

Common Name	Notes	Medicinal Benefits
Achacha	rare mangosteen relative	Used for preventing and treating heart disease, cold or flu, promotes regular movement of bowels, slows down aging, prevents birth defects, blood sugar regulation.
Allspice	used to season meat, soup, stew, vegetables	Unripe berries and leaves of the plant are used for preventing and treating indigestion, intestinal gas, abdominal pain, heavy menstrual periods, vomiting, diarrhea, fever, colds, high blood pressure, diabetes, and obesity.
Aloe Vera	"plant of immortality" presented to egyptian pharaohs as a funeral gift	Used for preventing and treating bowel problems, digestion, sunburn, lowers blood pressure. Very effective burn treatment.
Angel's Trumpet	poisonous under certain conditions	Leaves, seeds & flowers used for preventing and treating asthma, also used as a recreational drug to induce hallucinations and euphoria.
Arugula	cool-season annual, spring or fall; full sun and fertile, well-drained soil; water when the soil gets dry; can tolerate some light shade, particularly in hotter temperatures	Calcium, which helps the blood to clot normally. Potassium, a mineral and an electrolyte that's vital for heart and nerve function. Folate, a B vitamin. Vitamin C, a powerful antioxidant that helps support the immune system. Vitamin K, which helps with blood coagulation.
Avocado	seeds & skins poisonous to chickens	Seed has antibacterial and antifungal properties and has been used against diarrhea and dysentery. Beneficial fats to build cell membranes and the covering of nerves. And they're also needed for blood clotting and muscle movement. Combats heart disease.
Banana, Goldfinger	a dessert banana having a sweet, lemony, apple flavor	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Grand Nain	supermarket banana	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Ice Cream	creamy texture and vanilla custard taste that make them a sweeter alternative to the typical banana you would buy at your local grocery store	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Mahoi	double fruiting; very sweet and tasty, considered among the best; dwarf cavendish	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Mysore	creamy sweet-tart, a red dwarf variety	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Red Dwarf	when ripe, raw red bananas have a flesh that is cream to light pink in color; they are also softer and sweeter than some yellow varieties, flavor from slight raspberry to earthy	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Banana, Small Sweet	sweet creamy	Moderates blood sugar levels, improves digestion, aids weight loss, supports heart health, antioxidants, improves insulin sensitivity.
Basil	stems contains more phytochemicals than leaves	Aids in digestion, mentally clarifying, antispasmodic, treats respiratory ills.

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Basket Plant	self propagating	Purifies indoor air pollutants. In addition, all parts of the plant are edible and used in herbal remedies. The mature leaves can be chewed to relieve stomach and digestive issues. Callisia is a natural antibiotic, antibacterial, anti-microbial , and antioxidant. Leaves are used for treatment of various skin diseases, burns and joint disorders.
Begonia	annual; prefer partial shade and indirect sunlight; grow their best with some morning sunlight and dappled afternoon light	An infusion made by soaking the flowers in hot water helps to eliminate headaches and rid the body of toxins. The crushed flowers and leaves can also be rubbed directly on the skin to help relieve pain and heal sores or burns. Helps in treating Rheumatic arthritis. It cures Amenorrhea. It shows its actions on upper respiratory tract treating Asthma.
Betel	used as spice, fish bait, & hallucinogenic	Leaf uses & treatments: mouth/breath freshener, nosebleed, ear pain, antiseptic, deodorant, urination, genital shrinkage after child birth, good for skin, headaches, antifungal, alertness, respiratory problems, cough, muscular cramps, pain reliever, boosts digestion, constipation, hard stool problems, boosts metabolism, gastric pain, promotes hunger, bronchitis.
Cactus, Prickly Pear	edible fruit	Fruit used for type 2 diabetes, high cholesterol, obesity, alcohol hangover, colitis, diarrhea, and benign prostatic hypertrophy. It is also used to fight viral infections. In foods, the prickly pear juice is used in jellies and candies. (Peyote, Mescal Buttons): Plant contains mescaline, a hallucinogenic drug capable of inducing visions.
Cashew	true nut tree	Used for preventing and treating stomach and intestinal ailments, apply cashew directly to the skin as a skin stimulant and to seal (cauterize) ulcers, warts, and corns.
Cassava	aka yuca; used to make tapioca, animal feed, and even laundry starch	The whole cassava plant, namely the stems, leaves and roots are all useful in treating wounds. Roots can help prevent wounds from becoming infected and speed healing. Cassava can be used to treat mild fever. When boiled together with cassava leaves, it increases the ability to relieve fever. Boosts immunity and regulates digestion.
