instructions</b>	Harvest ripe blossoms and stems when flowers are in full bloom. Treat seed with rhizobium inoculant (available through Horizon Herbs).
<b>Part of Plant used Medicinally</b>	Dried blossoms and upper leaves. Stems.
<b>Spiritual Needs</b>	Red clover is a masculine plants that offers purification, raises spiritual vibrations and strengthens psychic powers.
<b>Medicinal Uses</b>	Red clover contains coumadin, which thins the blood. It improves liver and spleen function; thus cleansing toxins from the blood. Red clover is excellent for treating growths, chronic skin infections (eczema, psoriasis) bronchial and whooping cough, mucous congestion and is antispasmodic (especially for the respiratory tract). Red Clover helps the body assimilate nutrients and eliminate cellular waste, stabilize female hormones, treat infections and enhance the immune system. Body system affinity - liver, skin, immune and musculoskeletal systems, smooth muscle and respiratory tract.
<b>Description</b>	Perennial cover crop. One oz. of seeds covers 125 sq. ft. Fixes approx. 140 lb. of pure nitrogen per acre. Cleansing and fortifying to the soil
<b>Other</b>	Flowers yield a yellow dye. Grown or scattered, it helps keep snakes away. Use care with Red Clover, as it also cleans disturbed soil. To use medicinally, ensure the soil it is growing in is not contaminated. Red Clover adds nitrogen to the soil and its deep roots help break up compacted soil.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Dandelion, Wild
<b>Botanical Name</b>	Taraxacum officinale
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Dandelion is easily grown from seed and can be seeded directly in the garden in the spring or started earlier in the greenhouse and transplanted outdoors. It tends to prefer loose, nitrogen rich soil with plenty of compost in it, but grows well in any soil, and prefers a moderate amount of space between plants. The tap roots left in the ground will sprout again. Soil lightened with sawdust or wood chips make harvesting easier.
<b>Light</b>	Full sun to partial shade .
<b>Water</b>	Keep well watered. Keep well drained.
<b>Germination Rate</b>	3 days.
<b>Days to Maturity</b>	Blooms in April-May when planted the previous spring.
<b>Special Instructions</b>	Harvest the young leaves as they develop. Harvest root at the end of the second growing season in the late summer or fall, however, roots left in the ground will sprout again. Harvest stems (containing sap) and flowers as the flowers bloom.
<b>Part of Plant used Medicinally</b>	Roots, leaves, white sap and flowers
<b>Spiritual Needs</b>	Dandelion is a masculine plant. It promotes psychic powers, divination, and the calling of the spirits. When Dandelion is buried on the NorthWest corner of the house, it brings favorable winds.
<b>Medicinal Uses</b>	Leaves gently tone the liver, cleanse toxins out of tissues and reduce water retention as well as replenish the body with its high potassium content, and dissolves gall bladder and urinary stones. They are also used for lymphatic swellings, nerve inflammations, urinary tract infections, anemia, acidic urine, high blood pressure, congestive heart failure, tooth cavities, lactation, colds and bronchitis. Fresh root tincture reduces inflammation of the skin and joints such as in hives, arthritis or allergic reactions. It also stimulates bile flow and acts as a laxative; The dried root tea and tincture is indicated for hepatitis, anemia, jaundice, cirrhosis low blood sugar and gallstones. The fresh juice of root is used for diabetes and liver disharmonies and snake bites. The dried roots are rich in minerals used to build blood. The sap (milk) is used to remove warts and dried leaves and flowers can be added to a bath or sitz bath for vaginal yeast infections. Body system affinity - liver, spleen, stomach, musculoskeletal, kidney, bladder.
<b>Description</b>	Herbaceous perennial. Flowers sunny yellow to 1 ft.
<b>Other</b>	Use care in using Dandelion, as it also cleans disturbed soil. To use medicinally, ensure the soil it is growing in is not contaminated.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Devil's Club
<b>Botanical Name</b>	<i>Oplopanax horridum</i>
<b>Climate</b>	Temperate to Arctic
<b>Planting Instructions</b>	Before sowing seeds, break paired seeds apart into singles. Sow seeds in the fall, midwinter or early spring in the greenhouse, transplant seedlings to a pot, and grow out for a year or more before planting. Plants need a lot of space between them.
<b>Light</b>	Cool, shady
<b>Water</b>	Prefers moist, well drained soil and does well if planted adjacent to running water.
<b>Germination Rate</b>	Germinates in cold soils.
<b>Days to Maturity</b>	Plants sown in the spring will generally mature in late fall or at least be well established before the winter
<b>Special Instructions</b>	Harvest roots in the spring when leaf shoots appear
<b>Part of Plant used Medicinally</b>	Roots and greenish inner bark
<b>Spiritual Needs</b>	Devil's club is a masculine plant. This herb has been traditionally used in rituals, lodges and vision quests by different native people. It wards off evil, and offers protection and love.
<b>Medicinal Uses</b>	General adaptogen (allows body to return to balance after experiencing stress by strengthening the hypothalamus and pituitary). Devil's club is also useful as an expectorant and respiratory stimulant; A cold infusion (roots steeped in cold water) is used to treat rheumatoid arthritis, adult onset insulin-resistant diabetes and ulcers. The tea of the root and bark is used for tuberculosis, to regulate menses and after childbirth as well as for balancing and strengthening the entire body. A tea of stems and branches is used to reduce fever. The chewed stalk can be applied into open wounds for emergency pain relief. Bark strips reduce pain and swelling from fracture.
<b>Description</b>	Perennial creeping shrub. Green flowers, grows up to 10 ft. tall. Large umbrella leaves, thick spiny stem, sweetly aromatic .
<b>Other</b>	This plant must be used with caution both spiritually and physically, as it can be poisonous if used inappropriately. Wood can be used for fishing lures. Fruit is inedible.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Dong-quai
<b>Botanical Name</b>	Angelica sinensis
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	The best way to grow Dong-Quai is by direct seeding into the garden. Fresh seeds can be sown in the spring or summer or started earlier in the greenhouse and transplanted outdoors. Older seeds can be sown in the fall. The seeds need light, cold soil for germination. It is recommended to sow seeds 1/2 inch deep in deeply dug, slightly acidic (compost-rich) soil. Give a moderate amount of space between plants.
<b>Light</b>	Full sun/partial shade
<b>Water</b>	Prefers well-drained, moist soil.
<b>Germination Rate</b>	4 months. Keep seeds very damp.
<b>Days to Maturity</b>	Flowering and seed production usually occur in the second or third year. Once it flowers and seeds, Dong-Quai dies. By cutting flower stalks every year before the seeds form, the plant will grow for many years.
<b>Special Instructions</b>	Harvest leaves for fresh use from spring onward. Harvest and dry roots in the fall of the second year.
<b>Part of Plant used Medicinally</b>	Root, leaves.
<b>Spiritual Needs</b>	Dong Quai is a feminine plant that offers balance and harmony.
<b>Medicinal Uses</b>	Dong Quai balances female hormones and strengthens the quality of the blood. Tea of root is used for colds and bronchial conditions; using the entire plant strengthens the liver, decreases blood cholesterol, dilates blood vessels, stabilizes heat, regulates the immune system, sedates the nervous system, is antibacterial and clears "damp wind" conditions.
<b>Description</b>	Biennial. Grows to 6ft
<b>Other</b>	Must be distinguished from highly poisonous water hemlock. Unique characteristics: tan-colored seeds have winged appearance. Leaves differ from water hemlock in that veins extend to the tips of serrated edges.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Goldenrod Official
<b>Botanical Name</b>	<i>Solidago canadensis gigantea</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Goldenrod is easily grown from seed in the spring, direct seeded in the garden or started earlier in the greenhouse and transplanted outdoors. It prefers poor soil and withstands temperatures down to -30 F.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers moisture and well drained soil.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Generally flowers in the late summer to fall if sown in the spring.
<b>Special Instructions</b>	Harvest leaves in the spring and the whole plant in the summer while in flower.
<b>Part of Plant used Medicinally</b>	Leaves and flowers.
<b>Spiritual Needs</b>	Goldenrod is a feminine plant that offers psychic powers, divination and visions.
<b>Medicinal Uses</b>	Soothes irritated urinary tract, bleeding and inflammation of the kidneys, reduces inflammation in the urinary tract, flushes kidney and bladder stones, increases urine output and can also be taken for sore throats, yeast infections, oral thrush, chronic nasal congestion, diarrhea and for inflammation of the GI tract in children.
<b>Description</b>	Perennial. Grows to 6 ft.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be poisonous if used inappropriately. Tannin-rich plant.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Goldenseal
<b>Botanical Name</b>	<i>Hydrastis canadensis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Goldenseal is a sensitive plant and therefore, one method of planting is to mix the seeds with fine, clean, damp sand and put the mixture in a screen pouch or wooden box with fine screen on the top and bottom. The box or pouch is then buried in a shaded, well-drained area exposed to rain in the fall or early spring. It is recommended to allow the seedlings to grow closely together for 2 years before transplanting in the fall with a small amount of space between them. Once established, the plants' rhizomes, pieces and root cuttings can be planted as well, for future growing. If direct seeding into the garden without a pouch or wooden box, sow seeds in closely placed rows 1/2 inch deep and cover lightly with mulch (leaves, hay etc.) to prevent the soil from drying. Sow in beds in the shade in the fall.....
<b>Light</b>	Sow in forest or shady beds; prefers open hardwood forest or shade garden.
<b>Water</b>	Prefers moisture and well drained soil.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	5 years
<b>Special Instructions</b>	Seed collection: harvest fully ripe fruit and knead it, being careful not to damage the seed. Ferment in water until flesh and seed can be separated easily (can take several days). Add water, pour gently into another container and rinse until water and seed are clean. Spread seeds on fine mesh screen and rinse with high pressure spray. Dry seed for storage. Harvest root in the fall after 3-5 years after the seeds ripen. Wash roots with a hose on mesh screen. Remove all dirt off the smaller roots. Dry in a well ventilated area in the shade at low temperatures (95-100 F) with good air flow . Harvest rhizome in late fall after top growth is killed by frost. Harvest leaves in the late summer.
<b>Part of Plant used Medicinally</b>	Rhizome, roots, leaves.
<b>Spiritual Needs</b>	This plant is masculine. It is used in healing rituals of the spirit and is a shamanic plant.
<b>Medicinal Uses</b>	Goldenseal is an astringent and tones the mucous membranes and circulatory system. It is used for sinusitis, conjunctivitis, ulcers, dyspepsia (indigestion), diphtheria, scarlet fever, smallpox , staph, shigella, E. Coli, and Candida Albicans infections, snake bites, whooping cough. Externally it is used as an eye wash, for gingivitis, hemorrhoids, rectal fissures, eczema, boils and wounds. As a powder it can be placed on a newborn's belly button until cord falls off. Internally it is used for tonsillitis, uterine problems, to aid digestion, to tone uterus after giving birth and hemorrhoids. Homeopathically, it is used for alcoholism, asthma, indigestion, growths, hemorrhoids and liver ailments. Body system affinity - liver, spleen, immune system, skin, mucous membranes.
<b>Description</b>	Woodland herbaceous perennial. Greenish-white flower, orange, red berries 6-12 inches, yellow root stalk .
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be poisonous if used inappropriately. Goldenseal is best used for acute situations on a short-term basis, as it can irritate mucous membranes after prolonged use and reduces the gut's capacity to absorb nutrients, especially B vitamins. Contains alkaloids.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Lemongrass
<b>Botanical Name</b>	<i>Cymbopogon flexuosus</i>
<b>Climate</b>	Tropical perennial/Temperate annual
<b>Planting Instructions</b>	Easily grown from seed in the summer in warm soil. Prefers compost-rich soil. Start seeds in containers inside or in a sunny location when the ground is warm. Bring them inside in the winter if planted in pots.
<b>Light</b>	Keep plants indoors or in the garden in a sunny place
<b>Water</b>	Plants prefer moisture
<b>Germination Rate</b>	12 days. Needs light to germinate.
<b>Days to Maturity</b>	Roots will be established by winter.
<b>Special Instructions</b>	Cut outer leaves at the base as needed. Store in an airtight container to preserve volatile oils.
<b>Part of Plant used</b>	Leaves, essential oils
<b>Spiritual Needs</b>	Lemongrass is a masculine plant. It can be used as an aid in the development of psychic powers and for protection when worn or cast around the home.
<b>Medicinal Uses</b>	Lemon grass reduces inflammation in the gastrointestinal system, aids in digestion and is used to treat cholera and rheumatism as well as fever with significant congestion. Applied externally as a poultice or as an essential oil, it eases pain and arthritis. The paste of the leaves can be smeared to patches of ringworm.
<b>Description</b>	Tropical perennial/ temperate annual. Aromatic
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Maca
<b>Botanical Name</b>	<i>Lepidium peruvianum</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easy germination in cold or warm soils. Recommend direct seeding into garden. Sow seeds thickly in early spring. Prefers cold, poor or clayey soils.
<b>Light</b>	Prefers full sun
<b>Water</b>	Thrives on very little water
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Root
<b>Spiritual Needs</b>	Maca is a masculine plant. It increases mental and psychic powers.
<b>Medicinal Uses</b>	Nutritive - high in protein, iron, iodine amino acids and trace minerals. Roots strengthen and balance the endocrine and reproductive system. It has a reducing effect on diastolic arterial pressure, and promotes the use of glucose in the bloodstream for energy rather than it being processed into fat storage. It is also used to increase energy, vitality and to promote mental clarity. Maca is helpful in encouraging fertility in both men and women. Maca has helped diminish symptoms of menopause such as hot flashes and mood swings.
<b>Description</b>	Matting Perennial. Creeping rosette. Flowers off-white and grows about 3 in. tall. In high elevations, attains only height of 1 in., although rosettes spread substantially.
<b>Other</b>	High elevation plant adapted to summer cultivation at elevation in the equatorial regions, Rockies or coast ranges or in the far north. Developing plants may burn up in hot weather. In temperate gardens in Midwest and East, plant is best grown as a spring herb, direct seeded as soon as the ground is workable and harvested before summer heat. However, the roots are small. In coastal temperate areas, it is grown as a winter herb, seeding in the autumn when soils begin to cool. The plant flowers in the early spring after overwintering.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Ma-Huang
<b>Botanical Name</b>	Ephedra sinica
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Sow in spring in dry, sandy soils or start early in the greenhouse and transplant outdoors.
<b>Light</b>	Prefers full sun.
<b>Water</b>	Prefers dry soil
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Grows slowly, flowers in early summer.
<b>Special Instructions</b>	Stems can be collected in any season.
<b>Part of Plant used Medicinally</b>	Stem
<b>Spiritual Needs</b>	Ma-Huang is a masculine plant. It strengthens the spirit and raises vibrations.
<b>Medicinal Uses</b>	Ephedra stimulates the sympathetic nervous system - it increases blood pressure, dilates the bronchioles, stimulates circulation, increases breathing rate, increases urination and elevates blood sugar levels. This herb is used to reduce inflammation, for asthma (reduces asthma attacks), hay fever, acute onset of colds and flu, raises blood pressure (good for shock), cools fevers and alleviates symptoms of rheumatism.
