



Perky Calm & Alert Backyard Medicinal Herbs

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Bestselling Author of

Body into Balance &

Grow Your Own Herbal Remedies

Allenstown, NH | WintergreenBotanicals.com



About Me

Clinical Herbalist:

- Wintergreen Botanicals Herbal Clinic & Education Center
- Registered Herbalist with the American Herbalists Guild
- 20+ Years in Herbal Medicine
- Graduate of the SW School of Botanical Medicine

Educator: Live and online herbal study courses, guest lecturer at Herbal Academy, MUIH, AHG Symposium, and more

Author & Journalist:

- *Body into Balance* (2016) best-selling, award-winning
- *Grow Your Own Herbal Remedies* (2019)
- Freelancer for *Herb Quarterly*, regular contributor to *Remedies*, *Taste for Life*, *Mother Earth Living*, *Mother Earth News*



BODY^{INTO} BALANCE

AN HERBAL GUIDE TO HOLISTIC SELF-CARE



Restore Gut Health

Calm the Nervous System

Boost Immunity

Detoxify

Reduce Inflammation

Increase Vitality

MARIA NOËL GROVES

GROW YOUR OWN HERBAL REMEDIES

HOW TO CREATE
A CUSTOMIZED HERB GARDEN
TO SUPPORT YOUR HEALTH & WELL-BEING



MARIA NOËL GROVES

Best-selling author of *Body Into Balance*

On My Website & Mailing List

- Info on my classes, consults, books (of course!)
- Seasonal recipes
- Virtual herb walk
- Recommended books, websites
- Where to get herbs
- Free class notes and videos
- Blog full of articles

WintergreenBotanicals.com



*Welcome to Wintergreen Botanicals
Good Health Grows in Nature*

Maria's Safety Rules

Disclaimer: I am not a doctor and this information is meant to educate, not diagnose or prescribe. Discuss herbs and supplements with your healthcare provider before beginning a regimen.

- **Research:** Consult at least THREE good resources for uses/cautions before taking an herb.
- **Listen to Your Body & Intuition** to guide you on which herbs to take and determine which ones do or don't work well for you.
- **Ensure the Identity 100%** before harvesting a plant.
- **Check with Your Pharmacist or Herbalist** for herb-drug Rx, and keep your doctor informed.



Favorite Herbals

Aim for mostly herbalist-written + some science-based

My Favorite Top 6 Starter Herb Books:

1. My book, *Body into Balance*, of course!
2. Rosalee de la Foret's *Alchemy of Herbs*
3. Andrew Chevallier's *Encyclopedia of Herbal Medicine*
4. Sharol Tilgner's *Herbal Medicine*
5. Julie & Matthew Seal's *Backyard Medicine*
6. Thomas Easley & Steven Horne's *Modern Herbal Dispensatory*
7. Rosemary Gladstar's *Medicinal Herbs: A Beginner's Guide*

See my website for recommended books & sites!
(including favorite evidence-based/science sources)