Catnip	perennial; best in full sun to partial shade and are drought-tolerant ground covers, making them a good choice for sunny, dry areas where many other plants would struggle, well drained soil; grows well in hydroponics; used for flavoring in cooking, brewing and smoking	The sedative effects calms cats down, reducing the effects of stress, anxiety, and depression, highly recommended for use in cat shelters to help make cats more relaxed in an unfamiliar setting. Drinking catnip tea (made from leaves as well as flowers) could remedy headaches, anxiety, insomnia, restlessness, and nervousness and hives. Can help treat gastrointestinal problems like lack of appetite, diarrhea, indigestion including other ailments like the common cold. Used to treat intestinal cramps, for indigestion, to cause sweating and to induce menstruation. Has been used to treat diarrhea, colic, the common cold, and cancer.
Chains of Glory	aka light bulbs	A decoction of the leaves is applied externally as an anodyne, anthelmintic, anti-inflammatory & carminative.
Chamomile	annual, self seeding; grows best in cool conditions, full sun to partial shade; soil should be dry	Chamomile has sedative, anti-convulsing, carminative, anti-spasmodic, analgesic, anti-inflammatory and anti-septic properties including anti-bacterial, anti-fungal, anti-inflammatory, anti-spasmodic, anti-ulcer, anti-viral, and sedative effects. It also eases upset stomach, heartburn, nausea, and vomiting.
Chaya	aka tree spinach	Inject leaves to Improve blood circulation. Aid digestion, Improve vision, prevents varicose veins and hemorrhoids, lowers cholesterol, reduce weight, prevent cough, augments calcium in the bones.

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Cherry, Barbados	miniature cherry tree	Used for preventing and treating arthritis, insomnia, gout, anti inflammatory, uric acid kidney stones, melatonin regulates biorhythm & jet lag.
Chinese Lantern	poisonous to humans and animals are both the unripe berries and leaves. When mature, the berries are edible.	Mature berries are anti-phlogistic (inflammation-reducing), antipyretic (fever-reducing), anti-tussive (cough-suppressing); and expectorant (phlegm-promoting-kind of like Mucinex).
Chives	perennial; grows best in full sun, though they will tolerate light shade; moist, fertile, rich, well-draining soil; onion family	Helps increase blood count, maintains blood pressure, increases immune system, expels parasitic worms, reduces the risk of cancer, improves memory, improves bone density. Flowers are edible.
Cilantro	cilantro tea, fruit smoothie	Removes mercury and lead, reverses symptoms of Alzheimer's & Autism heavy metal poisoning.
Cilantro	annual; aka coriander; may survive the winter in mild climates, grows best in the cooler weather of spring and fall; grows best in a well-drained, moist soil	Add coriander seeds or leaves to your regular diet to help lower your blood sugar, fight infections, and promote heart, brain, skin, and digestive health. Reduce symptoms of cognitive diseases like Alzheimer's and Parkinson's disease. Cilantro extract reduced seizure attacks and prevented nerve-cell damage in rats. Reduces anxiety, effective against salmonella.
Cinnamon	bark of cinnamon is an herb	Anti-inflammatory, anti-clotting, sugar balancing, stops growth of microbial fungus & bacteria especially candida, response to insulin, prevents diabetes & obesity, tired after meals, regulates blood sugar.
Coconut Palm	multi purpose super food	Dissolves the lipid layer of viruses, bacteria & pathogens destroying them, weight loss, increases metabolism, Extracted from the dried kernel, coconut oil can be used to treat fever and headaches. Rubbing a blend of the coconut oil and cinnamon oil or mentholatum over your temples and back will help you sweat out the illness. Coconut oil also has many hygiene & beauty uses. Root, stem-bark and leaf are astringent and are used for diarrhea and leucorrhoea.
Cocoplum	extremely toxic to dogs if eaten	Builds cell membranes, very rich in lipoprotein cholesterol levels, considered the best fruit for preventing cancer, hypoglycemic, antioxidant, antifungal, reduces risk of heart attack, improves vision, improves skin health, encourages healthier pregnancy & healthy bones.
Coontie	florida arrowroot, edible starch used to make bread and as a thickening agent; the seeds are not edible and are toxic to touch; used in landscaping supports endangered butterfly	Gluten-free, B-vitamin powerhouse, supports healthy digestion, boosts metabolic rate, promotes healthy sleep, good for your heart, promotes good circulation, aids in weight loss, may lower cholesterol levels, improves kidney function, treat diarrhea, and stimulates your immune system.