<b>Description</b>	Perennial, primitive shrub
<b>Other</b>	Use this herb with caution as it can over-stimulate the body, suppress the immune system and deplete the adrenals.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Oregon Grape
<b>Botanical Name</b>	Berberis aquifolium
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow outdoors in fall or early spring or start earlier in the greenhouse. Allow seedlings to grow for a year or more in nursery beds or in pots, then transplant to a permanent location with a lot of distance between plants.
<b>Light</b>	Prefers semi-shade or no shade
<b>Water</b>	Dry or moist soil
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest roots and lower yellow stems from mid-summer to winter. Harvest the leaves from May through mid-fall. Wash roots and stems while still fresh. Do not use bark or stems with little or no color. Dried leaves if stored out of the light will last up to a year, dried roots and stems will last for several years.
<b>Part of Plant used Medicinally</b>	The root is the primary part used of this plant. "Grapes" are edible.
<b>Spiritual Needs</b>	Oregon Grape is a feminine plant. It is earthy and grounding.
<b>Medicinal Uses</b>	Gently stimulates liver function and regulates secretions of the mucous membranes. It is used to regulate the digestive system, detoxifies the blood, enhances the immune system and can be used to prevent or treat infections, internally and externally. Mildly stimulating to the thyroid, releases stored iron into the blood stream. Externally it can be used as an eye wash. It is used for gastritis, digestive weakness, Crohn's disease, hepatitis, cirrhosis, anemia, indigestion, gastrointestinal ulcers, anorexia, fungal and bacterial infections, allergies, congestion problems (mainly in the gut) and chronic skin conditions. Oregon Grape has special affinity for the liver, gallbladder, spleen and mucous membranes.
<b>Description</b>	Perennial evergreen shrub. Bright yellow flowers. Grows to 6 ft.
<b>Other</b>	As with Goldenseal, Oregon Grape root is to be used with care and not on a long-term basis, though it is less irritating than Goldenseal. Roots yield a golden dye. Contains alkaloids. Do not take during pregnancy.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Phyllanthus
<b>Botanical Name</b>	<i>Phyllanthus niruri</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easy cultivation. Press into soil surface and keep moist. Prefers moderate spacing. Prefers alkaline (dolomite, egg shells, limestone, wood ash) soil.
<b>Light</b>	Full sun to light shade
<b>Water</b>	Moist soil
<b>Germination Rate</b>	Slow to germinate
<b>Days to Maturity</b>	Flowers and fruits from January to October.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Entire plant.
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Tones the stomach, stimulates menses, cools fevers, treats viral hepatitis A, B and C, treats fevers, is antiviral, antibacterial and anti-inflammatory, is a laxative, treats hypoglycemia and low blood pressure, genito-urinary infections. Treats kidney and gallstone problems.
<b>Description</b>	Annual, shrubby herb with bell-like, dangling flowers. Grows 2 ft. tall.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Poison Hemlock
<b>Botanical Name</b>	<i>Conium maculatum</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Sow seed in early spring directly in the garden. Barely cover, tamp down and keep moist until germination. Can grow in a variety of soil types and pH. Sow fresh seed in summer as soon as it ripens.
<b>Light</b>	Full sun or partial shade.
<b>Water</b>	Requires moist soil.
<b>Germination Rate</b>	Fresh seed sown in summer will germinate in the fall.
<b>Days to Maturity</b>	Fresh seed sown in summer will take root before winter.
<b>Special Instructions</b>	The leaves and stems should be harvested when the first fruits are forming, since they are then at their most active medicinally. The fruits are gathered either when fully ripe, or before they turn from green to yellow, and are then dried.
<b>Part of Plant used Medicinally</b>	Dried seeds, roots or leaves.
<b>Spiritual Needs</b>	Poison Hemlock is a feminine plant used in astral projection, meditations, visions. It is a protective herb.
<b>Medicinal Uses</b>	Minute dosages of the freshly-prepared tincture or fresh plant succus is used for calming nervous excitation and restlessness and for relieving neuralgic or rheumatic pain as a sedative and analgesic. In the past, it was prescribed for treatment of epilepsy, chorea and Parkinson's disease. Homeopathically it is also used for paralysis, growth of tumors, weakness of body and mind, headaches that dull the senses, dry coughs and extreme sensitivity to light.
<b>Description</b>	Grows from 3 to 15ft. Tall.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be poisonous if used inappropriately. - do not handle with bare hands, use only in very low doses- a homeopathic preparation is recommended. An overdose will paralyze breathing and cause death. High in alkaloids.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Poppy, Breadseed (opium poppy)
<b>Botanical Name</b>	Papaver somniferum
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	The plant does well in a variety of soils and tolerates acidic neutral or basic soils. Sow in the spring or autumn. Self sows if seeds are not harvested.
<b>Light</b>	Full sun
<b>Water</b>	Well drained, moist soil.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	During the summer, the seed capsules are cut and the white latex that exudes is gathered the next day and dried.
<b>Part of Plant used Medicinally</b>	latex (milk from stalks and leaves), leaves and flower heads.
<b>Spiritual Needs</b>	Opium poppy is a feminine plant used in dreamtime, for invisibility and for the healing of heart.
<b>Medicinal Uses</b>	Sedates and relieves pain. A decoction of leaves and flowerheads induce sleep. Mashed flowerheads mixed with flour to make a plaster treats inflammations and St. Anthony's fire (erysipelas, a bacterial infection of the skin). Reduces and suppresses nervous activity, pain and coughs. Also a remedy for acute diarrhea.
<b>Description</b>	Annual or overwintering annual. Lavender flowers, dark basal spot, giant pods. Flowers grow 3 to 4 ft. tall
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be poisonous if used inappropriately. Alkaloid-rich herb - alkaloids are chemical compounds that can be toxic in high doses. Do not mix with herbs high in tannin content (oak, spruce, agrimony, cinnamon, witchhazel)
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Purslane
<b>Botanical Name</b>	<i>Portulaca oleracea</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Seeds germinate readily in warm soils. Prefers light or compost rich soils. Prefers a moderate amount of space between plants. Sow seeds directly outdoors in the late spring to early summer or start earlier in the greenhouse and transplant outdoors.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	Prefers rich soils where water puddles up then drains. Likes deep watering several times a week.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Will be established by winter
<b>Special Instructions</b>	Harvest greens and flowers in the spring to summer. Harvest taproots in the fall and spring.
<b>Part of Plant used Medicinally</b>	Entire plant.
<b>Spiritual Needs</b>	Purslane is a feminine plant used for protection in dreamtime, for spiritual and physical protection.
<b>Medicinal Uses</b>	This is a highly nutritive herb. It is one of the only sources of omega-3 fatty acids in plants. It contains much calcium, iron, vitamin A and C as well as potassium salts and amino acids. Prevents scurvy and is used to treat headaches, stomach ache, dysentery, diarrhea, intestinal worms, appendicitis, difficulty in urination and as an antidote to wasp stings and snake bites. As an external wash, the juice or decoction relieves skin ailments such as boils and carbuncles and helps reduce fever (internally).
<b>Description</b>	Creeping annual. Grows to 6 inches
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Shiso, Red Leaf
<b>Botanical Name</b>	Perilla frutescens
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Sow seed directly in the greenhouse in mid-spring and cover lightly with soil. Prefers sandy or compost rich soils. Transplant in early summer. Can tolerate any pH. Prefers a moderate amount of space. Prefers acidic (compost rich) soil. Not frost hardy. Seed should be used within 1 year.
<b>Light</b>	Plant prefers partial shade to full sun.
<b>Water</b>	Prefers regular watering
<b>Germination Rate</b>	11 days and grows rapidly.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Leaves, stems and seeds
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	The entire plant is very nutritious, with numerous vitamins, flavonoids and minerals. An infusion of the plant is useful in the treatment of asthma, colds, cough and lung afflictions, influenza prevention, nausea, vomiting, abdominal pain, constipation, food poisoning and allergic reactions (especially from seafood), and to restore health and balance. The stems are a traditional Chinese remedy for morning sickness and restless fetus in pregnancy, though some say the herb should be avoided by pregnant women.
<b>Description</b>	Annual. Grows to 3 ft.
<b>Other</b>	Perilla seed oil has been used for protective waterproof coatings on cloth. The crushed plant also makes an effective insecticide.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Skullcap, Official
<b>Botanical Name</b>	<i>Scutellaria lateriflora</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Prefers compost rich soil. Grows easily from seed and is generally sown in the spring directly outdoors or started in the greenhouse and transplanted outdoors. It tends to prefer soils that retain moisture (contain moderate amounts of compost or organic matter) and can withstand colder temperatures. Skullcap prefers a moderate amount of spacing between plants.
<b>Light</b>	Prefers partial shade or full sun
<b>Water</b>	Prefers plenty of water.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Will flower or at least be well established by winter if sown in the spring.
<b>Special Instructions</b>	Gather flowers and stems while in flower. Harvest leaves in late spring and early summer when in flower.
<b>Part of Plant used Medicinally</b>	Flowers, leaves and stems
<b>Spiritual Needs</b>	Scullcap is a feminine herb, it is use for meditation, peace and love.
<b>Medicinal Uses</b>	Scullcap tones the nerves, it is calming to the central nervous system and the musculoskeletal system. It is used for insomnia, anxiety and muscle spasms, epilepsy and chorea (muscle twitching), muscular pain and inflammation. It is effective to lessen withdrawal symptoms from alcohol or drug use due to its detoxification effects. It is also used to induce perspiration and reduce temperature in feverish children.
<b>Description</b>	Creeping herbaceous perennial. Blue flowers, grows 2 to 4 ft. tall.
<b>Other</b>	Rich in minerals.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Spilanthes, Brede Mafane
<b>Botanical Name</b>	<i>Spilanthes acmella</i>
<b>Climate</b>	Tropical perennial/temperate annual
<b>Planting Instructions</b>	Sow in spring pots in a sunny window, directly in the garden, or in the greenhouse to be transplanted into garden. Prefers compost rich soil. Plant 2 feet apart.
<b>Light</b>	Prefers plenty of sun
<b>Water</b>	Prefers plenty of water.
<b>Germination Rate</b>	10 days
<b>Days to Maturity</b>	Matures in late fall or is at least well established by winter if sown in the spring.
<b>Special Instructions</b>	Harvest leaves, stems and buds on an ongoing basis.
<b>Part of Plant used Medicinally</b>	Leaves, stems and buds
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Treats malaria and thrush. It is also used for enhancing the immune system's resistance to infections. It is known to protect against colds and flu and decrease allergic symptoms, indicated in swollen glands and in all types of acute viral, bacterial or fungal infections.
<b>Description</b>	Bright yellow flowers. Grows 12 inches tall.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Spilanthes, Official
<b>Botanical Name</b>	<i>Spilanthes acmella</i>
<b>Climate</b>	Tropical perennial/temperate annual
<b>Planting Instructions</b>	Sow in spring pots in a sunny window, directly in the garden, or in the greenhouse to be transplanted into garden. Prefers compost rich soil. Plant 2 feet apart.
<b>Light</b>	Prefers plenty of sun
<b>Water</b>	Prefers plenty of water.
<b>Germination Rate</b>	10 days
<b>Days to Maturity</b>	Matures in late fall or is at least well established by winter if sown in the spring.
<b>Special Instructions</b>	Harvest leaves, stems and buds on an ongoing basis.
<b>Part of Plant used Medicinally</b>	Leaves, stems and buds
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Treats malaria and thrush. It is also used for enhancing the immune system's resistance to infections. It is known to protect against colds and flu and decrease allergic symptoms, indicated in swollen glands and in all types of acute viral, bacterial or fungal infections.
<b>Description</b>	Striking golden, bud-shaped flowers with deep red eyes on glossy green spreading plants.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Spilanthes, Velvet
<b>Botanical Name</b>	<i>Spilanthes oleracea</i>
<b>Climate</b>	Tropical perennial/temperate annual
<b>Planting Instructions</b>	Sow in spring pots in a sunny window, directly in the garden, or in the greenhouse. Transplant into garden once plants are well established. Prefers rich soil. Plant 2 feet apart.
<b>Light</b>	Prefers plenty of sun
<b>Water</b>	Prefers plenty of water.
<b>Germination Rate</b>	10 days
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest leaves and buds on an ongoing basis. Harvest the root at the end of the growing season just before leaves start turning brown.
<b>Part of Plant used Medicinally</b>	root
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	It is used for gout, scurvy, asthma, bladder infections and rheumatism.
<b>Description</b>	Large-leaved, purpled-hued creeper makes barrel-shaped flowers with velvety-red centers.
<b>Other</b>	insecticide,
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	St. John's Wort, Topaz
<b>Botanical Name</b>	Hypericum perforatum
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	St. John's Wort prefers a very sandy soil mix for sowing directly in the ground in the fall. However, once established, it will grow in almost any soil type or elevation. It tolerates temperatures down to -10 F, and will spread readily, once established. It is short lived, so needs to be replanted every few years.
<b>Light</b>	full sun to partial shade
<b>Water</b>	Once established, is drought tolerant
<b>Germination Rate</b>	5 days. Light-dependent germinator
<b>Days to Maturity</b>	Blooms in July - August of the following year if planted in the fall.
<b>Special Instructions</b>	Harvest leaves and tops during midsummer
<b>Part of Plant used</b>	leaves and buds
<b>Spiritual Needs</b>	St. John's Wort is a masculine plant, it enhances dreamtime, visions and purification.
<b>Medicinal Uses</b>	Deep-seated nervine effect, helps restore damaged nerve tissue and deadens pain. Strengthens the urinary organs. An oil sun infusion of the buds is used to treat nerve injuries/trauma topically, it is antiseptic and can also be used to relieve cramp and nerve pain as well as wounds and burns. The oil can be taken internally for peptic ulcers and gastric inflammation. Internally, it is used as a nervine tonic for insomnia, tension, anxiety and depression, especially when associated with menopause. Tones the liver and gall bladder. It is antiviral, anti-inflammatory with both internal and external application.
<b>Description</b>	Herbaceous perennial. Flowers are 3 to 4 ft. tall.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be poisonous if used inappropriately.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Golden Root
<b>Botanical Name</b>	Rhodiola rosea
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Golden Root is easily grown from seeds in the spring or started early in the greenhouse. Sow the tiny seed on the surface of the soil and keep it moist until it germinates. Grow out in pots or in flats and transplant. Prefers a limey soil or rock garden. Self sows if seeds are not collected.
<b>Light</b>	Prefer full sun
<b>Water</b>	Prefer moderate water
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Flowers in the second year if grown in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Root
<b>Spiritual Needs</b>	Golden Root is a feminine plant used in divination, visions and healing with the fourth chakra.
<b>Medicinal Uses</b>	Dried roots are high in compounds that stimulate the immune system. Roots tone and strengthen the endocrine system, allowing the body to recuperate from stress. It is similar to Siberian Ginseng. It is also used to improve learning and memory. It may also have anti-cancer properties and the effect of protecting the liver.