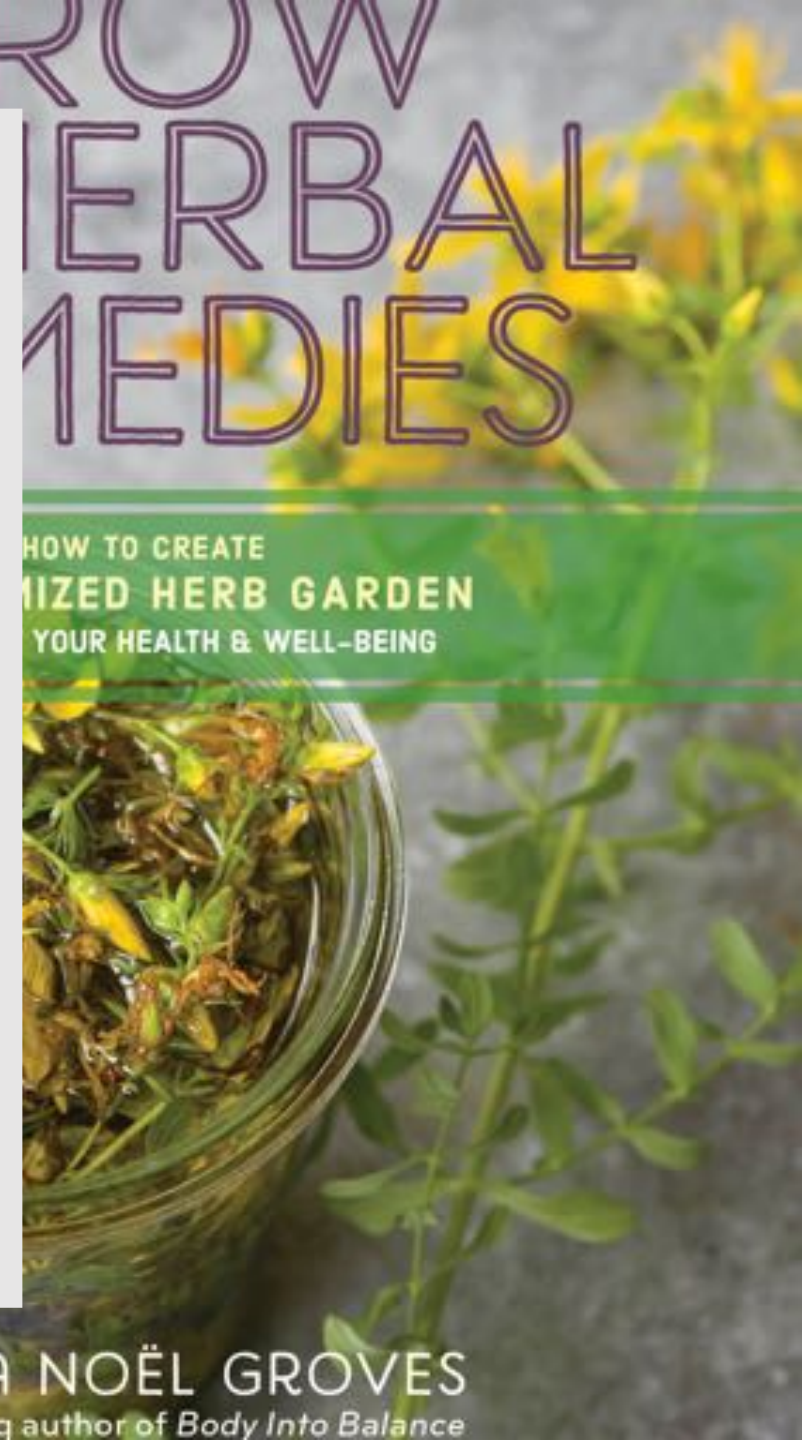


Books on Growing Medicinal Herbs

A Few of My Favorites:

1. My book, *Grow Your Own Herbal Remedies*, of course!
2. Jeff & Melanie Carpenter's *The Organic Medicinal Herb Farmer*
3. Tammi Hartung's *Homegrown Herbs*
4. Jekka McVicar's *Complete Herb Book*
5. Peg Schafer's *Chinese Medicinal Herb Farm*
6. Christopher Hobbs & Leslie Gardner's *Grow It, Heal It*
7. Juliet Blankespoor's site is loaded with info, great online courses, and a to-be-released gardening book

See my website for recommended books on growing herbs!



Where to Buy Herbs to Grow in NH

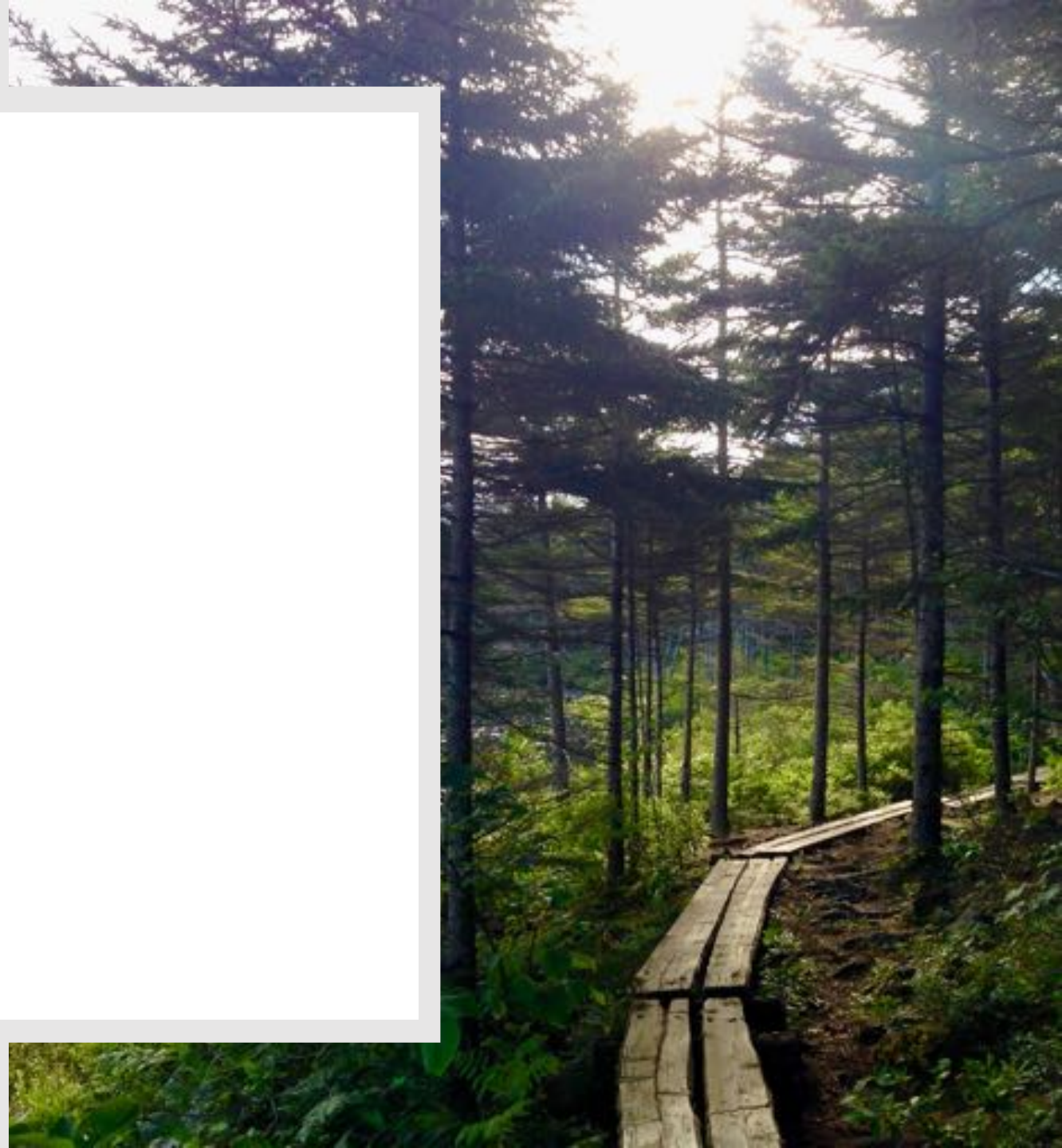
It's easier/better to start with local seedlings!