Cranberry Hibiscus	delicious tea	Used for preventing and treating lowering cholesterol, beneficial tea for diabetics, offers liver protection, anti-cancer properties, helps relieve symptoms of anxiety and depression, benefits weight loss, improves digestion, helps boost immune system and skin conditions. leaves are used in traditional medicine to treat sore throats, colds, coughs, nasal congestion, infections, rheumatism and even flatulence.
Cypress, Bald	extremely resistant to rot	Resin used to topically treat burns and sores, and also used parts of the tree to resolve ulcers and to help skin heal.
Daisy	perennial; shasta daisy and ox-eye daisy do best in full sun, they can tolerate part-shade conditions but flowering will be reduced	Take wild daisy tea for coughs, bronchitis, disorders of the liver and kidneys, swelling & inflammation. Also use it as an astringent and as a blood purifier, preventing problems during childbirth, pain and soreness, and minor bleeding.

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Dianthus	most are perennial, some are biennial or annual; attract butterflies and hummingbirds, as well as pollinating insects; plant pinks in full sun, partial shade or anywhere they will receive at least 6 hours of sun; plant needs fertile, well-drained alkaline soil; flowers are edible	Use the entire herb as a bitter tonic herb that stimulates the urinary system, digestive system, and bowels. anti-inflammatory, anticancer, and antioxidant properties, improving physical, antiviral, antibacterial, antifungal,
Digitalis	aka foxglove; unsafe for self-medication; all parts of the plant are poisonous; chemicals taken from foxglove are used to make a prescription drug called digoxin. Digitalis lanata is the major source of digoxin in the US	Used to treat congestive heart failure and heart rhythm problems (atrial arrhythmias). Can increase blood flow throughout your body and reduce swelling in your hands and ankles. It helps in more powerful contractions of heart and increase excitability of cardiac muscle. It has a good effect on kidney which results in diuresis and loss of oedema. It has cardiotonic property. It is also used to treat arterial flutter and atrial fibrillation.
Dombeya	perennial; pink wild pear tropical hydrangea plants grow best in sites that receive light shade throughout the day; tender to frost, able to tolerate occasional cold temperatures	Used in traditional medicine to treat heart problems, nausea in pregnant women, intestinal ulcers, headaches, stomach complaints, hemorrhoids, diarrhea, dyspepsia and to hasten the onset of labor.
Echinacea	only works during initial stage of cold/flu, only use to prevent a cold, not everyday	Treats cold & flu, attacks invading organisms, fights infection, aids immune system.
Fig, Beer's Black	healthy dessert/snack	Use fig fruit for conditions such as constipation and diarrhea. The leaf is used for conditions such as diabetes, high cholesterol, and skin conditions. The milky sap (latex) is used on the skin for warts and the fruit is used on the skin for eczema and other skin conditions.
Fig, Olympia	healthy dessert/snack	Use fig fruit for conditions such as constipation and diarrhea. The leaf is used for conditions such as diabetes, high cholesterol, and skin conditions. The milky sap (latex) is used on the skin for warts and the fruit is used on the skin for eczema and other skin conditions.
Gaillardia	perennial; aka blanker flower; tough, cold hardy plants, attracts plentiful pollinators to their nectar-rich blooms; makes great container plants; Kiowa considered it good luck	Tea of root for gastroenteritis, chewed powdered root applied to skin disorders. Sore nipples of nursing mothers bathed in tea made from the plant, also used for sore eyes.
Garlic	perennial; prefers light, well-drained soil to reduce the number irregularly shaped bulbs; dig up the bulbs rather than pull them out; cold tolerant	Anti-viral, anti-biotic, anti-fungal, lowers blood pressure & cholesterol, thins blood, dilates blood vessels, boots endocrine function & sexual hormones, improves sperm count. May reduce the risk of common brain diseases like Alzheimer's disease and dementia, contains antioxidants that protect against cell damage and aging.
Gaura	perennial; aka wandflower; attracts butterflies; grow in full sun; prefers light soils but tolerates clay, as long as it is well-drained; well adapted to hot summers	The Navajo made a tea for children to settle their stomachs after vomiting and as a "life medicine" especially after an internal injury. The Zuni root would be chewed by medicine man before sucking snakebite and applied as poultice. The rhizomes are edible too and are similar to parsnips.

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Geranium	perennial; 4-6 hours per day of full sun, you shouldn't leave the plants in full sun on a sunny day. The optimal conditions for the common geraniums would be to give them full sun during the morning and light shade after noontime.	Geranium tea, oil infusions & compresses have been used to treat anxiety, depression, infection, and pain. It's thought to have antibacterial, antioxidant, and anti-inflammatory properties. Reputed to help heal bruises, cuts and scrapes, eczema, hemorrhoids, nail fungus and sunburns as well as help with insomnia and varicose veins. Rose-scented geranium leaves are used to infuse flavor into sugars, teas, vinegar, simple syrups, baked goods, and jellies. Mixed with sugar & leave in a warm location for 2-4 weeks. The infused sugar can then be used for baking and teas.