<b>Description</b>	Rare. Grows to 10 in. tall. Edible. Dried roots are rose scented.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be harmful if used inappropriately.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Hen-and-Chickens
<b>Botanical Name</b>	<i>Sempervivum tectorum</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Prefers limey soil or rock garden. Flowers in second year. Easy cultivation. Sow very tiny seed on surface of soil in spring and keep moist until germination. Grow out in pots or in flats and transplant, or direct seed with care. Tolerates a wide range of soil types.
<b>Light</b>	Prefer full sun
<b>Water</b>	Prefer moderate water, can tolerate drought.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Leaves are harvested as required and used fresh
<b>Part of Plant used Medicinally</b>	Leaves
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	The turgid, tart leaves are chewed fresh to relieve toothache pain. Masticated leaves are also used to make a poultice for bee stings, burns, wounds, boils and corns. Juice can be sniffed to stop nosebleed. Internal use induces vomiting.
<b>Description</b>	Makes a central, rose-hued rosette which produces numerous offshoots. Pink, star-shaped flowers, clustered on a truck rising 1 to 2 ft. tall.
<b>Other</b>	Traditionally planted on sod roofs to protect from lightning strikes. Edible. Contains tannins.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Stonecrop, Goldmoss
<b>Botanical Name</b>	Sedum acre
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Flowers in the second year. Easily grown from seed. Sow very tiny seed on surface of soil in spring and keep moist until germination. Grow out in pots or early in the greenhouse and transplant outdoors. Prefers limey soil or rock garden but will tolerate a wide range of soil types.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers moderate water. They thrive in sweltering tropical jungles, blustery arctic shores and rock gardens.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest leaves in spring before flowering.
<b>Part of Plant used Medicinally</b>	Stem and leaves
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Fresh herb is laxative. The leaves are high in vitamin A and C. leaves can be used in the same manner as aloe Vera for burns and skin eruptions. Leaf infusions and root decoctions are used for colds, gargles and as an eye wash for irritated eyes.
<b>Description</b>	Flowers to 2 in. tall, forms a low-lying mat, giving rise to a complete cover of bright yellow flowers.
<b>Other</b>	Edible.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Vernal, Sweet (False Hellebore)
<b>Botanical Name</b>	<i>Adonis vernalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the fall, midwinter or early spring. Winter hardy. Use regular garden soil. Prefers a moderate amount of space. Best planted in profusion. May take over other nearby plants.
<b>Light</b>	Prefers full sun.
<b>Water</b>	Prefers moisture.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	The leaves, stems and flowers are harvested every third year as they come into flower
<b>Part of Plant used Medicinally</b>	Leaves, stems and flowers
<b>Spiritual Needs</b>	Sweet vernal is a feminine plant used for invisibility and astral projection.
<b>Medicinal Uses</b>	Cardiac sedative, used mainly for the treatment of tachycardia, extrasystole and arterial hypotension. Also counters water retention due to poor circulatory function. Homeopathically, it is used to treat angina.
<b>Description</b>	Perennial. Makes large, bright-golden blossoms on finely cut foliage. Flowers to 1 ft. tall.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be harmful if used inappropriately. Use in low dosages.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Thistle, Globe Artichoke
<b>Botanical Name</b>	<i>Cynara scolymus</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easy cultivation. Sow in spring, directly in the garden or in gallon pots. Thin or transplant to 2 ft. apart. Prefers rich and composty soil. Hardy to 20 degrees F. Add more compost around plant throughout growing season. Add more compost around plant throughout growing season.
<b>Light</b>	Prefers full sun.
<b>Water</b>	Prefers moisture.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Matures in late fall or is at least well established by winter
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Leaf
<b>Spiritual Needs</b>	Artichoke is a masculine plant. It aids in the strength of spirit, it is used for protection and purification.
<b>Medicinal Uses</b>	Leaf is used as a digestive tea to treat indigestion, liver disharmony, arteriosclerosis, gallstones and obesity. It is also used to repair the integrity of the gastrointestinal tract. Also used in the early stages of late-onset diabetes, as it lowers blood sugar levels, stimulates urine production and is a liver and gallbladder tonic. Used for nausea, indigestion and bloating.
<b>Description</b>	Perennial. Produces giant, edible globes in one season. Flowering purple to 5 ft. tall.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Thistle, Blessed
<b>Botanical Name</b>	<i>Cnicus benedictus</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Direct seed any time from fall to late spring or start earlier in the greenhouse and transplant outdoors. Prefers a moderate amount of space. Prefers well manured soil.
<b>Light</b>	Full sun
<b>Water</b>	Dry soil
<b>Germination Rate</b>	2-6 weeks
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	The entire plant is harvested in early flower and shade dried.
<b>Part of Plant used Medicinally</b>	Entire plant
<b>Spiritual Needs</b>	Blessed thistle is a masculine plant used for protection and purification.
<b>Medicinal Uses</b>	Tea stimulates appetite, aids digestion and diminishes pain of migraine. It improves liver function and regulates female hormones. It promotes sweating, good for all malignant and pestilential fevers, destroys worms in the stomach and good against all sorts of poison.
<b>Description</b>	Annual or overwintering annual. Grows up to 2 ft. covered with down, barely prickly at leaf tips. Flowers yellow to 1 ft. tall.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Thistle, Carline
<b>Botanical Name</b>	<i>Carlina acaulis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in spring or early summer. Prefers a moderate amount of space. Grows well in any pH soil and thrives well in very alkaline soil. Prefers poor soil.
<b>Light</b>	Full sun
<b>Water</b>	Dry or moist soils. Once established, is drought tolerant.
<b>Germination Rate</b>	4 weeks
<b>Days to Maturity</b>	Matures in the fall or is at least well established by winter when sown in the spring.
<b>Special Instructions</b>	The root is harvested in the autumn and dried for later use.
<b>Part of Plant used <i>Medicinally</i></b>	Roots
<b>Spiritual Needs</b>	Carline thistle is a masculine plant used for purification, healing and to see rightfully.
<b>Medicinal Uses</b>	Powerfully antiseptic, used similarly to Elecampane for coughs and bronchial irritation. It is also used as a purgative. Treats spasms of the digestive tract, gall bladder and liver disorders, dropsy, urine retention, skin complaints such as acne and eczema. A decoction of the root can be used externally to cleanse wounds or as an antiseptic gargle. It is also antibiotic and treats fevers, aids in digestion, increases perspiration.
<b>Description</b>	Biennial. Flowers large and silvery to 2 ft. tall.
<b>Other</b>	Legendary thistle used to cure pestilence.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Thistle, Musk
<b>Botanical Name</b>	<i>Carduus nutans</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Sow in fall or early spring, in garden or cold greenhouse. Plant prefers soils with alkaline pH (limestone, dolomite, egg shells, wood ash). Plant prefers a lot of space.
<b>Light</b>	Plant prefers full sun.
<b>Water</b>	Plant prefers dry or sandy soils.
<b>Germination Rate</b>	Will germinate after several seasonal cycles.
<b>Days to Maturity</b>	July to August if sown during the spring
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Flowers, oil from seed
<b>Spiritual Needs</b>	Musk thistle is a masculine plant used in divination, invisibility and justice. It revives consciousness and powers.
<b>Medicinal Uses</b>	Blood Purifier and good for fever. The oil contains linoleic acid which aids in the prevention of atherosclerosis. As part of the thistle family, Musk thistle is healing towards the spleen and liver, as are all thistles. The musk aspect of this thistle makes it cleansing and nutritive to these organs. As we have never grown this particular plant, we will be working with it spiritually to understand its healing properties and will pass on all information to you as we learn.
<b>Description</b>	Biennial, flowering from May to August
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be harmful if used inappropriately. Pithy stem is excellent as a cooked vegetable. The down may be used as a material in making paper. Attracts bees and butterflies.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Thistle, Noble
<b>Botanical Name</b>	<i>Eryngium planum</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easily grown from seed. Sow in fall, spring or summer directly in the garden or early in the greenhouse and transplanted outdoors. Plant prefers dry, calcareous soil. Can grow in nutritionally poor soil. Cold hardy. Prefers a moderate amount of space between plants. Self seeding if seeds are not removed.
<b>Light</b>	Plant prefers full sun.
<b>Water</b>	Requires dry or moist well drained soil. Drought tolerant.
<b>Germination Rate</b>	10 to 90 days
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Spiritual Needs</b>	Noble thistle is a masculine plant used for movement of spirit.
<b>Medicinal Uses</b>	Treats dropsy, reduces water retention. Treats whooping cough.
<b>Description</b>	Herbaceous perennial. Flowers blue to 2 ft. tall.
<b>Other</b>	Attracts bees
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Vaccaria
<b>Botanical Name</b>	<i>Vaccaria pyramidata</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Direct seed in the garden in the spring or start early in the greenhouse and transplant outdoors. Prefers compost-rich soil. Needs little space. Fast growing.
<b>Light</b>	Prefers sun or partial shade
<b>Water</b>	Prefers moisture.
<b>Germination Rate</b>	7 days
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Seed
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Reduces water retention, increases milk flow and brings oxygen and nutrients to the blood. It is also used against kidney stones and tumors of the breast.
<b>Description</b>	Flowers pink to 2 ft. tall. Lush vegetation gives way to flowers and then seed pods.
<b>Other</b>	
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Lettuce, Wild
<b>Botanical Name</b>	<i>Lactuca virosa</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed in the spring or fall directly into the soil and only just covered with soil or start early in the greenhouse and transplant outdoors. Prefers sandy and compost rich soil. Frost hardy.
<b>Light</b>	Full sun
<b>Water</b>	Moist soil
<b>Germination Rate</b>	Quick germination
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Gently take off the flowering head and allow the medicinal milk to harden and dry in the sun.
<b>Part of Plant used Medicinally</b>	latex (milk from stalks and leaves)
<b>Spiritual Needs</b>	Wild lettuce is a feminine plant used for freedom of expression, for the purification of spirit and for dreamtime.
<b>Medicinal Uses</b>	Contains the highest concentration of the bitter sap, which when milked from the plant and dried is known as lactucarium. The latex is mildly sedative, calms coughs, relieves spasms, especially of the respiratory tract and helps relieve pain.
<b>Description</b>	flowers yellow to 6 ft.
<b>Other</b>	This plant must be used with extreme caution both spiritually and physically as it can be harmful if used inappropriately. Contains some alkaloids - overdose may cause poisoning.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Woad
<b>Botanical Name</b>	<i>Isatis tinctoria</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easy grown from seed. Sow seed directly in garden in the spring and thin seedlings the following spring. Prefers average to poor soils. It needs a moderate amount of space between plants. Once established, Woad will self sow freely each year. If planted well away from related crops, Woad will have fewer pest problems.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers well drained soil.
<b>Germination Rate</b>	10 days
<b>Days to Maturity</b>	Flowers early in the second year.
<b>Special Instructions</b>	Leaves are harvested in the summer
<b>Part of Plant used Medicinally</b>	leaves, roots
<b>Spiritual Needs</b>	Woad is a feminine plant use for the purification of judgements.
<b>Medicinal Uses</b>	This herb is used externally as a poultice or wash as an antiseptic gargle. An ointment of the leaves staunches bleeding, for moist ulcers and cools inflammations. A plaster relieves inflammation of the liver and spleen applied directly to that area.
<b>Description</b>	Flowers yellow to 4 ft.
<b>Other</b>	Natural blue dye.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Yerba del Lobo
<b>Botanical Name</b>	<i>Helenium hoopesii</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Seed - sow spring in a greenhouse. Transplant into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts.
<b>Light</b>	Semi-shade or no shade
<b>Water</b>	Likes plenty of water
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant's needs.
<b>Special Instructions</b>	We know that generally, leaves are ready for harvest before the plant starts to flower. We will watch this plant and work with it spiritually, to determine when it prefers to be harvested and will pass on all the information to you as we gain in understanding of this plant's needs.
<b>Part of Plant used Medicinally</b>	Leaves
<b>Spiritual Needs</b>	Yerba del Lobo is a feminine plant used for beauty, healing and psychic powers.
<b>Medicinal Uses</b>	Applied externally as a liniment, this herb helps resolve bruises (similar to Arnica), relieves inflammation from injuries and sprains and reduces varicosities.
<b>Description</b>	Flowers yellow to 3 ft.
<b>Other</b>	Good bee and butterfly plant.
<b>Purchased From</b>	Horizon Herbs

## Medicinal Seed Information

<b>Common Name</b>	Agrimony
<b>Botanical Name</b>	<i>Agrimonia eupatoria</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily started from seed and will self seed once it is established. Sow in the Fall or early spring. Seedlings have varying preferences for spacing and must be asked as to how close they want to be planted. Very tolerant to varying soil pH. Cold hardy to temperatures of -30 to -40 F.
<b>Light</b>	Prefers partial to full sun.
<b>Water</b>	Prefers average to dry soil.
<b>Germination Rate</b>	Slow to germinate: 5-14 weeks
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Gently take the whole plant, leaving only the roots, when flowers are just blooming. Dry in the shade.
<b>Part of Plant used</b>	flowers, leaves and stems
<b>Spiritual Needs</b>	Agrimony is a masculine plant used for protection and dreamtime.
<b>Medicinal Uses</b>	Used to heal wounds, staunches bleeding and encourages clot formation. It is astringent and mildly bitter, is a gentle tonic for digestion and has been used for kidney stones, sore throats, rheumatism, arthritis and urinary incontinence. Tea also soothes inflammation of the urinary tract.
<b>Description</b>	hardy perennial with small yellow flowers. Ornamental and fragrant flowers to 3 to 5 feet.
<b>Other</b>	Yellow dye, high in tannins - do not mix with herbs high in alkaloids (e.g. opium poppy, California poppy)
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Aloe
<b>Botanical Name</b>	Aloe melanacantha
<b>Climate</b>	Dry, desert regions
<b>Planting Instructions</b>	Requires a minimum of 41 F to survive and grows well if grown in a container and brought indoors in the winter or kept indoors year-round. Prefers soil containing limestone, but will prosper in soil low in nutrients. Will thrive for years in the same pot if it has good soil. It seems to grow best when the roots are fairly crowded, so avoid repotting.
<b>Light</b>	Prefers full sun but will tolerate some shade.
<b>Water</b>	Aloe does not require frequent watering, however plants that are fully exposed to the sun require a little more water than those in partial shade or they will become stunted and thin. During the spring and summer, water when the soil is moderately dry. In the winter, allow the soil to dry completely between waterings. Drainage is very important, so the soil should not contain large quantities of organic matter.
<b>Germination Rate</b>	2 weeks
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Easily propagated from offshoots that grow around the base of the plant. They can be removed gently by taking the plant out of the soil, gently separating the offshoots and repotting them and returning the mother plant to its pot. When you harvest, gently take the outermost leaves first as the plant produces new leaves from its center. Peel away the waxy skin to expose the gel and juice.
<b>Part of Plant used</b>	Juice
<b>Spiritual Needs</b>	Aloe is a feminine plant used in cleansing and protection.
<b>Medicinal Uses</b>	Dried juice is used as a purgative. Fresh application of juice is used to heal wounds and burns, including X-ray and radiation burns, promoting cell growth and speeding the healing process.