- **Herb & Garden Day – May 30 in Canterbury**
- Herb FARMacy
 - Found Well Farm (?)
 - Pickity Place
- Warner River Farm
- Ask your local nursery
- **Online/Mail Order:** Strictly Medicinal Seeds, Zack Woods, Companion Plants, etc.
- *More seed & seedling resources on my website!*



Pillars of Health

- Healthy Diet
- Regular Exercise
- Adequate, Quality Sleep
- Stress Management
- Mind-Body Balance



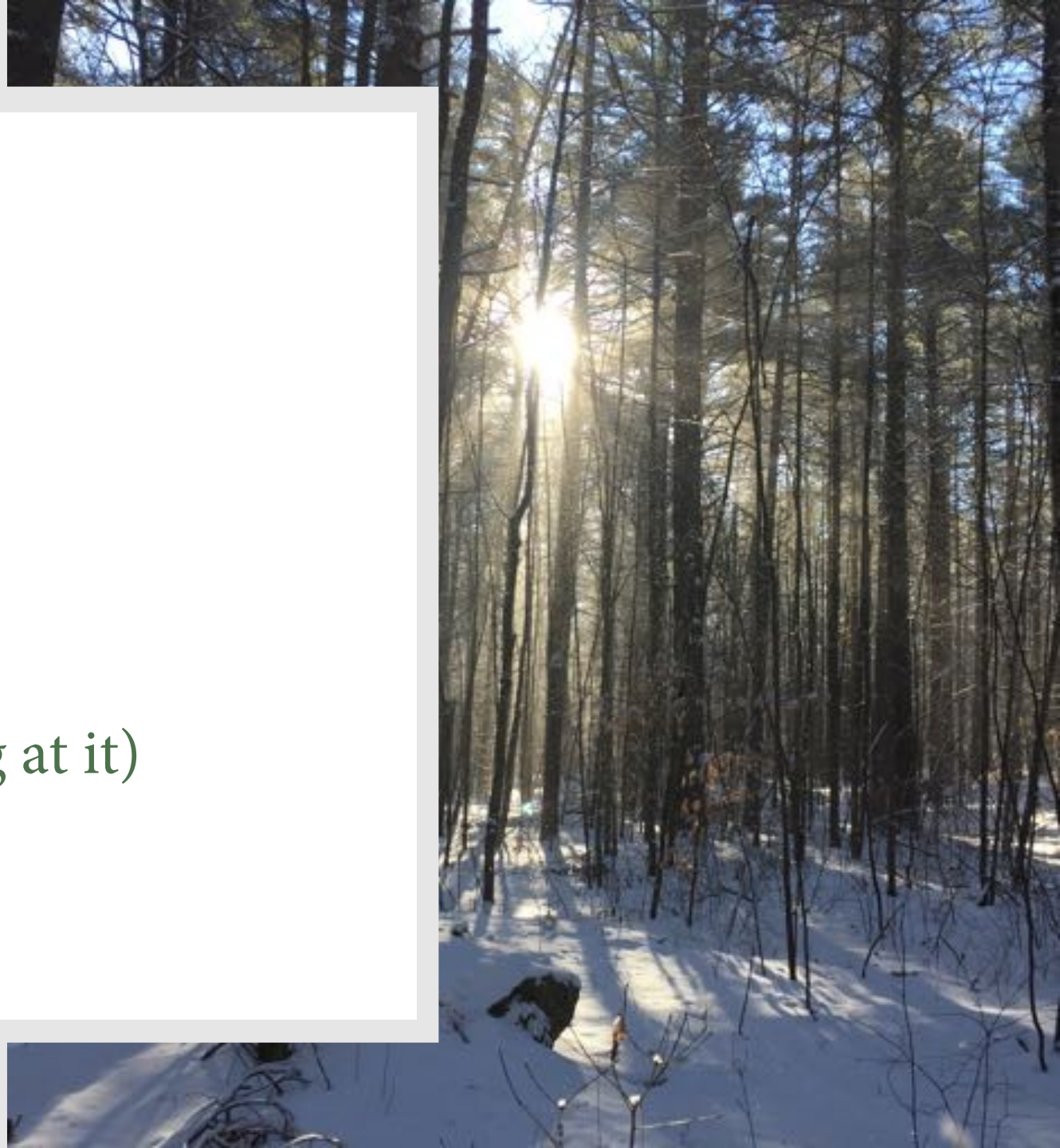
Problem Areas for Diet

- Sugar
- Booze
- Processed/refined food, flour
- Trans fats
- Allergens/sensitivities, gluten