Ginger, Galanga	spicy Thai ginger, pain killer	Anti-inflammatory, antibacterial, antiviral, reduces gas and improves digestion, relieves nausea & morning sickness, eases a cold or the flu, relieves pain, reduces inflammation, supports cardiovascular health, lowers cancer risk, anti-cancer, boosts immunity.
Ginger, White	primary herb	Anti-inflammatory, antibacterial, antiviral, reduces gas and improves digestion, relieves nausea & morning sickness, eases a cold or the flu, relieves pain, reduces inflammation, supports cardiovascular health, lowers cancer risk, anti-cancer, boosts immunity.
Ginkgo	master of blood circulation	Increases blood flow to brain, helps with Alzheimer's, improved blood circulation.
Ginseng	the root of man	Improves longevity, lungs, stomach, appetite, antistress, adrenal glands, immune system, sexual energy, circulation, endocrine system
Goji Berry	super-food, primary herb & healing food	Used for preventing and treating pituitary, sexuality, fertility, longevity, immune system, vision, respiratory, anti-cancer, Promotes healthy skin, Stabilizes blood sugar, Improves depression, anxiety, and sleep, Prevents liver damage.
Gooseberry	all parts of plant useful	Used for preventing and treating high cholesterol, abnormal levels of cholesterol or blood fats (dyslipidemia), and persistent heartburn. All parts of the plant are used for medicinal purposes, especially the fruit, which has been used in Ayurveda as a potent rasayana and in traditional medicine for the treatment of diarrhea, jaundice, and inflammation. Various plant parts show anti-diabetic, hypo-lipidemic, antibacterial, antioxidant, anti-ulcerogenic, hepatoprotective, gastroprotective, and chemopreventive properties.
Guava, Ruby Supreme	used in many beverages	Leaves used to prevent & treat stomach and intestinal conditions, pain, diabetes, and wound healing. The fruit is used for high blood pressure, diabetes, pain relief, cough, oral ulcers and to improve locomotors coordination and liver damage inflammation.
Hibiscus		Reduces high blood pressure, lowers cholesterol, diabetes, liver protection, anti-cancer properties, anxiety, depression, weight loss, improves digestion, boosts immune system, improves skin conditions such as acne, scars, eczema, sunburn and skin allergies
Impatiens	annual, technically tropical perennials these are grown as annuals in all but the warmest regions; aka orange jewelweed; well draining soil, partial to deep shade, do not do as well in full sun	Rich in anti-fungal and anti-inflammatory compounds. Relieves the itching of poison ivy and has been scientifically confirmed to act as a fungicide. The plant is cathartic, diuretic and emetic. It is used in the treatment of pains in the joints. The leaf juice is used as a treatment against warts. The flowers are cooling, mucilaginous and tonic. Also used as a dye.

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Kalanchoe	succulent perennial; need a lot of sunlight to bloom; will not typically do well in direct sunlight, too much sunlight will cause the leaves to burn, especially the afternoon sun; allow to dry between waterings	Anti-inflammatory, can reduce fevers, pain-relieving and muscle relaxant effects. Its anti-inflammatory effects have been partially attributed to the immunomodulatory and immune suppressant effect. The fresh mashed kalanchoe leaves stop a wound, kill the severe pain, even the toothache, cure panaritium, heal wounds, frostbites, burns and fistulas very well. Kalanchoe succus is commonly used to cure skin rash and even eczema. Largely used in folk medicine for the treatment of kidney stones, gastric ulcer, pulmonary infection and rheumatoid arthritis.
Lavender	do not take orally	Treats headache and migraine pain, sweet, calming, soothing, balancing, analegestic, anti-depressant, natural sedative.
Lemon	perennial; full sun to partial shade; requires evenly moist well-drained soil, will die in standing water; must have rich acidic soils to ensure success, subject to yellowing of the leaves in alkaline soils	Anti-oxidant; anti-carcinogen, treats cysts & tumors, supports heart health, helps control weight, protects against asthma, prevents kidney stones, improves digestive health, helps prevent anemia, enhances immune function.
Lemon Balm	perennial; shady spot protected from midday sun; prefers a fertile, moist soil in a cooler part of the garden; partial shade will be larger and more succulent than those exposed to full sun; mint family	Relieves stress, anxiety, indigestion, treats nausea, antiviral properties, appears to speed the healing of cold sores, eases sleep disorders and may help fight inflammation. Boosts immune system.