<b>Description</b>	Perennial succulents with rosettes of spiny-toothed sword-shaped leaves and showy tubular flowers. Short-stemmed, foot-wide rosettes of triangular bronzy leaves with stout black and white thorns on the edges and backs. Scarlet flowers turning yellow, three feet high
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	American Spikenard
<b>Botanical Name</b>	<i>Aralia racemosa</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the fall to produce seedlings over the next two years. Outdoor treatment is best. Grows well in the woods. Seeds often have double dormancy, and need scarification and cold treatment or warm then cold treatment.
<b>Light</b>	Full or semi-shade
<b>Water</b>	Moist soil
<b>Germination Rate</b>	1-4 months
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest rootstalk and root in the summer
<b>Part of Plant used</b>	Root and rootstalk
<b>Spiritual Needs</b>	American Spikenard is used in cleansing, purification and for balance.
<b>Medicinal Uses</b>	Spikenard is used for backache, rheumatism, asthma, coughs, flatulence, breast pain, blood poisoning, eczema (topically as a poultice) and urinary troubles. It encourages sweating, stimulates the body and detoxifies the body.
<b>Description</b>	Deciduous tree, grows to 6 feet tall with large leaves, small flowers and blue berries.
<b>Other</b>	Grown for food or medicinal use
<b>Purchased from</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Ashwagandha
<b>Botanical Name</b>	Withania somnifera
<b>Climate</b>	Tropical/ (perennial), Temperate (annual)
<b>Planting Instructions</b>	Easily grown from seed. Broadcast seeds in early spring in deeply dug soil after heavy rainfall and cover lightly with soil or start early in the greenhouse and transplant outdoors. Not winter hardy. Prefers to be planted about a foot apart.
<b>Light</b>	Full sun, cannot grow in the shade.
<b>Water</b>	Requires very little water and well drained soil.
<b>Germination Rate</b>	15 days - light dependent 50%-100% germination
<b>Days to Maturity</b>	160-190 days
<b>Special Instructions</b>	Harvest root when red flowers boom and leaves start dying.
<b>Part of Plant used Medicinally</b>	Leaves, seeds and roots
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Improves memory, is antibiotic, anti-viral and insecticidal, tonic and hypnotic. This herb also regulates and nourishes the endocrine system and treats anemia due to its high iron content. It reduces water retention and inflammation in rheumatism, fevers, sores and asthma; dried root is a Ginseng-like tonic of the Ayurvedics. Stimulates activation of immune system cell and is used to treat growths.
<b>Description</b>	Perennial or annual. Ornamental woolly or hoary shrubs with clustered flowers and Chinese-lantern-like fruits. Small whitish to yellow flowers followed by attractive scarlet berries. 1 to 7 feet tall with downy leaves.
<b>Other</b>	Berries are used as soap
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Astragalus
<b>Botanical Name</b>	<i>Astragalus membranaceus</i>
<b>Climate</b>	Dry temperate
<b>Planting Instructions</b>	Easy cultivation. Scarify or nick seed lightly, and use rhizobium inoculant (available through Horizon Herbs). Direct seed in early spring. Prefers to be planted close together. Prefers average soil or sandy, slightly alkaline soil.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers good drainage. Prefers to be bottom watered while small.
<b>Germination Rate</b>	1-2 weeks without nicking. Good cold soil germinator.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Long, flexible roots
<b>Spiritual Needs</b>	Astragalus is a feminine plant used in purification, cleansing and balance.
<b>Medicinal Uses</b>	Astragalus is an energy tonic, helps the body to adapt to external influences, especially to cold. Encourages blood flow to the surface, used for night sweats, relieves fluid retention, reduces thirstiness, increases appetite, stimulates the immune system and treats prolapsed organs, especially the uterus and is beneficial for uterine bleeding. Also useful to discharge pus and to promote healing of ulcers, for poor circulation and lassitude. This herb is usually used on younger people instead of Ginseng. Astragalus also strengthens digestion, raises the metabolism and treats chronic weakness of the lungs. It is very effective in cases of nephritis (6-15 gms).
<b>Description</b>	Light yellow flowers to 4 ft. tall, in spikes, followed by semi-transparent pods. Hardy perennial to 2 ft. with long, flexible roots.
<b>Other</b>	Soil builder and mineral indicator. Provides food, forage and medicinals.
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Bilberry
<b>Botanical Name</b>	<i>Vaccinium myrtillus</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Best sown on the surface of the soil in the late summer or fall in with a lot of light. Prefers acidic soil (compost rich). Prefers a small amount of space between plants.
<b>Light</b>	Give partial shade to developing seedlings
<b>Water</b>	Prefers moist soil
<b>Germination Rate</b>	3-4 weeks. 75%-100%. Slow to germinate; ongoing germination.
<b>Days to Maturity</b>	Will take root by winter
<b>Special Instructions</b>	Fruit and leaves are collected in the summer.
<b>Part of Plant used Medicinally</b>	leaves and berries
<b>Spiritual Needs</b>	Bilberry is a feminine plant used to see rightly, for purification and for cleansing.
<b>Medicinal Uses</b>	Used medicinally like <i>Uva ursi</i> , for cystitis and other urinary tract problems. Ripe fruit is mildly laxative due to high sugar content. Dry fruit is constipating and has antibacterial action. A decoction of dried fruit is useful for diarrhea. Leaves and berries are used to treat varicose veins, hemorrhoids, capillary fragility, to improve eyesight and are used to prevent and improve degeneration of the retina. Leaves may be helpful in pre-diabetic states as well. Tannin and anthocyanidin-rich berries are astringent, antioxidant and antibacterial.
<b>Description</b>	Perennial woody shrub. Bell shaped flowers. Tiny shrub rarely over 2 ft with leathery myrtle-like leaves. White or pink flowers. Black berries.
<b>Other</b>	Edible berries. Indelible purple dye. Rich in tannins, do not use with alkaloid-containing herbs. Do not use for longer than 3 weeks at a time.
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Bitter Melon (Ceracee)
<b>Botanical Name</b>	<i>Momordica charantia</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Quick growing, preferring warm soil and a long season. Start early indoors in the north and treat like cucumbers or sow directly into the garden in warmer climates. Plant seeds about 1/2 inch deep. Provide compost rich soil and a trellis. Prefers a moderate amount of space between plants. Frost can kill the plants.
<b>Light</b>	Requires plenty of sun.
<b>Water</b>	Prefers moist soil. Water frequently.
<b>Germination Rate</b>	1-3 weeks at warm temperatures - 50%-75% germination. Seed viable for 3-4 years.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest fruits 8-10 days after flowers open.
<b>Part of Plant used Medicinally</b>	Leaves , seed oil, fruit. Seed may be tinctured fresh.
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Ripe fruits are soaked in alcohol and used externally as a rub for skin diseases, muscle and head aches. The ripe fruit is a stomach tonic and induces menstruation, also used to treat ulcers, lowers blood sugar levels, expels worms, urinary stones and is used to treat fever. The juice of the fruit is used as a purgative, for colic and gas. A decoction of the leaves is taken for liver problems and colitis. The seed oil is used on wounds.
<b>Description</b>	Perennial vine, grows as an annual in temperate climates. Tendril climbing vines. Yellow inch wide flowers followed by odd attractive 4-9" fruits which turn orange when ripe and split to expose seeds which are enclosed in a mucilaginous, dark red jelly-like arils. Grows up to 30 ft with deeply lobed leaves. Vines to about 6 ft.
<b>Other</b>	Fruits are boiled before eating to remove bitterness. Bitter parts eaten in excess may be toxic. Bright red aril and seed may also be eaten. Use in low dosage. Do not take longer than 4 weeks or if prone to low blood sugar levels.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Black Cohosh
<b>Botanical Name</b>	<i>Cimicifuga racemosa</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the spring, summer or fall to germinate the following spring, or give cold treatment for 2 weeks, then warm for 2 weeks, then expect germination as the ground warms again. Grows best in compost rich soil. If growing in the greenhouse keep seedlings in pots for a full growing season and transplant in the fall. Prefers rich soil of forest or shade garden. Prefers a lot of spacing between plants.
<b>Light</b>	Prefers shade
<b>Water</b>	Prefers plenty of moisture
<b>Germination Rate</b>	1-6 months - see planting instructions. 75%-100% germination.
<b>Days to Maturity</b>	Approx. 1 year
<b>Special Instructions</b>	Harvest roots in the fall after the fruits have ripened.
<b>Part of Plant used</b>	Root
<b>Medicinal</b>	
<b>Spiritual Needs</b>	Black cohosh is a masculine plant used for courage, protection and to drive away evil.
<b>Medicinal Uses</b>	Black cohosh is an astringent, encourages menstrual flow, decreases water retention, antidotes poisons such as those from a snakebite, stops violent coughing, elevates mood, relieves pain (especially nerve pain), dilates the peripheral blood vessels, reduces muscle spasms (especially smooth muscle in the uterus and respiratory tract), relieves inflammation, ringing in the ears and helps control hot flashes during menopause. During delivery, it regulates uterine contractions. Black Cohosh decreases production of progesterone and increases estrogen production.
<b>Description</b>	Tall, herbaceous perennial. Grows to 8 ft. White flowers in long wands, with clumps of shiny dark leaves
<b>Other</b>	Avoid during pregnancy. An overdose can result in intense headache, dizziness, visual disturbances, slow pulse rate, nausea and vomiting.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Blushing Glory-Bind
<b>Botanical Name</b>	<i>Convolvulus erubescens</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easily grown in most soils with little care. Soak seed, nick if unswollen. Sow in early spring 1/4" deep. In cold climates it can be grown as an annual if started early, or the carried over indoors. Long bloom period.
<b>Light</b>	Prefers full sun
<b>Water</b>	Moist soil
<b>Germination Rate</b>	1-3 days at 60-65 F. 75%-100% germination. Seeds have grown well after being stored up to 26 years.
<b>Days to Maturity</b>	Will be established by winter if sown in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Spiritual Needs</b>	Do not know, will have to work with it.
<b>Medicinal Uses</b>	Digestive problems.
<b>Description</b>	Hardy perennial. Twining vines are upright herbs with funnel-shaped morning-glory-like flowers. Vigorous growers, only a few are invasive or weedy. Small pink or white 1/2" flowers, slightly five-pointed. Half hardy twining or trailing perennial to 3-6 ft. from a thick rootstock. Odd, often silvery foliage, the leaves ranging from narrow spear-shaped to palmately divided.
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Calendula, Field Marigold
<b>Botanical Name</b>	<i>Calendula officinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow seed directly into garden in warm soils in April or May or start early in the greenhouse and transplant outdoors. Plant 1/4 inch deep as it needs to germinate in the dark. Prefers a small amount of space between plants. Survives frost and early snow. Seed is not ripe for 6 months, therefore, newly harvested seed will not germinate well until the following spring. Seeds last for only a year, so using fresh ripened seed is essential. Thrives in the poorest soils and harsh conditions. Will self sow if seeds are not removed and adapts well to new environments.
<b>Light</b>	Full sun
<b>Water</b>	Well drained soil.
<b>Germination Rate</b>	About half dormant. Four weeks cold helps. Germinates in 1-5 weeks. 75%-100% germination.
<b>Days to Maturity</b>	40-50 days. Blooms late summer or early fall if sown in the spring.
<b>Special Instructions</b>	Harvest petals in full bloom and dry on white cloth if possible.
<b>Part of Plant used Medicinally</b>	Petals
<b>Spiritual Needs</b>	Calendula is a feminine plant used in nurturing, honoring and expansive. Petals comfort the heart and spirits.
<b>Medicinal Uses</b>	Flowers have highly antiseptic and healing properties for the skin when applied as a salve, succus (fresh plant juice), tincture or simply masticated to an injury. Prevents inflammation, promotes formation of granulation tissue in wounds (prevents scarring), prevents hemorrhaging, relieves muscle spasms and is astringent. Calendula succus is also used as a wash externally to heal and cleanse the peritoneal area after giving birth. Calendula flowers aid in digestion as a bitter, increasing gastric juices. It is used for wounds, cut, scrapes, burns, fungal conditions, diaper rash, peptic ulcers, measles, conjunctivitis (as a wash), earaches, inflammation of the intestines and cleanse the liver and gallbladder.
<b>Description</b>	Hardy annual to 1-2ft. Flowers to 18 inches tall. Large yellow and orange daisies.
<b>Other</b>	Flowers, when boiled, yield a bright yellow-orange dye.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Calendula, Pacific Beauty
<b>Botanical Name</b>	<i>Calendula officinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow seed directly into garden in warm soils in April or May or start early in the greenhouse and transplant outdoors. Plant 1/4 inch deep as it needs to germinate in the dark. Prefers a small amount of space between plants. Survives frost and early snow. Seed is not ripe for 6 months, therefore, newly harvested seed will not germinate well until the following spring. Seeds last for only a year, so using fresh ripened seed is essential. Thrives in the poorest soils and harsh conditions. Will self sow if seeds are not removed and adapts well to new environments.
<b>Light</b>	Full sun
<b>Water</b>	Well drained soil.
<b>Germination Rate</b>	About half dormant. Four weeks cold helps. 1-3 weeks. 75%-100% germination.
<b>Days to Maturity</b>	40-50 days. Blooms late summer or early fall if sown in the spring.
<b>Special Instructions</b>	Harvest petals in full bloom and dry on white cloth if possible.
<b>Part of Plant used Medicinally</b>	Petals
<b>Spiritual Needs</b>	Pacific Beauty Calendula is a feminine plant used in nurturing, grounding and for inner work.
<b>Medicinal Uses</b>	Flowers have highly antiseptic and healing properties for the skin when applied as a salve, succus (fresh plant juice), tincture or simply masticated to an injury. Prevents inflammation, promotes formation of granulation tissue in wounds (prevents scarring), prevents hemorrhaging, relieves muscle spasms and is astringent. Calendula succus is also used as a wash externally to heal and cleanse the peritoneal area after giving birth. Calendula flowers aid in digestion as a bitter, increasing gastric juices. It is used for wounds, cut, scraped, burns, fungal conditions, diaper rash, peptic ulcers, inflammation of the intestines and cleanses the liver and gallbladder.
<b>Description</b>	Hardy annual to 1-2ft. Flowers to 18 inches tall.
<b>Other</b>	Flowers, when boiled, yield a bright yellow-orange dye.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	California Poppy
<b>Botanical Name</b>	<i>Eszcholzia californica</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Direct seed into cold, compost-rich soils in the fall or early spring, pressing hard into the surface. It is not recommended to transplant poppy. Grows rapidly in rich, sandy soils, but does well in poor dry soils. Sow where they are to stand, at intervals through March and April. Self sows when not crowded by weeds. Does not like growing next to Pineapple Weed. It is best to grow it on its own bed.
<b>Light</b>	Prefers sunny places and hot, dry conditions.
<b>Water</b>	Prefers well drained places and moist soil
<b>Germination Rate</b>	75%-100% germination rate. Short lived seed--sow within 2 years of receipt.