Lifestyle

- Don't work too much
- Say no when you need/want to
- Prioritize self care
- Practice gratitude
- Deep breathing
- Time spent in nature (& looking at it)
- Social/personal time, hobbies
- Therapy (i.e.: CBT, counseling)

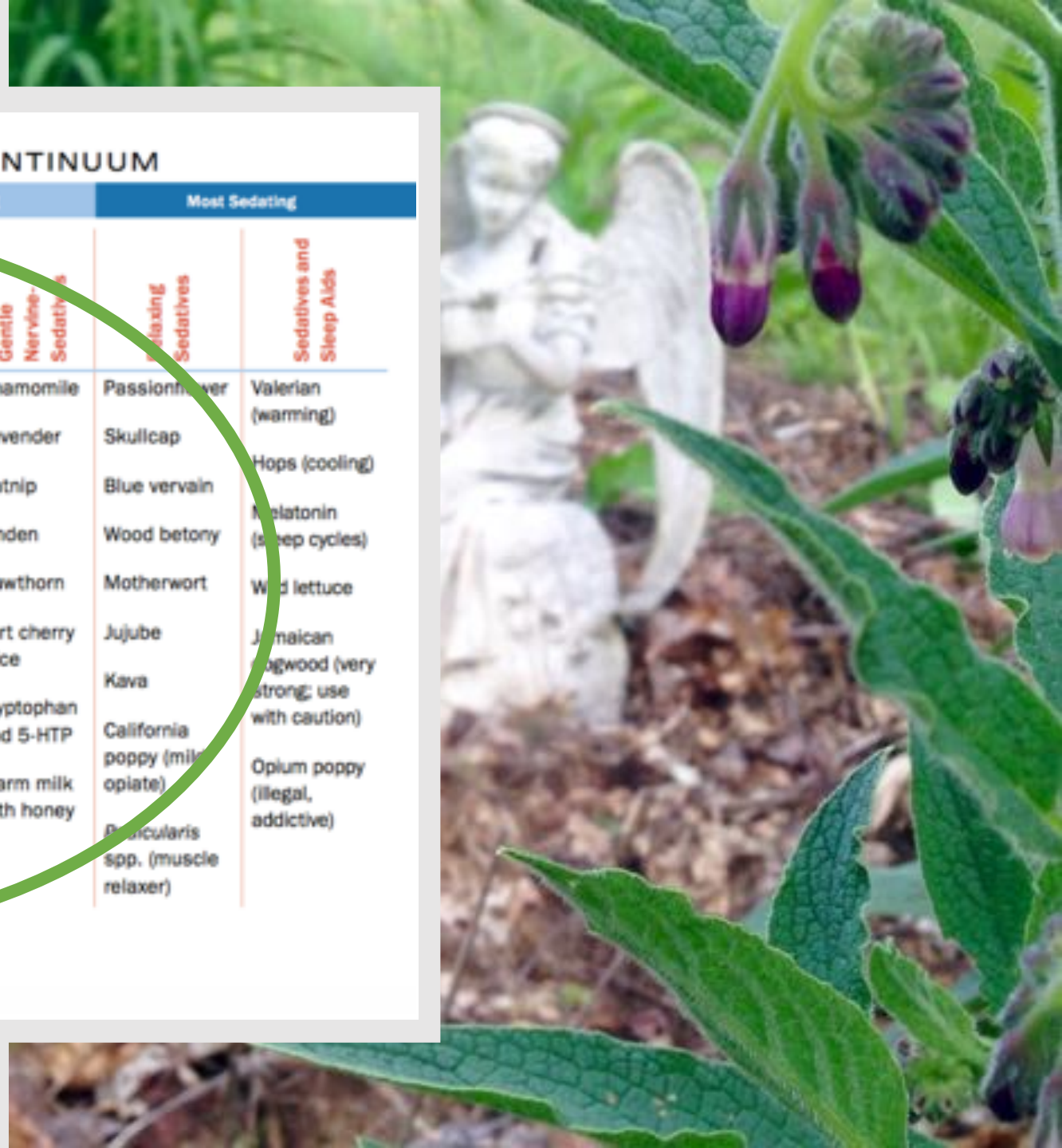


NERVOUS-ENDOCRINE SYSTEM HERB CONTINUUM

Caffeinated/Very Stimulating		Stimulating		Less Stimulating	Balancing/Neutral	Calming	Most Sedating		
High Caffeine	Low Caffeine	Stimulating Adaptogens	Semi-Stimulating Adaptogens	Balancing Adaptogens	Calm Energy Adaptogens	Calming and Uplifting Nervines	Gentle Nervine-Sedatives	Relaxing Sedatives	Sedatives and Sleep Aids
Guarana*	Black tea*	Red Asian ginseng*	Codonopsis	Maca	Ashwagandha	Lemon balm*	Chamomile	Passionflower	Valerian (warming)
Kola nut *	Chocolate	White Asian ginseng*	Eleuthero	Schizandra*	Holy basil*	Fresh milky oat seed	Lavender	Skullcap	Hops (cooling)
Coffee*	Green tea*	American ginseng*	Cordyceps fungus*	Licorice	Gotu kola*	St. John's wort	Catnip	Blue vervain	Melatonin (sleep cycles)
Yerba maté*	White tea*	Rhodiola*	Aralia spp.	Reishi mushroom*	Bacopa*	Hawthorn	Linden	Wood betony	Wild lettuce
			Jiaogulan*	Chaga	Shatavari	Damiana	Motherwort	Jujube	Jamaican dogwood (very strong; use with caution)
						Bay leaf	Tart cherry juice	Kava	Opium poppy (illegal, addictive)
						Nutmeg	Tryptophan and 5-HTP	California poppy (mild opiate)	
						Mimosa	Warm milk with honey	Passiflora spp. (muscle relaxer)	
						Vanilla			
						Turmeric			

*These herbs have memory-enhancing, brain-boosting, and/or focus-enhancing properties.

[Body into Balance, My expanded adaptogen chart](#)
 The above chart/image is in your extra webinar documents.



You Can Grow...	Perky, Alert	Cognition & Memory	Calm Energy	Calming	Sleep	Sedating
Rosemary	✓	✓				
Peppermint	✓	✓				
Gotu Kola		✓	✓			
Bacopa		✓	✓	✓		
Lemon Balm		✓	✓	✓	✓	
Ashwagandha		✓	✓	✓	✓?	
Holy Basil		✓	✓	✓	✓	
Roses				✓		
Milky Oat Seed			✓	✓		
Motherwort				✓	✓	
Blue Vervain				✓	✓	
Magnolia			✓	✓	✓	
Chamomile				✓	✓	✓
Skullcap				✓	✓	✓
Passionflower				✓	✓	✓
Valerian					✓	✓

Growing Medicinals

Perennials

- Lemon Balm
- Motherwort
- Skullcap
- Blue Vervain
- Mint*

* *Container-Friendly!*

Annuals

- Milky Oat
- Chamomile*

Tender Perennials

- Holy Basil*
- Ashwagandha