Lemongrass		Lemongrass is used for treating digestive tract spasms, stomach ache, high blood pressure, convulsions, pain, vomiting, cough, achy joints (rheumatism), fever, the common cold, and exhaustion. It is also used to kill germs and as a mild astringent.
Lily, Amaryllis	typical gift of hard-won achievement; all parts of this plant are poisonous, therefore it is diligently ignored by hungry deer, rabbits, and other critters	Various alkaloids found in amaryllis have cholinergic, analgesic, hypotensive, and cytotoxic effects. In most pets, chewing on or ingesting leaves generally only causes mild gastrointestinal upset, although ingestion of parts of the bulb may lead to more severe signs.
Lily, Calla	toxic and poisonous raw, due to the presence of calcium oxylate crystals; if eaten raw, this toxin gives you a sensation as if hundreds of tiny needles are sticking into the mouth, tongue; it is easily destroyed by thoroughly cooking or drying the plant	Purify air & absorb airborne pollutants. The plant's rhizome, or underground stem, has been used in medicinal treatments in South Africa. The treatment is made by boiling the leaves and rhizome in milk, and then used in a dressing for wounds.
Lime	peel away green and leave "pith" or white membrane, this is where the majority of the nutrients are	Aids in improvement of kidneys, skin/complexion.
Lychee, Brewster	kidney fruit	Used to protect against heart disease, cancer, and diabetes. It is a rich source of nutrient that is required for the production of blood. Dietary fibers, anti-viral, antioxidant. take lychee for cough, fever, pain, to invigorate the body, and to promote urination, stomach ulcers, flatulence.
Mango	leaves are very healing	A polyphenolic antioxidant and a glucosyl xanthone, it has strong antioxidant, anti lipid peroxidation, immunomodulation, cardio tonic, hypo-tensive, wound healing, anti-degenerative and anti-diabetic activities.

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Marigold	most marigolds are annuals, but a few are perennials; marigolds self-seed; thrive in full sunshine and can often withstand very hot summers; if planted in shade and cool, moist areas, marigolds are prone to powdery mildew and won't bloom well	The main medicinal applications of marigold are skin conditions of all kinds, including contusions, bruises and varicose veins. Minor skin injuries and inflammation can also be successfully treated. Marigold ointment promotes wound healing for eczema and sunburns.
Marjoram	southern regions, zones 9 and above, marjoram is a perennial and can be left in the ground, northern areas, the herb is an annual and may be potted up at the end of the season and placed in a sunny window indoors; when flower buds appear, cut the plants back low to the ground to stimulate new growth	aids digestion, menstruation, female hormone health, blood circulation, gall bladder, stomach cramps, digestive disorders, depression, dizziness, migraines, nerve pain, nervous headache, cough, runny nose
Mint, Chocolate	perennial; easily propagates; prefers cool temperatures; doesn't like extreme heat; best with a few hours of morning sun, shady in the afternoon; don't let it dry out too often; keep in containers to prevent it from spreading	Mint has been long known as an herbal remedy, easing queasy stomachs, calming stress and anxiety, and promoting weight loss and restful sleep. Palette cleanser, mouth freshener. Mint oil is used in ice cream and chocolates.
Mint, Orange	perennial; easily propagates; prefers cool temperatures; doesn't like extreme heat; best with a few hours of morning sun, shady in the afternoon; don't let it dry out too often; keep in containers to prevent it from spreading	Helps to ease symptoms of digestive ailments including severe gastrointestinal issues like irritable bowel syndrome. Fights free radicals that can cause cancer. The leaves as well as the flowering orange mint plant possess antiseptic, analgesic, antispasmodic, cholagogic, carminative, diaphoretic and vasodilator attributes.
Mint, Peppermint	perennial; easily propagates; prefers cool temperatures; doesn't like extreme heat; best with a few hours of morning sun, shady in the afternoon; don't let it dry out too often; keep in containers to prevent it from spreading	It is believed to have calming effects. It is used to treat flatulence, bad breath, breastfeeding and menstrual pains, diarrhea, nausea, depression-related anxiety, muscle and nerve pain, the common cold, indigestion, and IBS.
Moringa oleifera	drought resistant tree; full sun; will tolerate some light frosts, prefers well-drained sandy or loam soil; tolerates clay soil, cannot be water logged	May lower blood sugar levels, reduce inflammation, lower cholesterol, may protect against arsenic toxicity, treats edema, stomach issues, mood disorders, fights bacterial diseases, protects the liver and promotes healthy bones.