<b>Days to Maturity</b>	Blooms in late summer or fall of the first year
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Entire herb, especially root and seed capsule
<b>Spiritual Needs</b>	California Poppy is a feminine plant used for invisibility and is curative to the spirit.
<b>Medicinal Uses</b>	Tincture of fresh herb is used to relieve anxiety, insomnia, bedwetting and other nervous disorders. Blends well with Skullcap. This herb is not a narcotic, it normalizes psychological function and has gentle sedative, pain relieving and anti-spasmodic effects.
<b>Description</b>	Perennial, grown as annuals in cold areas. Bright orange flowers up to 18 inches. Very resilient and tough flowers.
<b>Other</b>	Use with extreme caution both physically and spiritually. This plant can be poisonous if used inappropriately.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Catnip, Japanese (Jing Jie)
<b>Botanical Name</b>	<i>Schizonepeta tenuifolia</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Does best in dry soils. Grows easily from seed. Direct seed in early spring or summer or start in greenhouse and transplant outdoors in average, sandy, slightly alkaline (limestone, wood ashes, dolomite, egg shells) soil. Thin or transplant, giving generous spacing. Tolerates temperatures down to -40 F.
<b>Light</b>	Does best in full sun or partial shade
<b>Water</b>	Prefers well drained soil. Dry soil increases aromatic properties.
<b>Germination Rate</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Days to Maturity</b>	Matures in late summer or fall if sown in the spring
<b>Special Instructions</b>	Harvest leaves and flower tops in the late summer when in bloom.
<b>Part of Plant used Medicinally</b>	Dry and strip leaves and flowers from stems for tea or tincture
<b>Spiritual Needs</b>	Japanese catnip is a feminine plant used for harmony, beauty and truth and for shamanic purposes.
<b>Medicinal Uses</b>	This herb increases circulation to the surface of the skin, encourages perspiration, sedates the nervous system, mildly astringent. Has been used to stop internal bleeding, to detoxify the skin, for fever, as a remedy for measles and anxiety.
<b>Description</b>	Annual. Aromatic. Three-parted leaves with long spikes of flowers.
<b>Other</b>	Use with extreme caution both physically and spiritually. This plant can be harmful if used inappropriately.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Chamomile, German
<b>Botanical Name</b>	Matricaria, chamomilla
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Chamomile seeds are short lived and must therefore be used readily. Sow in the fall, mid-winter or very early spring directly in weed-free garden bed or start early in the greenhouse and transplant outdoors. Scatter in well dug soil and tamp down. Prefers sandy soil, but is easily grown in almost any soil. Prefers not to be covered or transplanted. Does not require a lot of space between plants. Self sowing if seeds are not removed.
<b>Light</b>	Prefers full sun to partial shade
<b>Water</b>	Light watering, likes well drained, evenly moist soil.
<b>Germination Rate</b>	1-2 weeks. 75%-100% germination. Seed viable for 2-3 years
<b>Days to Maturity</b>	Blooms about 16 weeks from seed
<b>Special Instructions</b>	Harvest flower heads when in full bloom and store in airtight container to preserve volatile oils.
<b>Part of Plant used Medicinally</b>	Flowers, volatile oil
<b>Spiritual Needs</b>	Chamomile is a masculine plant used for divination and balancing.
<b>Medicinal Uses</b>	Chamomile has an affinity for the digestive tract and the nervous system. Aids in digestion, relieves gas, colic (especially in babies), menstrual cramps, nervousness and insomnia. Some individuals may experience allergic reactions to chamomile if they are prone to hayfever due to its high pollen content. The volatile oils have antibacterial properties. Chamomile tea can be used externally as an eyewash as well as a wash for wounds and scrapes.
<b>Description</b>	White inch-wide daisies with yellow disks. Hardy sweet-scented annual to 2 1/2 ft with finely divided ferny foliage.
<b>Other</b>	Chamomile is a very gentle herb when used medicinally and is therefore excellent for children.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Chaste Tree
<b>Botanical Name</b>	<i>Vitex agnus-castus</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Grown in almost any soil from seed in spring or start early in pots in the greenhouse and Grow out for a year then transplant outdoors. Applying up to 90 days cold may help germination. Prefers a lot of spacing between trees.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers dry exposure
<b>Germination Rate</b>	8-10 weeks. 18 days. 75%-100% germination.
<b>Days to Maturity</b>	1 year
<b>Special Instructions</b>	Pick berries when ripe in the fall and dry in the shade.
<b>Part of Plant used Medicinally</b>	fruit
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Fruits regulate the menstrual cycle, particularly progesterone levels. Alleviates hot flashes, insomnia and irritability. Chaste berries stimulates the pituitary to increase luteinizing hormone, which then stimulates progesterone production and induces menstruation.
<b>Description</b>	Perennial deciduous shrub or small tree. Aromatic lilac flowers in dense 5-7 inch spikes at the branch tips, from July to Sept. Strongly aromatic shrub or small tree to 10-25 ft., with divided leaves, dark green above and grayish below.
<b>Other</b>	Branches used in basket work.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Chia
<b>Botanical Name</b>	<i>Salvia hispanica</i>
<b>Climate</b>	Temperate to Tropical
<b>Planting Instructions</b>	Easy to grow from seed. Direct seed in the spring or start early in the greenhouse to give long growing season. Excess nitrogen may delay flowering. Prefers moderate spacing between plants.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers regular watering.
<b>Germination Rate</b>	1-3 weeks. 4-8 days. 75%-100% germination rate.
<b>Days to Maturity</b>	Blooms late summer or early fall if sown in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	seeds
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Highly nutritive and high in soluble fiber and oil - it is roasted, ground and added to water, which forms a gel. One tablespoon is sufficient to sustain a person for 24 hours on a forced march. Whole seed can be placed in water or juice. Soaking swells the seed covering up into a clear gel that looks like frog eggs. Drinking chia seeds in this manner will alleviate diarrhea. Chia seeds also regulate blood sugar, alleviate constipation and protect damaged or inflamed tissues.
<b>Description</b>	Annual. Succulent, bright green, bushy plants up to 4 ft. tall
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Coriander
<b>Botanical Name</b>	<i>Coriandrum sativum</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Sow in the fall in the south, early spring in the north. Sow after danger of frost has past. Place seeds 1/4 to 1/2 inch deep and sow where they are to grow. Plant will bolt very quickly if kept in pots. Prefers to be closely spaced. Weed or mulch (with straw, leaves etc.) early in the season. Prefers slightly alkaline (limestone, wood ashes, egg shells, dolomite), moderately compost-rich, light soil.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	Well drained soil.
<b>Germination Rate</b>	1-2 weeks. 13 days 75%-100% germination. Seed viable 6-8 years
<b>Days to Maturity</b>	40-50 days - mature in the fall if sown in the spring.
<b>Special Instructions</b>	Harvest the shiny, smooth leaves before the plant flowers for tincturing. Harvest seed clusters when they begin to turn brown. Cut whole plant and hang upside down. Gather seeds as they fall. Seeds viable 6-8 years.
<b>Part of Plant used Medicinally</b>	Leaves and seeds
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Herb is used to bind mercury and other heavy metals. Seeds aid in digestion and decrease flatulence.
<b>Description</b>	Aromatic annual 1-3 ft tall with divided leaves and small white or pinkish flowers in umbels, followed by clusters of round aromatic seed.
<b>Other</b>	Grow with care. Coriander plants will bind mercury and other heavy metals in the soil. Do not use plants medicinally if soil is contaminated with heavy metals.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Dwarf Nettle
<b>Botanical Name</b>	<i>Urtica urens</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in fall or the very early spring for germination in following spring. Transplant seedlings with a small amount of space between plants. Easily grown from seed in any soil.
<b>Light</b>	Transplant to an area of dappled shade
<b>Water</b>	Transplant to an area near running water. Grows best with abundant water and well-drained soil.
<b>Germination Rate</b>	75%-100% germination
<b>Days to Maturity</b>	40-50 days; late summer to fall if sown in the spring.
<b>Special Instructions</b>	Harvest leaves before flowering in the late spring or early summer
<b>Part of Plant used</b>	Leaves and roots
<b>Spiritual Needs</b>	Dwarf Nettle is a masculine plant used in protection, purification and for visions.
<b>Medicinal Uses</b>	Nettles are high in minerals, stimulate milk production, anemia, relieve hayfever and other allergies, strengthens capillaries and is an antibiotic against tuberculosis. It is an excellent spring tonic for the entire body. Nettles help the body assimilate nutrients and eliminate waste products of metabolism, increase the flow of urine and help dissolve urinary stones and gravel. It also stops bleeding (especially with blood in the urine, hemorrhoids and excessive menstrual flow), helps clear up rheumatic problems and chronic skin conditions.
<b>Description</b>	Hardy annual, usually under 1 ft. tall. Deeply toothed leaves. Has stinging hairs. Grows to 4 ft.
<b>Other</b>	Use with extreme caution both spiritually and physically. This plant can be harmful if used inappropriately. The stalks can be used to make cord and rope.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Elecampane
<b>Botanical Name</b>	Inula helenium
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow seed in greenhouse in early spring and transplant outdoors or sow directly in garden. Prefers a lot of space between plants. Use slightly acidic (compost rich) soil with clay in it. Once plant is established, it is best propagated from 2 inch root cuttings taken in the fall from buds of 2 year old roots. Cover cuttings with moist, sandy soil and store for the winter in a cool indoor room. Plant far apart after the frost.
<b>Light</b>	Grows in full sun or partial shade
<b>Water</b>	Moist soil
<b>Germination Rate</b>	1-4 weeks. 12 days. 75%-100% germination rate. Light dependent germinator.
<b>Days to Maturity</b>	Will flower in fall or at least be well established by winter if sown in the spring.
<b>Special Instructions</b>	Harvest roots in the fall of the second season after two hard frosts.
<b>Part of Plant used Medicinally</b>	root
<b>Spiritual Needs</b>	Elecampane is a masculine plant used to develop psychic powers, visions and in dreamtime.
<b>Medicinal Uses</b>	Rich in inulin - a starch that stimulates the immune system. Elecampane is used as a cough and lung remedy, especially for wet coughs. It contains volatile oils that act as antiseptic in respiratory tract infections. It is also used for diseases of the breast, malignant fevers, sluggish liver, indigestion and tuberculosis. Elecampane strengthens, cleanses and tones the pulmonary and gastric membranes, balances the metabolism and assists pancreatic function. It has been used to expel worms and reduce the retention of water, to lessen tooth decay and to firm the gums. A poultice or a strong tea is made and used for itching, skin rash and wounds externally.
<b>Description</b>	Large yellow 4inch wide flowers on a robust hardy perennial to 6 ft. with leaves up to 2 ft. long.
<b>Other</b>	Use this herb with extreme caution both spiritually and physically. This plant can be harmful if used inappropriately. Yields blue dye
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Elephant Heads
<b>Botanical Name</b>	<i>Pedicularis groenlandica</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Grown easily from seed in most soils. Needs cold treatment for germination.
<b>Light</b>	Prefers partial shade
<b>Water</b>	Prefers moist soil
<b>Germination Rate</b>	May take 6-7 weeks to germinate at cool temperatures
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Leaves
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	This herb is noted for its sedative effects. It is a mild relaxant for skeletal muscles and brain, quieting anxieties and tension. The powdered plants have been used to repel lice.
<b>Description</b>	Hardy perennial to 2 ft. tall with feathery divided 6inch leaves. Red, pink and white fragrant 3/4inch flowers in spikes with finely divided leaves.
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Fenugreek
<b>Botanical Name</b>	<i>Trigonella foenum-graecum</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easily grown from seed in any alkaline (limestone, egg shells, dolomite, wood ash) soil. Sow where they are to stand in the fall in warm areas or direct seed in the late summer to early spring after the ground has warmed in cooler regions. Fenugreek breaks up heavy clay soils and contributes nitrogen and organic matter to the soil.
<b>Light</b>	Full sun
<b>Water</b>	Well drained soil
<b>Germination Rate</b>	1 week. 75%-100% germination. Seed viable for 4 years or more. Germinates in cold soils. Use rhizome inoculant if possible to increase germination rate. (available through Horizon Herbs)
<b>Days to Maturity</b>	3 weeks
<b>Special Instructions</b>	Harvest pods when fully formed before cracking. Remove the sand and dry in the sun. Pick young leaves as needed
<b>Part of Plant used Medicinally</b>	seeds, leaves
<b>Spiritual Needs</b>	Fenugreek is a masculine herb. It is expansive, for justice and ethical doing.
<b>Medicinal Uses</b>	Bitter young leaves are rich in vitamin C. Seeds are rich in calcium as well. Seeds increases milk flow and contain diosgenin which can be used to regulate reproductive hormones. Fenugreek seeds also contain a steroidal cardiotonic, an anti-viral, a hypoglycemic and an antihypertensive compound. Seed is warming to the digestive tract, absorbs toxins, lowers cholesterol levels and regulates blood sugar. Fenugreek is used to improve heart function, decrease blood pressure, regulate diabetes/ high blood sugar levels, soothe bronchitis and in viral infections. There have been some studies that report Fenugreek as useful for epileptic seizures. As a poultice, it is used to draw toxins out and to relieve rheumatic pains or boils.
<b>Description</b>	White 1/2 inch. flowers with distinctive blue markings on a clover-like annual to 1-2 ft. 3-6 inch beaked pods. Aromatic foliage.
<b>Other</b>	Edible seed. Contains alkaloids, do not mix with herbs containing tannins. Do not use during pregnancy, as it stimulates the uterus and may induce abortion.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Feverfew
<b>Botanical Name</b>	Chrysanthemum parthenium Roya
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in flats or pots in February or March 2 weeks before frost danger has passed or direct seed in spring or summer 1/8 to 1/4 inch deep in milder areas. Prefers warm days and cool nights. Transplant with a moderate amount of space between plants. Prefers slightly alkaline (limestone, egg shells, dolomite rich) soil. Gently pinching back the buds increases growth. Do not plant near other plants that require bees for pollination as bees dislike the smell of Feverfew.
<b>Light</b>	Prefer full sun or shade
<b>Water</b>	Keep seedlings moist. Plant prefers a well-drained soil
<b>Germination Rate</b>	Light dependent germinator. 13 days. 1-2 weeks. 50%-75% germination. Seeds viable 1-10 years.
<b>Days to Maturity</b>	Blooms in fall or is at least well established before winter if planted in the spring.
<b>Special Instructions</b>	Harvest leaves and flowers at any time.
<b>Part of Plant used Medicinally</b>	Leaf, flower or seed may be made into tea or tincture
<b>Spiritual Needs</b>	Feverfew is a masculine plant for protection against negative intrusion, it is healing to the mind and can be used for dreamtime.
<b>Medicinal Uses</b>	Tonic for prevention of migraine, fevers, headaches, nervousness, depression, coughs, to induce menstruation, to help arthritic and rheumatic pain and insect bites. Feverfew also allays nausea and vomiting, promotes restful sleep, improves digestion and relieves asthma attacks.
<b>Description</b>	Herbaceous perennial. Single, white and yellow, daisy-like flowers grow densely on upright bushes. Grows to 3 ft.