- Gotu Kola*
- Passionflower*
- Rosemary*

Trees, Shrubs, & Woody Vines

Slower to harvest

- Magnolia (tree)
- Roses (shrub)
- Passionflower* (tender vine)



Perky & Alert
Cognition &
Memory Support
(Nootropics)





Invigorating
Diffusive
Aromatic
Pungent
Bitter

Rosemary (*Rosmarinus officinalis*)

Traditionally used “for remembrance,” braided in the hair of students in antiquity, added to bouquets.

- High in rosmarinic acid, inhibits AChE to boost ACh neurotransmitter levels
- Food-like doses (750 mg) improved memory speed in elders, high doses worsened
- Improves learning, memory, boosts circulation, anti-inflammatory, antioxidant
- Scent & consumption help
- Bonus: boosts digestion

Growing It – Zone 8-11
Tender perennial/annual.
Propagate via cuttings or layering.
Likes it sunny, well-drained,
sandy/rocky, mist.

Peppermint & Mints (*Mentha* spp.)

- Garden classic, but be careful where you plant it! Grow in a large pot to contain it. Will spread.
- Great solo or for flavoring tea blends
- Peppermint, spearmint, and apple mint are best
- Peppermint's the strongest medicinally
- High in menthol, potent in the essential oil
- Aid digestion (x reflux), nausea, clears sinuses
- Invigorating, boosts alertness and focus
- Antispasmodic, pain relief, cough, headache

Invigorating
Diffusive
Aromatic
Bright

Growing It – Zone 3-11
Easy to grow, gets invasive! Spreads by root runners. Prefers part sun, moist, well-drained, semi-rich soil but will adapt to many conditions.
Peppermint = hybrid (no seeds!)

Gotu Kola (*Centella asiatica*) Brahmi

From the Ayurvedic healing tradition in India, this plant has a long history of use for memory and cognition in all age groups. It's an edible green, too!

- Sanskrit texts suggest near-photographic memory with regular consumption of the fresh juice.
- Studies support its ability to improve cognitive performance, working memory, and mood while preventing age-related decline.
- Side benefits: anti-anxiety, calm energy, circulation, collagen

Leafy Green
Cooling
Calm Energy
Nootropic

Growing It – Zone 8-11
Annual or Tender Perennial
Tolerates Pots. Cuttings best, hard to germinate. Loves wet, sludgy, rich soil, heat. 100% compost, wet feet.
Overwinters well. Dappled/part sun.
Harvest all/aerial parts.