Mulberry, Dwarf Everbearing	white/asian mulberries are one of the primary species used to feed silkworms	The bark is said to be good in the treatment of stomach-ache and the leaves and twigs can be used for treating heavy colds, cough, red eye, insect bites and wounds. The fruit is used in the treatment of sore throat and melancholia. The Chinese have used Mulberry fruit for centuries for its aphrodisiac qualities.
Noni	frequently used Hawaiian plant medicines; coffee family	Fruit is used to prevent cancer, prevent infections, colds, flu, diabetes, anxiety, and high blood pressure, as well as for depression and anxiety. The leaves have been used for arthritis, headache or skin problems by applying the leaves to the affected area.
Oak, Live	aka florida oak	Reduces inflammation and irritation, especially of skin and mucus membranes, astringent, fever reducing, tonic, antiseptic, anti-viral, anti-tumor. used oak to treat bleeding, tumors, swelling and dysentery. European herbalists used oak as a diuretic and as an antidote to poison. Snuff made from powdered root was used to treat tuberculosis. The leaves have been employed to promote wound healing. Oak has been used as a Quinine substitute in the treatment of fevers.

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Oak, Red	tannin-rich tree	Used in a decoction, the inner bark is a fever reducer, pain reliever, and expectorant, making it great for dealing with coughs, colds, and fevers.
Orchid, Fire Star	orchids possess extraordinary properties that can prolong the youthfulness of human tissue	Helps treat cancer, increases longevity, strengthen the immune system, anti-microbial, anti-tumor, anti-inflammatory, antiviral and improve eyesight.
Orchid, Vanilla	will give vanilla bean when pollinated	Helps treat cancer, increases longevity, strengthen the immune system, anti-microbial, anti-tumor, anti-inflammatory, antiviral and improve eyesight.
Oregano	perennial; grows best in full sun and well-drained soil; will also grow in rocky soil; swampy or heavy soil, plant oregano in a container or raised bed.	Used for preventing and treating food poisoning, anti-parasitic, sore throat, boils on skin, yeast & candida. A great antibacterial agent. It has phytonutrients (thymol and carvacrol), which fight infections such as staph. It's loaded with antioxidants that help prevent cell damage.
Oregano, Cuban	perennial succulent; thrives in full to partial sunlight and fast-draining, nutrient-rich, gritty soil; frost tender but does well in tropical to semi-tropical areas year around	Leaves are used in traditional medicine to treat sore throats, colds, coughs, nasal congestion, infections, rheumatism and even flatulence, antioxidant and antibacterial. Some cultures make a mild tea with a couple of leaves and prescribe it for digestive problems, respiratory ailments, and arthritis. It can be made into a syrup with tea and sugar for sore throat and coughs to help ease symptoms. Rub broken leaves all over the skin as an insect repellant. Some have processed the leaves into oil to rub on your chest for a bronchial remedy. Oregano oil should never be taken internally if you are pregnant however it can be used externally for cuts and scrapes.
Osteospermum	tender perennial; aka African daisies; will overwinter in very warm regions of the country, treat it as an annual everywhere else; flowers close up at night	Great for small wounds and minor burns used in the form of compresses, creams or ointments. It has soothing effects on the skin. Aids in relief of cold, cough and stomach pain.
Oyster Plant	succulent perennial	Used for preventing and treating colds, sore throat, whooping cough, nasal bleeding, and also as an anti-inflammatory.
Pansy	use infusion of pansy for respiratory diseases	Because it contains mucilage, it has soothing, anti-tussive and anti-inflammatory properties, useful to treat bronchitis and inflammation of the lungs. It also contains salicylic acid and salicylates, effective analgesics to treat pain. Anti-microbial properties helping arthritis, skin problems, asthma, high blood pressure, and epilepsy.
Papaya, Red Lady	add leaves to smoothie	Used for preventing and treating colon cancer, lowers inflammation, burns, arthritis, ibs, digestive problems, gastrointestinal tract disorders, intestinal parasite infections, and as a sedative and diuretic. It is also used for nerve pains (neuralgia) and elephantoid growths. Leaves used to treat & prevent dengue fever, blood sugar control, supporting skin and hair health, and preventing cancer.
Parsley	biennial; full sun to partial shade; afternoon shade and sun protection in warmer climates	Parsley is an antioxidant-rich herb that can help manage diabetes, boost the immune system, and improve bone health. It can be good for maintaining healthy kidneys, heart, and brain. Moreover, chewing on a few leaves can also help freshen your breath. Many people use parsley for skin and hair care.

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Passion Flower, Purple	used in many beverages	The flower can be made into a sedative and antispasmodic. Passion flower is also used to treat nervous disorders, bronchial conditions, arthritis, asthma, insomnia, gastrointestinal disorders and menopausal symptoms. Carotenoids and polyphenols in the yellow fruit extract can also kill cancer cells in vitro. Used to treat nervousness, anxiety, irregular heartbeat, and high blood pressure.