<b>Other</b>	Do not use during pregnancy as it may induce abortion. Prolonged use may cause mouth ulcers.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Fireweed
<b>Botanical Name</b>	<i>Epilobium angustifolium</i>
<b>Climate</b>	Temperate to arctic
<b>Planting Instructions</b>	Easy to grow from seed. Sow on the surface to germinate in 1-2 weeks. Mix very small seed with sand and press into surface of flat, or bury shallowly and use fire treatment. Plants prefer a moderate amount of distance between plants.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	At their best in moist places or at the waters edge
<b>Germination Rate</b>	Light dependent germinator. 75%-100% germination rate
<b>Days to Maturity</b>	30-40 days
<b>Special Instructions</b>	Harvest shoots in the early spring, leaves in the late spring, buds and flowers in the summer, and the downy mature Pod and rootstalk coverings in the fall.
<b>Part of Plant used Medicinally</b>	Shoots, leaves
<b>Spiritual Needs</b>	Fireweed is a feminine plant, used by Native Americans for shamanic purposes, vision quests and right seeing.
<b>Medicinal Uses</b>	Young leaves are high in vitamins A and C. Tea is used to relieve stomach ache, but said to be dull the senses and cause diarrhea when drunk in excess. Oil made from a leaf infusion in a salve reduces swelling of hemorrhoids. An infusion relieves constipation. A cooled decoction of the whole herb is used as antispasmodic to relieve whooping cough and asthma, sipped in small quantities until spasms pass. The mashed fresh root is good to draw out boils.
<b>Description</b>	Hardy perennials with willow-like leaves and large spikes of purple to rose 1 1/4 inch flowers. Grows 3-8 ft. with 6inch willow-like leaves
<b>Other</b>	Use this herb with extreme caution both spiritually and physically. It can be harmful if used inappropriately. Young shoots can be eaten like asparagus. Pith of stems can be eaten and the fiber from the stem can be made into rope/cord. Rubbing fireweed flowers on rawhide can be used for waterproofing. The inner pith from stems are dried and powdered and used as talk to prevent chapping. Shoots are edible, high in vitamin A and C.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Foxglove, Grecian
<b>Botanical Name</b>	Digitalis lanata
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the late spring or early summer directly into the garden to survive the winter or start early in the greenhouse and transplant outdoors. Cover lightly with soil to keep moist. Plant prefers a lot of space between. Tolerates a wide range of soil types as well as freezing temperatures, however it needs some protection from the cold and snow. Does well in dry soils and prefers a slightly acidic (compost-rich) soil.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	Needs good drainage or the root will rot.
<b>Germination Rate</b>	2-3 weeks. 75%-100% germination.
<b>Days to Maturity</b>	Will flower by late fall or at least be well established by winter.
<b>Special Instructions</b>	Leaves are harvested in the summer.
<b>Part of Plant used Medicinally</b>	leaves
<b>Spiritual Needs</b>	Foxglove is a feminine plant used in cleansing, purifying, protection and visions.
<b>Medicinal Uses</b>	This herb is best used internally in very low doses, as it contains a potent heart stimulator, digitoxin. It enables the heart to beat more strongly, slowly and regularly without requiring more oxygen. It simulates urine production, which lowers blood volume. This herb is also used as a poultice on fresh wounds, its juice is also used in old sores to cleanse, dry and heal them.
<b>Description</b>	Hardy perennial or biennial to 3 ft. Creamy yellow to gray inch-long flowers.
<b>Other</b>	Use this plant with extreme caution both spiritually and physically. It can be poisonous if used inappropriately. Can be toxic and fatal when taken internally in large doses.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Holy Basil
<b>Botanical Name</b>	Ocimum sanctum
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Grown easily from seed after frost has past. Plant in warm soil 1/8 inch deep in mid summer if sowing directly into garden in manure or compost rich soil with an overall balance of clay, sand and silt. After established, mulch around the plant. Pinch flowering tops to increase growth. If starting in the greenhouse, sow in the spring 6-8 weeks before last frost. Frost hardy once established. Prefers small spacing between plants.
<b>Light</b>	Prefer full sun
<b>Water</b>	Prefers plenty of water
<b>Germination Rate</b>	14 days 1-4 weeks. 75%-100% germination rate. Seeds viable 8-10 years
<b>Days to Maturity</b>	40-50 days. Mid to late summer if planted in the spring.
<b>Special Instructions</b>	Harvest leaves before blooming when the sun is at its hottest. Do not water the day of harvesting to allow volatile oils to concentrate in the leaves. For drying, cut sprigs just before it reaches full bloom.
<b>Part of Plant used Medicinally</b>	leaves
<b>Spiritual Needs</b>	Holy Basil is a feminine plant, it is balancing, harmonizing and cleansing.
<b>Medicinal Uses</b>	Highly aromatic, antifungal, antibiotic and antibacterial. Used to treat fevers, ringworm, malaria and dysentery. Smelling the herb soothes nervous headaches. Tea calms an upset stomach and helps the body adapt to stress. Holy Basil has an affinity for the heart, protects it from stress, lowers blood pressure and cholesterol level. Stabilizes blood sugar levels, useful in treating diabetes. It is also valuable for respiratory infections such as colds, coughs, bronchitis and pleurisy as well as asthma. The juice is extracted and applied to insect stings, ringworm, canker sores and skin diseases, also used as eardrops for ear infections.
<b>Description</b>	Tender annuals. Edible leaves. Bushy, grows 1-3 ft. Profuse purple or white bloom
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson
<b>Common Name</b>	Hops, Nugget
<b>Botanical Name</b>	Humulus lupulus
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Start in early spring in a cold greenhouse and transplant outdoors in the summer or following spring. Hops grows well in either sandy, compost-rich or clayey soils. It also grows well in acidic (compost-rich), neutral, alkaline (limestone, dolomite, egg shell, wood ash) soils.
<b>Light</b>	Semi-shade/full sun
<b>Water</b>	It grows well in dry or moist soil and can tolerate drought.
<b>Germination Rate</b>	Give 3-6 weeks of cold treatment to germinate in 1-2 weeks.
<b>Days to Maturity</b>	Early fall

## Medicinal Seed Information

<b>Special Instructions</b>	The female flowering heads are harvested in the fall and can be used fresh or dried.
<b>Part of Plant used Medicinally</b>	Female fruiting body, flowering heads
<b>Spiritual Needs</b>	
<b>Medicinal Uses</b>	Hops is used to calm the nerves, to relieve pain, increase digestion and bile flow and depress the central nervous system. It is indicated for nervous irritability, insomnia and acid reflux. Hops contains estrogen-like compounds, which cancels the effects of male hormones. A decoction of hops cleanses the blood, thus, it is indicated for itch, ringworm, spreading sores and skin discolorations. Hops tones the liver, acts as a mild laxative and increases the flow of urine.
<b>Description</b>	Hops have rough, very long stems that twist around any support. Leaves are in pair, stalked, saw toothed and heart-shaped. The flowers are 3-5 lobed that have yellowish green scales and have a strong smell.
<b>Other</b>	Some people develop headache and nausea with hops, avoid if a person strongly dislikes the smell of hops.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Indian Hemp
<b>Botanical Name</b>	<i>Apocynum cannabinum</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Grows well in any soil and pH. Sow in Early spring, giving cold treatment before sowing.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	Prefers dryish to moist soil.
<b>Germination Rate</b>	1-3 weeks. 75%-100%
<b>Days to Maturity</b>	will be well established by winter.
<b>Special Instructions</b>	Harvest and dry root in the fall.
<b>Part of Plant used Medicinally</b>	Fresh Root
<b>Spiritual Needs</b>	Indian Hemp is a feminine plant used in mediation, for visions - it is expansive and healing to the heart.
<b>Medicinal Uses</b>	In low doses, it aids in digestion and is useful in fever and the treatment of syphilis. The root steeped in water is used to expel worms. It also expels excess fluid from the body, it induces sweating and is a powerful purging agent. It stimulates and tones the heart. It relieves pain, is antispasmodic and can induce a hypnotic state. In large doses, it induces vomiting. Can be used in acute alcoholism - 1/8 of an ounce of a decoction in 4 ounces of water. Milky sap is used for venereal warts.
<b>Description</b>	Hardy perennial with caustic milky juice. Small white or pink flowers. Grows to 4 ft. tall with ovate 2-6 inch leaves and slender paired pods.
<b>Other</b>	Makes strong fiber from stems to make linen cloth, nets, rope. A decoction yields a permanent dye - black or brown depending on the mordant used.
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Lemon Balm
<b>Botanical Name</b>	<i>Melissa officinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Grows easily from seed outdoors in the spring, summer or fall or start early in the greenhouse and transplant outdoors. Providing 2 weeks of cold treatment can help with germination, as well as keeping the seeds moist but uncovered when direct seeding. Prefers normal garden soil and a slightly alkaline pH (add dolomite, wood ash, egg shells or limestone). It can withstand temperatures as low as -30 F. Sow after all danger of frost has past. Prefers a moderate amount of space between plants.
<b>Light</b>	Prefers full sun or shade
<b>Water</b>	Needs minimal water and well drained soil
<b>Germination Rate</b>	1-5 weeks. 75%-100% germination. Light-dependent germinator.
<b>Days to Maturity</b>	Blooms in mid to late summer if planted in the spring.
<b>Special Instructions</b>	Harvest before flowering. Should get 3 cuttings per season. Cut off entire plant 2 inches above ground and gently strip off leaves. Store in an airtight container to preserve volatile oils.
<b>Part of Plant used Medicinally</b>	volatile oil, leaves.
<b>Spiritual Needs</b>	Lemon Balm is a feminine plant. Its energy is infinite, of purification and love.
<b>Medicinal Uses</b>	Regulates high blood pressure, alleviates migraines, hysteria, melancholia, goiter and hyperthyroidism . Lemon balm is a highly nutritive herb. It is very soothing to the central nervous system as well as to the digestive system, also relieving allergies due to its antihistamine effect. Lemon balm also promotes menses and eases menstrual cramps, is used to promote sweating to treat colds, flu, mumps, cold sores and other viruses. It has also been found to be anti-viral.
<b>Description</b>	Perennial, 2-3 ft. tall, forming large bushes . Flowers yellow to 2ft. Tall.
<b>Other</b>	Good bee attractant
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Licorice, Official
<b>Botanical Name</b>	<i>Glycyrrhiza glabra</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Licorice is best grown from root cuttings, but can be grown directly in the ground in late summer from seed or started earlier in the greenhouse and transplanted outdoors. Prefers deeply dug, compost rich soil with water during the growing season and hot, dry weather in late summer. Seeds may need to be scarified before sowing. Licorice prefers a lot of space between plants and a neutral pH. Hard freezes will kill licorice.
<b>Light</b>	Prefers full sun
<b>Water</b>	Prefers dryish soil
<b>Germination Rate</b>	1-6 weeks. 25%-50% germination.
<b>Days to Maturity</b>	Will take root before winter
<b>Special Instructions</b>	Harvest roots the second or third season.
<b>Part of Plant used Medicinally</b>	Root
<b>Spiritual Needs</b>	Licorice is a feminine plant, cleansing to the spirit and used for love and growth.
<b>Medicinal Uses</b>	Licorice nourishes the endocrine system (pituitary, adrenals and thyroid), particularly the adrenal cortex. It aids in recuperating after exhausting diseases, stimulates the immune system, protects the body against the side effects of chemotherapy, increases stamina and endurance, is anti-inflammatory, helps regulate blood sugar and reproductive hormones (it contains estrogen-like compounds). It is also a gentle laxative, relieves heartburn, eases large intestine spasms, neutralizes toxins (such as diphtheria and tetanus), lowers blood cholesterol level, reduces irritation in the throat and increases expectoration. It is used for viral infections, coughs, chronic skin ailments (eczema, psoriasis), gastric ulcers and to dilate the blood vessels. Licorice sticks are useful to chew on when quitting smoking. Long-term use may be problematic for certain individuals, especially those with high blood pressure, kidney disease or are pregnant, as it may cause fluid retention.
<b>Description</b>	Perennials with feathery pinnate leaves and spikes of pale blue 1/2inch flowers in summer to 3-4ft. Once established, the plants shoot up like a young Willow thicket.
<b>Other</b>	Root contains glycyrrhizin, a compound that is 50 times sweeter than sucrose. Helps relieve symptoms of Poke root overdose.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Lobelia, red
<b>Botanical Name</b>	<i>Lobelia cardinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Can be direct seeded into the garden in the spring or fall in compost rich soil. Mix the seed with a teaspoon of dry sand to keep seedlings separate from each other. Prefers a moderate amount of space between plants. If central flower is picked after blooming, the side shoots will bloom till autumn. Mixing seed with about a teaspoon of dry sand prior to sowing is recommended. This will assist in keeping seedlings separate from each other.
<b>Light</b>	Part shade to full sun.
<b>Water</b>	Prefers moist areas. Water seedlings very gently or you will upset them. Likes much watering.
<b>Germination Rate</b>	Light-dependent germinator. 1-3 weeks in warm soils. 2-3 weeks with GA-3. Short lived seed.
<b>Days to Maturity</b>	Flowers late in the fall or is at least well established by winter if planted in the spring or previous fall.
<b>Special Instructions</b>	Harvest entire plant above ground at the end of the flowering time.
<b>Part of Plant used Medicinally</b>	Entire plant
<b>Spiritual Needs</b>	Lobelia is a feminine plant, used for calming storms, visions and dreamtime.
<b>Medicinal Uses</b>	In lower doses, Lobelia stimulates the nervous system, in larger doses, it depresses the nervous system. Lobelia is used to relieve coughs, asthma, bronchitis and muscle spasms. As an infusion, it can be used to stop bleeding. Excessive internal dosage may prove nauseating or promote vomiting. Lobelia plasters are used to treat sprains, muscle spasms and bruises due to its relaxing and stimulating effect. It is good for insect bites and ringworm.
<b>Description</b>	Perennial. Flowers 1 1/2 inch, long lived, 3-4 ft. tall. Grows to 18inch.
<b>Other</b>	Use this herb with extreme caution. It can be harmful if used inappropriately. Can be toxic used in large dosage. Attracts hummingbirds. Has been used to wean off tobacco as a tobacco substitute.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Lovage
<b>Botanical Name</b>	<i>Levisticum officinale</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Prefers compost rich soil and can be sown directly into the garden in the spring, late summer or fall, or started early in the greenhouse and transplanted into the garden. Prefers a lot of space between plants. Can withstand extremely cold temperatures and prefers a neutral pH soil.
<b>Light</b>	Best in full sun to partial shade
<b>Water</b>	Best in moist, well drained soil
<b>Germination Rate</b>	2-3 weeks to germinate in warm soil. 75%-100% germination. Seed viable for 3 years.
<b>Days to Maturity</b>	Growth tapers off after 4 years and maintains the same size.
<b>Special Instructions</b>	Leaves, roots and stems can be harvested as needed, once plant is established.
<b>Part of Plant used Medicinally</b>	Root, volatile oil
<b>Spiritual Needs</b>	Lovage is a masculine plant used in ceremonies as an offering to the spirits, for spirit dreams.