Bacopa (*Bacopa monnieri*) Brahmi

The main Ayurvedic brain tonic called “Brahmi”

- More clinical research, but mixed results
- Calm alert state
- Improves memory free recall as well as cognition, speed of attention, decreased choice reaction time
- Studied in school-aged kids, ADHD, - immediate memory, perception, reaction/performance times, memory tasks
- Bitter/astringent-tasting!
- Likes wet, soggy, swampy, rich soil in partial shade

Bitter
Astringent
Calm Alert
Nootropic

Growing It – Zone 8-11

Annual or Tender Perennial

Tolerates Pots. Cuttings best, hard to germinate. Loves wet, sludgy, rich soil, heat. 100% compost, wet feet.

Overwinters well. Dappled/part sun.

Harvest all/aerial parts.



Cooling
Carminative
Aromatic
Calm Uplift

Lemon Balm (*Melissa officinalis*)

- Long history of use and some clinical evidence to gladden the heart, lift and calm the spirits, increase focus, ease stress, benign heart palpitations, anxiety, possible MOA inhibition
- Aromatic, essential oil benefit
- Reduces anxiety and improves focus in one dose in one hour, high doses may sedate
- Also for digestion, herpes/antiviral, hyperthyroid

Growing It – Zone 4-9

Easy perennial. Scarify seed, light perennial. Divide/transplant seedlings. Prefers moderately rich soil, semi-moist, well drained, part sun but will grow anywhere. Harvest aerial happy/leaves.

Calm, Restorative
Energy

Adaptogens &
Nervines



Ashwagandha (*Withania somnifera*)

- Spirit/Strength of the Horse - In India: Take for 1 year = strength and vitality of a stallion for the next 10
- Mildly boosts thyroid, may rebalance subclinical Hashimoto's hypothyroid (common cause of depression, poor stress resistance)(1) Male/female fertility, libido
- Most research is on its anti-stress, anti-anxiety, antidepressant, nootropic effects (3)
- Anti-stress, Safe and effective alongside SSRIs (4) and for weight management via anti-stress effects (5)
- Caution: hyperthyroid, thyroid meds, nightshades. Appears safe for mood w/most meds

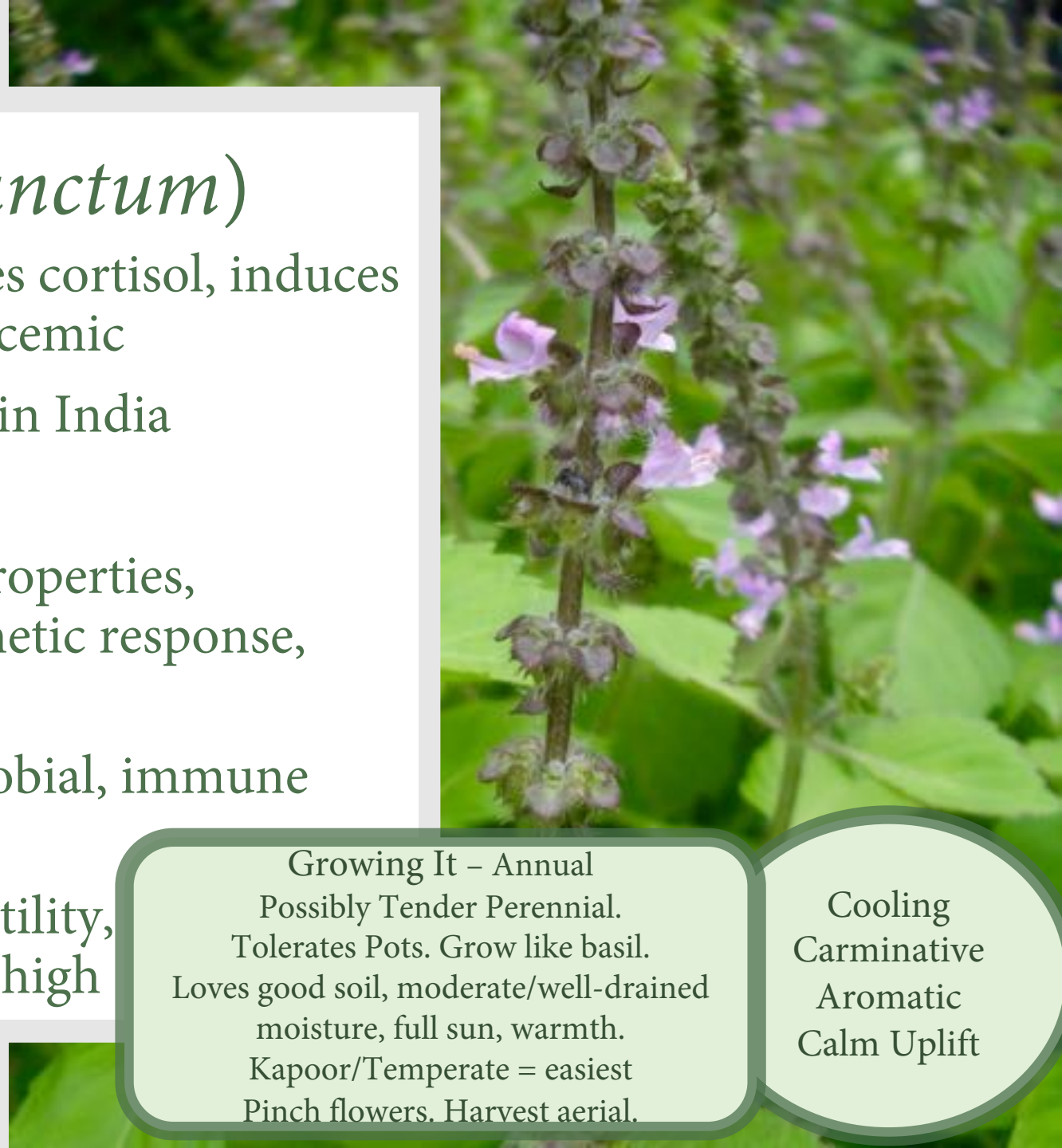
Growing It – Annual/Zone 8-11
Annual or Tender Perennial
Grow like tomatoes. Hot, semi-dry.
Avoid competition. Harvest in fall
just before/after frost.