Passion Flower, Yellow	used in many beverages	The flower can be made into a sedative and antispasmodic. Passion flower is also used to treat nervous disorders, bronchial conditions, arthritis, asthma, insomnia, gastrointestinal disorders and menopausal symptoms. Carotenoids and polyphenols in the yellow fruit extract can also kill cancer cells in vitro. Used to treat nervousness, anxiety, irregular heartbeat, and high blood pressure.
Passion Fruit, Possum Purple	used in many beverages	The flower can be made into a sedative and antispasmodic. Passion flower is also used to treat nervous disorders, bronchial conditions, arthritis, asthma, insomnia, gastrointestinal disorders and menopausal symptoms. Carotenoids and polyphenols in the yellow fruit extract can also kill cancer cells in vitro. Used to treat nervousness, anxiety, irregular heartbeat, and high blood pressure.
Peanut Butter Plant	fruit tastes like peanut butter	Helps in reducing the problems of heart as it reduces the cholesterol levels, makes nerves function more effectively.
Pentas	annuals in most climates but can be perennials in tropical areas; aka Egyptian Star; partial shade but an area that gets full sun or at least 6 hours of bright sunlight every day is best	Anti-bacterial, anti-fungal, anti-microbial
Peppercorn, Black	world's most traded spice	Antioxidant, anti-microbial, anti-inflammatory, improves blood sugar, lowers cholesterol, cancer fighting properties and gastro-protective
Petunia	perennial, full sun, part sun allows soils to stay wet longer, increasing the likelihood of rot and fungal diseases	Treats digestive disorders and coughs and colds. It can also be given as a strengthening tonic for seniors and children.
Plantain, Tahitian	used to make polynesia's tahiti banana poe	Remedy for cough, wounds, inflamed skin or dermatitis, and insect bites. Bruised or crushed leaves have been applied topically to treat insect bites and stings, eczema, and small wounds or cuts. Anti-inflammatory, analgesic, antioxidant, moderates the immune system, and a weak whole-body antibiotic. I use it to treat auto-immune diseases, infections, and for toothaches and dental infections.
Rosemary	not recommended for use with hypothyroidism	Used for preventing and treating depression, good for low blood pressure, increases circulation & flow of Qi, asthma, breathing, anxiety & depression, analesgenic, relaxant, reduces mental fatigue, increases circulation, eases headaches. Significant antimicrobial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, antinociceptive, and neuroprotective properties. Furthermore, it shows important clinical effects on mood, learning, memory, pain, anxiety, and sleep.
Rue	perennial; grows best in full sun but tolerates light shade. It must have good drainage, will do well in the rocky, dry soil; should be mulched heavily for winter in northern areas	The volatile oils of the plant's leaves have been used to treat insect bites while the dried leaves have been used as a sedative to calm stomach cramping and nerves, and to treat warts, poor eyesight, worms, and scarlet fever. Rue extract is potentially useful as a potassium channel blocker. It has been used to treat many neuromuscular problems and to stimulate the onset of menstruation. Because rue has an antispasmodic effect at relatively low doses, it should be taken with caution.

Common Name	Notes	Medicinal Benefits
Salad Plant	kiko's crump aka bele tree, south sea salad tree, sunset muskmallow, sunset hibiscus or hibiscus manihot; edible hibiscus	Contains vitamin A, fiber, vitamin C, riboflavin, thiamine, and minerals, including iron, potassium and calcium. As a demulcent, ingesting bele helps relieve throat irritation. Medicinally, bele helps symptoms such as dysentery, diarrhea, skin rashes, and colds.
Sapote, Black	a mamey fruit aka chocolate pudding fruit	Strengthens immune system, helps in digestion, improves vision. A rich source of dietary iron. It also contains vitamin C, which can aid in the absorption of non-heme iron. The iron in mamey fruit can also be valuable for non-vegetarians who are trying to reduce their intake of red meat.
Snapdragon	annual or perennial; bloom best in well-drained, moist soil, in cool late-spring or early-summer temperatures. They can tolerate light shade but bloom much better in full sun.	Used traditionally as a diuretic, for treatment of scurvy, liver disorders and tumors. The leaves and flowers were used as anti-phlogistic, resolvent, stimulant and as poultices on tumors and ulcers, anti-inflammatory, resolvent and stimulant. They have been used in poultices on tumors and ulcers and to treat different types of inflammations and hemorrhoids.