<b>Medicinal Uses</b>	Lovage is a stimulant and warming digestive tonic. Eases indigestion, induces sweating, decreases water retention, promotes onset of menstruation, relieves menstrual cramps and it can be substituted for Dong Quai for its estrogenic qualities. It promotes the production of estrogen and regulates menses.
<b>Description</b>	Tall perennial with shiny dark green leaves in mounds 2-3 ft. 6 ft flower stalks topped with small yellow flowers followed by strongly aromatic seeds. Flowers to 12 ft. in the second year.
<b>Other</b>	Do not use during pregnancy or kidney disease as it may induce abortion and irritates the kidneys.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Marshmallow
<b>Botanical Name</b>	<i>Althea officinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Can be grown in a variety of soil types ranging from dry to moist. Sow seeds 1/4 inch deep in the late spring to summer in warm, compost rich soil or start earlier in the greenhouse and transplant. Prefers an alkaline (limestone, egg shells, dolomitic) soil that is light. Prefers a lot of space between plants.
<b>Light</b>	Prefers full sun or shade
<b>Water</b>	Prefers well drained soil
<b>Germination Rate</b>	9-30 days. 50%-75% germination
<b>Days to Maturity</b>	Should flower or at least be well established by winter if sown in the spring.
<b>Special Instructions</b>	Harvest long tap root after 2 years. Dig root in the fall after top growth has died off. Leaves should be collected in summer after flowering.
<b>Part of Plant used Medicinally</b>	Entire plant contains mucilage; roots, leaves and flowers are dried for tea.
<b>Spiritual Needs</b>	Marshmallow is a masculine plant for purifying and is other-realm inducing.
<b>Medicinal Uses</b>	Contains high-grade mucilage which stimulates white blood cells to digest foreign material. Mucilage is best extracted by a cold infusion and used to soothe irritated mucus membranes - throat, lungs, digestive and urinary tract. Used to soothe dry, tight coughs, sore throats, gastric and duodenal ulcers and in urinary tract infections. The dried roots can be used as a healing and drawing poultice when applied warm.
<b>Description</b>	Overwintering annual or Perennial. Soft-leaved plants with large, white flowers on multiple stalks to 4 ft. high.
<b>Other</b>	Roots are highly nutritive and may be used as food as well
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Milk Thistle
<b>Botanical Name</b>	<i>Silybum marianum</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Sow in fall, early spring or late summer where they are to grow and thin to a generous spacing. Seed demonstrates partial dormancy, with some emerging immediately and others emerging over the space of 2 years.
<b>Light</b>	Full sun
<b>Water</b>	Likes plenty of water, well-drained soil.
<b>Germination Rate</b>	Sprouts in 1-3 weeks. Fresh seed will only sprout at cool temps, but after 5 months of dry storage, they will germinate well at warm temperatures. 50%-100% germination rate.
<b>Days to Maturity</b>	2 years
<b>Special Instructions</b>	Gather ripe seeds in summer to early fall.
<b>Part of Plant used Medicinally</b>	seeds
<b>Spiritual Needs</b>	Milk Thistle is a masculine plant. It strengthens, protects and heals, used for right judgment.
<b>Medicinal Uses</b>	Increases milk production in nursing women. Ground seeds are used to help the liver detoxify toxins by increasing production of glutathione in the liver, regenerates liver cells and protects against the death cap mushroom. It effectively treats cirrhosis, hepatitis A and B, and lowers fat deposits in the liver.
<b>Description</b>	Bold and striking rosettes of large glossy, dark green, spiny leaves streaked and marbled with white, followed by 2inch wide rose-purple, faintly scented flower-heads on 4-6 ft. stalks.
<b>Other</b>	Flowers much visited by bees, birds love the seeds. Loosens hard, compacted soil. Can boil young leaves or eat in salads, eat peeled stalks, eat roots like salsify, or eat young heads like artichokes. Prevents death in dogs from fatal doses of Destroying-Angel mushroom toxins.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Motherwort Official
<b>Botanical Name</b>	<i>Leonurus cardiaca</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Sow in the fall or early spring directly in the garden, or start early in the greenhouse and transplant outdoors. Likes regular garden soil. Motherwort likes to grow by itself without other plants near it.
<b>Light</b>	Likes partial or full sun
<b>Water</b>	Prefers well drained soil, but tolerates dry soil.
<b>Germination Rate</b>	1-3 weeks. 75%-100% germination.
<b>Days to Maturity</b>	40-50 days. Flowers usually in the first year.
<b>Special Instructions</b>	Harvest leaves before plant flowers. Harvest and dry flowering tops before they become prickly.
<b>Part of Plant used Medicinally</b>	leaves
<b>Spiritual Needs</b>	Motherwort is a feminine plant. She is very powerful plant. Used for wisdom, nurturing and truth.
<b>Medicinal Uses</b>	Motherwort is used to balance female hormones, suppressed menstruation, relieve tachycardia (rapid heart beat), palpitations and emotional irritability, to increase blood circulation, for nervousness, insomnia. It is also used to treat sciatica, thyroid disharmonies and hypoglycemia. Promotes fertility and lactation in menstruating women.
<b>Description</b>	White, woolly flowers on a hardy perennial to 5 ft. With palmately divided lower leaves. Flowers 4-6 ft.
<b>Other</b>	Good bee attractant. Dark green dye
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Mugwort
<b>Botanical Name</b>	<i>Artemisia vulgaris</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown in poor soil. Sow in the spring or start early in the greenhouse. Because seeds are small, it may be easier to mix seeds with sand before planting. Sow on the surface. Prefers a lot of space between plants. Does not like growing in very clayey soil. Cold hardy to -40 F.
<b>Light</b>	Full sun
<b>Water</b>	Easily grown in dry soil - many thrive in arid regions
<b>Germination Rate</b>	1-3 weeks in warm temps. 75%-100% germination rate, seeds viable 3-9 years
<b>Days to Maturity</b>	Will flower in summer or fall or at least be established by winter if planted in the spring.
<b>Special Instructions</b>	Cut to 4 inches above ground just as it blooms in the summer, and gently strip off leaves.
<b>Part of Plant used Medicinally</b>	Leaves, volatile oils
<b>Spiritual Needs</b>	Mugwort is a feminine plant. It can be used in dreamtime, for strength, psychic dreams, prophetic dreams, protection, healing and astral travel.
<b>Medicinal Uses</b>	Bitter leaves are used as tonic nervine and to encourage menstrual flow, for menstrual cramps, to hasten delivery, helps expel the placenta, for sciatica, to ease uncontrollable shaking, nervousness and insomnia. It is also used to treat liver and stomach disorders, for colds, flu, bronchitis, fevers. Tea is good to treat parasitic infections. The juice can be taken to relieve over-dose of opium.
<b>Description</b>	Very hardy woody perennial to 2-3 ft, with dark green divided leaves and tall, pyramidal clusters of small yellowish flowers to 5 ft. tall
<b>Other</b>	Use with extreme caution both spiritually and physically. This plant can be harmful if used inappropriately.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Ox-Knee
<b>Botanical Name</b>	Achyranthes bidentata
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown from seed. Sow in spring directly in the garden or start early in the greenhouse and transplant outdoors. Plant prefers fertile and acid soil, compost.
<b>Light</b>	Plant prefers full sun
<b>Water</b>	Plant prefers good drainage and deep, regular watering.
<b>Germination Rate</b>	1-2 weeks. 75%-100%
<b>Days to Maturity</b>	will be well established by winter if planted in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Entire herb
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Nourishing to the blood, kidney and liver; strengthens bones and sinews, used during labor and to treat sores of mouth and tongue. Also used to stimulate menstruation, ease menstrual pain, relieve lower back pain, hypertension, canker sores, toothache, bleeding gums and for nosebleeds.
<b>Description</b>	Perennial, making dense bushes, columnar or ovate in outline, composed of succulent green stalks with red highlights. Slender spikes of small flowers and broad oval leaves and large greenish-purple stems with joints resembling an ox's knee. Flowers greenish to 2-3 ft. tall.
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Peppermint
<b>Botanical Name</b>	<i>Mentha piperita</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow early in greenhouse and transplant outdoors or sow directly outside in the spring. Prefers small spacing. Prefers cool conditions and slightly alkaline (limestone, dolomite, egg shells, wood ash) compost rich soil. Plants grow profusely and will get woody after several years.
<b>Light</b>	Prefers partial sun
<b>Water</b>	Prefers moist, well drained soil
<b>Germination Rate</b>	Light-dependent germinator. 7-14 days. 1-3 weeks in warm soil. 50%-75% germination.
<b>Days to Maturity</b>	Will flower in summer or fall or at least be established by winter if planted in the spring.
<b>Special Instructions</b>	Cut stems during early to midflowering; bundle, hand and dry, then roll on clean table and remove stems. Keep leaves in an airtight container to preserve volatile oils.
<b>Part of Plant used Medicinally</b>	Volatile oil, leaves
<b>Spiritual Needs</b>	Mint is a masculine plant used to induce dreamtime, psychic dreams and purification.
<b>Medicinal Uses</b>	Stimulating and digestive tea. For nausea, fever, colds, ringworm, rheumatism, ulcers, menstrual cramps, headaches (applied to temples), colic. Relaxes the central nervous system. Stimulates the liver and gallbladder and decreases inflammation, topically, it increases blood-flow to the area applied. It is cooling and pain relieving when applied externally. Inhalations of the herb are useful to increase concentration and reduce excessive respiratory mucus.
<b>Description</b>	Hybridize freely. Purple flowers with purple tinged leaves to 2-3 ft.
<b>Other</b>	Do not use for babies due to its highly cooling effects.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Pleurisy Root
<b>Botanical Name</b>	<i>Asclepias tuberosa</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Very easy to grow. Sow the seeds in early spring directly into garden or give 2 weeks cold conditioning or start early in the greenhouse and transplant outdoors. Plants are tap rooted, so early transplant gives best results. Does well in regular garden soil or poor soils. Prefers a moderate distance between plants.
<b>Light</b>	Prefer full sun
<b>Water</b>	Stands drought and dry soil.
<b>Germination Rate</b>	3 weeks in warm temperatures. 75%-100% germination rate.
<b>Days to Maturity</b>	will be well established by winter if planted in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Root
<b>Spiritual Needs</b>	Pleurisy root is a feminine plant used in purification, cleansing, as a restorative and healing to spiritual assault.
<b>Medicinal Uses</b>	Treats inflammation of serous membranes of the lungs as in pleurisy, bronchitis, pneumonia and coughs. It is used to induce sweat, for colds, flu and respiratory problems, allows expelling of phlegm/mucus.
<b>Description</b>	Hardy perennials. Orange flowers in large clusters. Grow to 3 ft. from long horizontal roots.
<b>Other</b>	Shoots and pods are edible. Flowers attract butterflies. Rare
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Poke Root
<b>Botanical Name</b>	<i>Phytolacca americana</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown in most soils but prefers rich, moist soil. Sow in mid-summer. Cold hardy once established. Prefers a lot of space between plants.
<b>Light</b>	Full sun to partial shade
<b>Water</b>	Prefers moist soil
<b>Germination Rate</b>	Heat dependent germinator. Give seeds 3 months cold treatment to germinate in 1-2 weeks. Long lived seed (40+years)
<b>Days to Maturity</b>	Attains a harvestable size after overwintering and growing through another summer.
<b>Special Instructions</b>	Unearth root in late fall or spring. Clean and split lengthwise before drying. Collect berries when ripe
<b>Part of Plant used Medicinally</b>	root, berries
<b>Spiritual Needs</b>	Poke is a masculine plant for courage, strength and far-seeing.
<b>Medicinal Uses</b>	Incredible lymphatic stimulant for resolving lymphatic blockage, but must be taken in carefully measured small doses. Used for tonsillitis, swollen glands, mumps, rheumatism. Large doses will induce vomiting and produce a laxative effect. Infused oil of root is used externally for treating mastitis, growths and breast cancer. Kills snails that carry bilharzia - a trematode worm that causes human and animal blood fluke disease.
<b>Description</b>	Hardy perennial to 12 ft. Bears grape-like clusters of purplish-black berries filled with crimson juice, used as a source of red ink. Small white or purplish flowers in 6inch spikes. Young shoots are a succulent vegetable. Berries are toxic to eat, but great for birds.
<b>Other</b>	Potentially toxic in large doses. Overdoses can be fatal.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Purple Coneflower
<b>Botanical Name</b>	Echinacea Purpurea
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow seed in early spring in flats outdoors or in the greenhouse, and transplant in mid-spring after soil is warm. Prefers a lot of space between plants. Alternatively, sow dry seed directly in the garden or field in the fall or early spring. Barely cover the seed and tamp in. Do not cover seeds. Keep weeded and thin to desired spacing. Does well in either limey soil or slightly acidic soils. Mulch in the winter to keep warm.
<b>Light</b>	Prefers full sun. Tolerates hot temperatures.
<b>Water</b>	Prefers regular watering. Tolerates humid temperatures.
<b>Germination Rate</b>	2-3 weeks. 75%-100% germination.
<b>Days to Maturity</b>	Will be well established by winter if planted in the spring.
<b>Special Instructions</b>	Unearth root in fall after it goes to seed and has endured several hard frosts. Harvest leaves anytime and flowers in the spring and summer while flowers are in bloom.
<b>Part of Plant used Medicinally</b>	Root and flowering tops
<b>Spiritual Needs</b>	Purple coneflower is a masculine/feminine plant, used as a spiritual tonic, balancing and truth-seeing. It is used in North American Indian ceremonies to strengthen and ensure visions.
<b>Medicinal Uses</b>	Immune system stimulant, effective against bacterial and viral infections. It has been used for snakebites and for healing wounds with pus (suppurating, reducing putrefaction and pain of a wound externally. It cleanses the blood by stimulating liver and spleen function. Internally, it is used for tonsillitis, inflamed gums, mucus in the nose, sinuses, lungs and digestive tract, to fight infections (bacterial and viral) and allergies.
<b>Description</b>	Large daisy-like flowers and thick, medicinal roots. Flowers purple 4inch wide. 3-4 ft. tall. Perennial.
<b>Other</b>	Use with extreme caution both spiritually and physically. This plant can be harmful if used inappropriately.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Red Trumpet Vine
<b>Botanical Name</b>	Campsis radicans
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Prefers compost rich soil. Sow outdoors in early spring or early in the greenhouse and transplant outdoors. Very cold hardy. Will spread by means of multiple suckers.
<b>Light</b>	Prefers sunny places
<b>Water</b>	Average water, moist soil.
<b>Germination Rate</b>	60 days cold treatment to germinate in 15-30 days. 75%-100% germination rate.
<b>Days to Maturity</b>	will be well established by winter if planted in the spring.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Root.
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Dried herb is antifungal, used as a douche for treating Candida or as an external wash for treating fungal skin infections.
<b>Description</b>	Hardy deciduous vining shrubs to 30 ft. Tall. Clusters of orange flowers 3 inch wide. Dark green pinnate foliage.