Slightly Warming
Calm Strength
Building
Restorative

Holy Basil (*Ocimum sanctum*)

- Aromatic, uplifting, calming, balances cortisol, induces parasympathetic, nootropic, hypoglycemic
- Long history for medicine and spirit in India
- Zen-like state
- Adaptogen with cortisol balancing properties, hypoglycemic, supports parasympathetic response, anti-anxiety, nootropic
- Also digestive/carminative, antimicrobial, immune supportive, anticancer...
- Careful in hypoglycemia, thyroid, fertility, vata people, makes some people feel high

Clinical experience, [Winston](#), [Cohen](#), [Mondal](#), [Sampath](#), [Bhattacharyya](#),



Growing It - Annual
Possibly Tender Perennial.
Tolerates Pots. Grow like basil.
Loves good soil, moderate/well-drained
moisture, full sun, warmth.
Kapoor/Temperate = easiest
Pinch flowers. Harvest aerial.

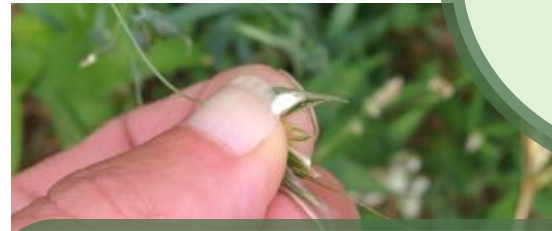
Cooling
Carminative
Aromatic
Calm Uplift

Milky Oat Seed (*Avena sativa*)

- Alkaloid nervine, nerve tonic, restorative, for “wired & tired,” drug withdrawal, nice base for formulas
- Fresh 1:2 95% or vinegar, whir in blender, 2-10 ml/day – dried is “just” nutritious
- Caution in oat allergy, no gluten, but some gluten-sensitive people react to avenin
- Otherwise VERY safe



Sweet
Nourish
Rebuild
Moisten
Calm Vital



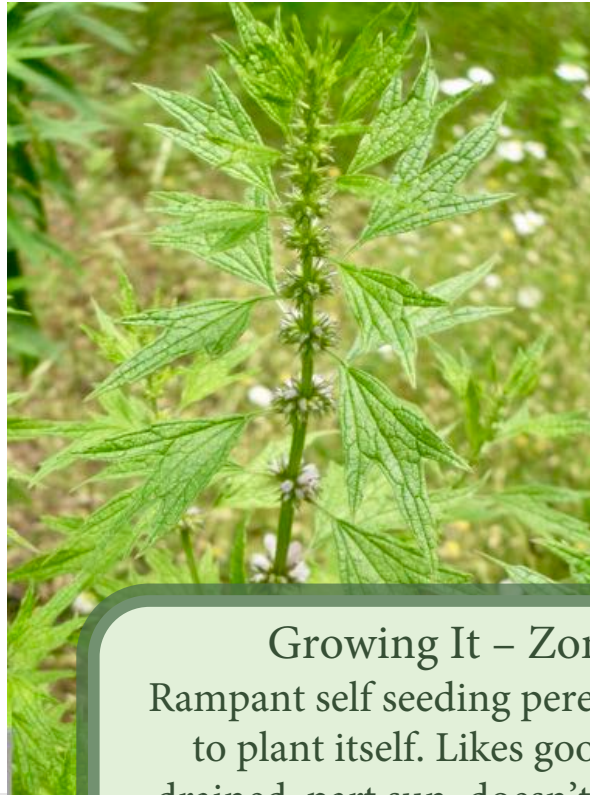
Growing It – Annual
Annual. Winter kills. Cover crop.
Grow from seed, direct sow, easy.
More nutritious in good soil.
Might attract wildlife!