Sorrel, French	a cool-season perennial often grown as an annual; needs damp soils and temperate conditions; performs best when it is grown in dry, open areas with inhospitable soils; very deep and persistent tap roots grow well with little attention; leaves have an intense lemony tang	Sorrel is used for reducing sudden and ongoing pain and inflammation of the nasal passages and respiratory tract, for treating bacterial infections along with conventional medicines, and for increasing urine flow (as a diuretic). Sorrel is also an ingredient in the herbal cancer treatment Essiac.
Spearmint	hardy perennial up to; grows best in partial shade with well-draining, rich, moist soil	Spearmint is used for digestive disorders including gas, indigestion, nausea, diarrhea, upper gastrointestinal tract spasms, irritable bowel syndrome, bile duct and gallbladder inflammation, and gallstones.
Spinach, Okinawa	rich in vitamin K	Powerful anti-oxidant that promotes skin health and immune function. Vitamin K1, essential for blood clotting. Beneficial for vision/eyes. Anti-oxidant, anti-inflammatory, high level anti-cancer and anti-carcinogen. Blood thinner, lowers blood pressure. Supports bone health.
Star Fruit	delicious in salads	Used commonly in Ayurvedic and Traditional Chinese Medicines in India, China, and Brazil to relieve ailments such as chronic headache, fever, cough, gastro-enteritis, diarrhea, ringworm infections, and skin inflammations.
Stevia	natural sweetener	Used for lowering blood pressure, treating diabetes, heartburn, high uric acid levels in the blood, for weight loss, to stimulate the heart rate, and for water retention.
Sunflower	annual and perennial; grow best in locations with direct sunlight (6 to 8 hours per day); they require long, hot summers to flower well	Anti-inflammatory, expectorant, aids in the body's transport of fat, boosts fertility, greatly contributes to a healthy pregnancy, natural expectorant for chest congestion, rich in antioxidants, heart health, slows aging, cellular recovery, reduces high blood pressure, improves arterial health, boosts immunity; a remedy for pulmonary affections, a preparation of the seeds has been widely used for cold and coughs, in the Caucasus the seeds have served as a substitute for quinine in the treatment of malaria.
Tamarind	uses for seeds, leaves, wood & pulp	It's partially dried fruit is used to make medicine. Used for preventing and treating constipation, liver and gallbladder problems, and stomach disorders. It is also used to treat colds and fever. Women sometimes use tamarind to treat pregnancy-related nausea.

Common Name	Notes	Medicinal Benefits
Tarragon	perennial; doesn't like wet conditions, drought-resistant; needs a well-drained, sandy, light soil acidic, moist soil will result in poor growth, rotting roots and a reduced flavor	Tarragon contains antioxidants, supports cardiovascular health, decreases blood sugar improving insulin sensitivity and menstrual health as well as anxiety and insomnia, also aids in digestion.
Thyme	perennial; full sun, or even partial shade in hot climates. It enjoys moist, rich soil, drought-tolerant once established. Well-drained soil is a must; the roots will rot in soggy ground, pruning is needed to remove dead stems and encourage new growth	An anti-viral, good for respiration, nerve tonic. Taken by mouth for bronchitis, whooping cough, sore throat, colic, arthritis, upset stomach, stomach pain, diarrhea, bedwetting, a movement disorder in children (dyspraxia), intestinal gas, parasitic worm infections, and skin disorders.
Turmeric	primary herb, ginger family	Used as an herbal medicine for rheumatoid arthritis, chronic anterior uveitis, conjunctivitis, skin cancer, small pox, chicken pox, wound healing, urinary tract infections, liver ailments/detox, anti-inflammatory, pain, arthritis, reduced joint swelling, prostate cancer, Alzheimer's
Wormwood	anti-parasitic	Used for various digestion problems such as loss of appetite, upset stomach, gall bladder disease, and intestinal spasms. Wormwood is also used to treat fever, liver disease, depression, muscle pain, memory loss and worm infections; to increase sexual desire; as a tonic; and to stimulate sweating.
Yarrow	perennial; full sun, in partial sun, yarrow will grow leggy; best in well-drained soil; thrives in hot, dry conditions; it will not tolerate soil that's constantly wet	Yarrow has been used to induce sweating and to stop wound bleeding. It also has been reported to reduce heavy menstrual bleeding and pain. It has been used to relieve GI ailments, for cerebral and coronary thromboses, to lower high blood pressure, to improve circulation, to tone varicose veins, fever, common cold, hay fever, dysentery, diarrhea, loss of appetite. Some people chew the fresh leaves to relieve toothache.

Please lookup and research how to use these medicinal plants.

The author of this page is not a doctor and is not responsible for any misuse. This data is meant to pique interest for further inquiries.