<b>Other</b>	Good erosion control and wildlife food. Some are roots are hardy to -30 degrees F.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Rue, Official
<b>Botanical Name</b>	Ruta graveolens
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Grows easily. Sow in spring or start early in the greenhouse and transplant outdoors. Prefers clayey compost rich soil, slightly alkaline (dolomite, egg shells, wood ash, limestone). Prefers a lot of space between plants.
<b>Light</b>	Prefers full sun/ partial shade
<b>Water</b>	Prefers well-drained, moist soil.
<b>Germination Rate</b>	1-3 weeks. 75%-100% germination. Seed viable for 2 years.
<b>Days to Maturity</b>	Will be well established by winter if planted in the spring.
<b>Special Instructions</b>	Harvest several times a year. Apply compost after first harvest. Harvest leaves before flowers form.
<b>Part of Plant used Medicinally</b>	Leaves, stems and flowers
<b>Spiritual Needs</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Medicinal Uses</b>	Rue is used in low doses or as a homeopathic remedy. It is used for absent menses, strained eyes and headaches caused by eyestrain, nervous headaches, heart palpitations, nervous indigestion and colic. The tea expels worms, stimulates the uterus to promote menstruation, strengthens fragile blood vessels and varicose veins. It is good as an ointment for gouty, rheumatic pains, sprained or bruised tendons and chilblains, snake and insect bites. It has been used to ward off fleas and contagion.
<b>Description</b>	Hardy, woody perennial to 2-3ft. With finely divided blue-green foliage. Aromatic, yellow four petaled flowers to 3 ft.
<b>Other</b>	Pungent aroma repels pests. May cause rash in sensitive people
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Sage, Garden
<b>Botanical Name</b>	<i>Salvia officinalis</i>
<b>Climate</b>	Tropical
<b>Planting Instructions</b>	Easily grown from seed. Sow from early spring to early summer directly in the garden or start early in the greenhouse and transplant outdoors. Seeds may need some scarification. Transplant seedlings to garden after soil has thoroughly warmed up. Grows well in almost any soil, but prefers slightly alkaline (dolomite, egg shells, wood ash, limestone) soil. Mulch in the winter if temperature falls below 0 F.
<b>Light</b>	Prefers partial shade to full sun
<b>Water</b>	Seedlings require plenty of moisture to get started, but develop drought tolerance and prefer dryish soils as they mature.
<b>Germination Rate</b>	10 days. A period of cold, moist conditioning may improve germination. 1-3 weeks. 75%-100% germination rate.
<b>Days to Maturity</b>	Will be well established by winter if planted in the spring.
<b>Special Instructions</b>	Harvest leaves in midsummer before flowers open by cutting the plant to 4 inches above the ground and gently removing the leaves. Store in an airtight container to preserve volatile oils.
<b>Part of Plant used Medicinally</b>	leaves, volatile oils
<b>Spiritual Needs</b>	Sage is a masculine plant used in cleansing, purifying, for wisdom and protection. It is used to call spirits and for the divination of truth.
<b>Medicinal Uses</b>	Antibacterial, gargle for sore throats, mouth ulcers, inflammation of the tonsils. As a tea, it can be used for colds and flu, indigestion, hot flushes (prevents sweating), lack of menses and painful periods (due to estrogenic properties). Also reduces or stops the flow of milk in nursing women. Sage is strongly antiseptic, strengthens the nervous system and stimulates digestion. Can be used as a steam inhalation for congested sinuses and sinusitis.
<b>Description</b>	Woody perennial with blue 1 1/4 inch flowers in spikes. Grows to 2 ft. tall with gray leaves and white woolly stems.
<b>Other</b>	Tea should only be taken a week or two at a time due to high content of potentially toxic essential oil, thujone.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Scarlet Pimpernel
<b>Botanical Name</b>	<i>Anagallis arvensis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in March indoors or in April outdoors. Prefers a moderate amount of space. Self sowing if seeds are not collected. Succeds in dry, sandy soils or clayey soils at any pH. Frost tolerant.
<b>Light</b>	Full sun
<b>Water</b>	Prefers moist soil
<b>Germination Rate</b>	1-6 weeks at cool to warm temps. 75%-100% germination rate.
<b>Days to Maturity</b>	Mid-summer
<b>Special Instructions</b>	Harvest leaves and stems in June
<b>Part of Plant used Medicinally</b>	Leaves and stems tinctured fresh
<b>Spiritual Needs</b>	Scarlet Pimpernel is a masculine plant used for truth, wisdom, clarity and strength of purpose.
<b>Medicinal Uses</b>	Tincture of leaves used in low dosages to alleviate water retention and to soothe the urinary tract. Used for obstructions of the liver and spleen, melancholy and associated mental disease, fear of water, epilepsy, urinary irritability, pulmonary consumption (in its early stages) and rheumatism.
<b>Description</b>	Creeping annual. Salmon-red, 5-petaled flowers produced abundantly on a low, trailing plant to 8inches. Stamens are covered with delicate violet hairs. Flowers close if rain threatens. Flowers to 4 inches.
<b>Other</b>	Leaves can be added sparingly to greens.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Squirting Cucumber/ Wild Cucumber
<b>Botanical Name</b>	<i>Ecballium elaterium</i>
<b>Climate</b>	Tropical perennial; Arctic annual
<b>Planting Instructions</b>	Easily grown from seed. Start in pots or in hills in the garden or greenhouse in early spring. Likes rich soil.
<b>Light</b>	Likes full sun
<b>Water</b>	Likes plenty of water
<b>Germination Rate</b>	2-4 weeks in warm soil. 50%-75% germination rate.
<b>Days to Maturity</b>	Fruits the first year from seed.
<b>Special Instructions</b>	The fully grown but unripe fruits are harvested during the summer, they are left in containers until the contents are expelled and the juice is then dried for later use
<b>Part of Plant used Medicinally</b>	Seeds (Elatarin), juice, root
<b>Spiritual Needs</b>	Do not know, will have to work with it.
<b>Medicinal Uses</b>	Laxative, also for pulmonary edema - it is a potent hydragogue- releases water from the lungs. May be debilitating if used after a weakening illness. DOSE: Start with 1 drop of tincture, increase gradually up to 10 drops.
<b>Description</b>	Perennial vine with grayish triangular 4" leaves. Bears oblong green 2" cucumber-like fruits which fall and explosively squirt seeds and mucilaginous juice when ripe.
<b>Other</b>	
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Swamp Milkweed
<b>Botanical Name</b>	<i>Asclepias incarnata</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Prefers a light compost-rich soil with cocopeat. Succeeds on dry soils and on all soil types. Self sows if seeds are not collected. Cold hardy. Sow seed in the greenhouse in early spring and transplant into larger pots. Keep in the greenhouse the first winter and transplant the following late spring or early summer.
<b>Light</b>	Full sun
<b>Water</b>	Likes plenty of water, well drained soil. Does well by water.
<b>Germination Rate</b>	Germinates easily at warm temperatures. Seed might need 2 - 3 weeks cold treatment. Germinates in 1 to 3 months with stragglers up to 1 year. 75%-100% germination.
<b>Days to Maturity</b>	approx. 1 year
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Root
<b>Spiritual Needs</b>	Swamp Milkweed is a masculine plant used in cleansing and purification.
<b>Medicinal Uses</b>	Swamp Milkweed can cause vomiting and is used as a laxative in large doses, also used in smaller doses for dropsy, asthma and dysentery. Tones the urinary tract, reduces flatulence and dispels tapeworms.
<b>Description</b>	Hardy perennial. Rose pink to red flowers to 4 feet with fibrous roots. Flowers 3 to 4 feet tall.
<b>Other</b>	Attracts butterflies. Buds can be eaten in soup or corn meal mush. Cord made from dried stems for tooth extraction, fish nets and burden straps.
<b>Purchased From</b>	Horizon

## Medicinal Seed Information

<b>Common Name</b>	Sweetgrass
<b>Botanical Name</b>	<i>Hierachloe odorata</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown in moist places. Sow on surface and press in. Regular garden soil. Cold hardy. We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Light</b>	Plant prefers full sun
<b>Water</b>	Keep moist until germination
<b>Germination Rate</b>	2 weeks to 6 months, but is speeded to 2-4 weeks by soaking in 2000ppm KNO <sub>3</sub> (Potassium Nitrate) or GA-3. 75%-100% germination rate. Rubbing tiny seed out of husk will give much better germination.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Essential oils (coumarin rich), leaves
<b>Spiritual Needs</b>	Sweetgrass is a feminine plant. It is used as sacred smudging braids for purification and sending offerings and blessings, for visions, purification, understanding and for calling of the spirits.
<b>Medicinal Uses</b>	Leaves are chewed to give strength during fasting; tea is used to treat vomiting, coughing, sore throats and bleeding. Externally, used for treating sore eyes and saddle sores.
<b>Description</b>	Perennial grass to 1-2 feet with graceful brownish panicles. Spreads easily. Flowers golden to 2 feet.
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Valerian
<b>Botanical Name</b>	<i>Valeriana officinalis</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the spring or start early in the greenhouse and transplant outdoors. Prefers compost rich soil and a moderate amount of space between plants. Self sows if seeds are not removed.
<b>Light</b>	Prefers full sun to partial shade
<b>Water</b>	Best in damp areas. Keep seed continuously moist
<b>Germination Rate</b>	1-4 weeks, may be irregular. GA-3 helps. 25%-50% germination rate. Light dependent germinator. Short lived seed. Plant within one year of receipt.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Harvest rhizomes in the fall of the second year.
<b>Part of Plant used Medicinally</b>	Rhizomes
<b>Spiritual Needs</b>	Valerian is a feminine plant, used for purification, protection of dreams and journeys and for understanding.
<b>Medicinal Uses</b>	Strongest cerebral sedative, a sedative and anti-anxiety remedy. Used for insomnia, anxiety, headaches and nervous tension. Serves to put one to sleep, and as long as the dosage is correct, also allows one to awaken refreshed, willing and able to get on with the day. It is also a strong muscle relaxant, useful in stomach cramps, spastic or irritable bowel, menstrual cramps and nervous indigestion. In some individuals, Valerian may stimulate the nervous system. Valerian will sedate agitated individuals and stimulates someone who suffers from fatigue. Valerian also strengthens the heart and lowers blood pressure.
<b>Description</b>	Creeping perennials. Large clusters of tiny white flowers with a spicy scent to 3-5 feet, with pinnate foliage. Forms nice colonies with age.
<b>Other</b>	
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Wool Mullein
<b>Botanical Name</b>	<i>Verbascum thapsiforme</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Sow in the spring or start early in the greenhouse and transplant outdoors. Prefers a moderate amount of space between plants. Sow on surface and compact down hard. Seedlings transplant well and require little care past occasional watering when they are young. They discourage other plants from growing near them. Tolerate poor, gravelly soil. Fertile soils produce monumental plants.
<b>Light</b>	Likes sun. Tolerates fierce sun.
<b>Water</b>	Likes dry soil. Occasional watering produces monumental plants.
<b>Germination Rate</b>	Light-dependent germinator. 75%-100% germination.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Part of Plant used Medicinally</b>	Leaves and flowers
<b>Spiritual Needs</b>	Wool Mullein is a feminine plant used in cleansing, courage, protection and divination.
<b>Medicinal Uses</b>	Moistens mucous membranes, a great soothing agent for the throat and lungs. Can be irritating after prolonged use. Used for dry coughs, bronchitis, asthma and whooping cough as well as cystitis and urethritis. Mullein has also been used as a sedative for insomnia. As an oil infusion, mullein can be used for earache as eardrops and rubbed into rheumatic joints to ease the pain. Mullein leaves are excellent for poultices for boils and sores. Do not use for wet coughs, as it may worsen the condition by increasing lung secretions.
<b>Description</b>	Tall, hardy. Large, bright yellow 2" wide flowers in long branched spikes up to 8-10 feet tall, above a rosette of leaves. Whole plant is covered with dense, yellow down.
<b>Other</b>	Bee plant, can be used as a smoking herb.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Wormwood
<b>Botanical Name</b>	<i>Artemisia absinthium</i>
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easily grown in poor soil. Sow in fall or early spring or start early in the greenhouse and transplant outdoors. Mix very tiny seed with sand before sprinkling on surface and tamping in, so that the seedlings do not emerge too closely together. Discourages other plants from growing near them. Plant prefers a lot of space.
<b>Light</b>	Prefers full sun to partial shade
<b>Water</b>	Easily grown in dry soil.
<b>Germination Rate</b>	1-3 weeks. Light-dependent germinator. 75%-100% germination.
<b>Days to Maturity</b>	We will be working with this plant, spiritually, to know its needs and its characteristics and will pass on all information to you as we gain in understanding of this plant.
<b>Special Instructions</b>	Hang to dry, then strip the leaves from stems and use for tea or tincture.
<b>Part of Plant used Medicinally</b>	Leaves
<b>Spiritual Needs</b>	Wormwood is a masculine plant used for psychic powers, calling of the spirits and for protection.
<b>Medicinal Uses</b>	Dispels worms, tones the mucous membranes, stimulates digestion, movement of the bowels, liver and gallbladder. It also is used to reduce fever and as an anti-inflammatory. When used over a period of two weeks, a tea of the leaves will rid the GI tract of parasites.
<b>Description</b>	Woody hardy perennial to 2-5 feet with grayish, silky, divided foliage and leafy spikes of little nodding flowers.
<b>Other</b>	Use with caution both spiritually and physically. Can be harmful if used inappropriately. Potentially toxic if used in large doses - has been known to cause nervous system damage.
<b>Purchased From</b>	J.L. Hudson

## Medicinal Seed Information

<b>Common Name</b>	Yarrow
<b>Botanical Name</b>	Achillea millefolium
<b>Climate</b>	Temperate
<b>Planting Instructions</b>	Easy cultivation in any soil and grows longer in poor soils. Sow early spring or fall directly outdoors or early in the greenhouse and transplant outdoors. Prefers a lot of space plants between plants. Cold hardy.
<b>Light</b>	Full sun.
<b>Water</b>	Prefers very little water, well drained soil.
<b>Germination Rate</b>	Germinate best at 70 degrees, 5-15 days. 75%-100% germination.
<b>Days to Maturity</b>	Flowers from June to August.
<b>Special Instructions</b>	Harvest entire plant when in flower, cutting it just above ground.
<b>Part of Plant used Medicinally</b>	flowering tops, essential oils
<b>Spiritual Needs</b>	Yarrow is a feminine plant used for courage, psychic powers of truth and divination.
<b>Medicinal Uses</b>	Used to stop bleeding (external and internal) and as a tea for colds and fever, expels toxins, encourages blood flow to the skin, lowers blood pressure, clears blood clots, it is used as a poultice for healing wounds and induces menses. Antiseptic, anti-inflammatory.
<b>Description</b>	Hardy perennial to 3 feet with feathery leaves and flat clusters of white flowers. Spreads by roots and seeds. Spreads easily
<b>Other</b>	Taking yarrow orally may cause sensitivity to sunlight in some individuals. High in tannins, which can be used to clean (as an alternative to soap).
<b>Purchased From</b>	J.L. Hudson