Calming Nervines & Anxiolytics



Motherwort (*Leonurus cardiaca*)

- Mint family perennial, aggressive self-seeder
- Fast and tonic/chronic relief from anxiety, mood swings, panic attacks, frustration, PMS
- Heart tonic, heart-stress symptoms/connection, relax
- Overworked, underappreciated, emotional roller coasters, healthy boundaries, tough love
- Very bitter, best fresh, tinctured



Growing It – Zone 3-9
Rampant self seeding perennial. Prefers to plant itself. Likes good soil, well drained, part sun, doesn't need regular watering. Harvest aerial in flower (best) or happy leafy growth.

Bitter
Cooling
Drying
Relax Ground

Blue Vervain (*Verbena hastata*)

- Water-loving tall wildflower
- Relaxes emotional and physical tension (ticks, spasms, headache, neck/shoulder tension)
- Bitter, digestive, liver tonic/detox, metabolic wobbles
- Immune/diaphoretic
- Very bitter!
- Just a few drops to a few squirts of tincture

Growing It – Zone 3-7
Perennial. Sometimes self seeds.
Cold stratification.
Prefers rich, moist soil, wet places/near water, part shade.

Bitter
Grounding
Releases Tension



Rose (*Rosa* spp.) Flowers

- Opt for unsprayed heirloom & wild species (seaside, dog, cabbage, Damask, apothecary...)
- Buds & petals - aromatic but astringent & bitter
- **Flowers** gladden heart, trauma, calm, workaholics. **Tannins** tighten, tone, nourish tissues
- Adds color to blends
- Cold/sweet preparations – more aromatic than astringent

Clinical experience, [ABC Herbalgram](#), [de la Foret](#)



Growing It – Zone Varies
Perennial. Sometimes invasive or finicky – depends on variety. Often a shrubby, creeping, spreading plant. Likes full sun, ok dry.

Aromatic
Sweet, Astringent
Uplifting
Self Love



Sleep Support
Mild to Strong
Sedatives





Magnolia Bark (*Magnolia* spp.)

- All species useful, lemongrass-beer flavor/aroma
- In the evening to reduce cortisol for better sleep/HPA cycles, for those who wake in panic/spinning mind ~ 2 am
- Supports cortisol balance and GABA, ↓ anxiety
- Useful in mood support, stress eating/blood sugar, ↑ ACh(nootropic)
- 60 mg magnolia bark extract w/ 50 mg mag ↓ sleep disturbances in menopausal women
- Fresh or dry bark tincture, ½-2 ml or 60-300 mg extract
Not very water soluble.

Mucci, Bove, Williams, Alschuler, Bove/Gaia



Growing It – Zone Vary
Tree! Full to part sun, decent soil and moisture. Often short-lived or prone to disease. Pick a species/variety suited for your site with good aroma. Prune any time but perhaps best midsummer.

Cooling
Aromatic
Calm Clear

Chamomile (*Matricaria chamomilla*)

- Mild digestive bitter, carminative, antispasmodic, ulcers, gas, pain, bloating, nervous indigestion
- Gently calming for sleep, anxiety (can be VERY strong for some people, weak for others)
- Babies: teething, irritability, colic
- For fussy “babies of all ages”
- Antimicrobial, anti-inflammatory
- Soothes the skin
- Use fresh or dry flower heads
- Careful daisy fam flower allergies

Cool
Relax
Bitter
Aromatic

Growing It – Annual
Annual. Self Seeds. Direct Sow.
Medium moisture. Full sun.
Decent soil. Minimal competition.
Likes open meadows, paths.



Skullcap (*Scutellaria lateriflora*)

- Mint family semi-perennial, picky about where it grows, may or may not come back.
- Likes moist, dappled sun, near rivers, sandy spots on the edge of lakes/islands (with bugleweed, wild mint)
- Sedative/calming nervine – sleep, anxiety, overstimulated, sensory overload, pain, digestion, nerves - cools, calms
- May over-sedate some. Careful w/meds.
- Best fresh tincture 1:2 95% 1-2 ml, 1-3x/day, but tea work ok. Dry carefully. Best fresh
- Quality matters: liver-toxic adulteration & loss of potency with poor quality/old herb

Growing It – Zone 4-8
Finicky Perennial. Cold stratify seeds.
Divide if thriving. Prefers moisture, wet
edges, dappled sun to full sun.
May or may not come back.

Calm Relax
Cool
Bitter
Sleep



Passionflower (*Passiflora incarnata*)

- Semi-tropical tender perennial (SE USA), to zone 6-7
- Strongly calming, cooling, and sedating, eases anxiety, anger, frustration, hot headedness
- Moderately strong sedative/nervine, anxiolytic, sleep aid, calms the heart, eases hypertension, pain
- One of the best herbs for sleep! 1 teaspoon steeped 15 minutes relieved insomnia; in a blend, worked well as Ambien
- Fresh or dry aerial parts as tea, tincture, etc. Market quality varies.
- May over-sedate some. Careful w/ meds, depression.

Clinical experience, [Ngan](#), [Maroo](#)


Growing It – TP Zone 6-9
Semi-tropical/Florida. Likes warmth, good soil, some moisture, full sun, minimal competition. Overwinter inside or greenhouse. Climbing vine.

Calm
Cool
Relax
Sleep



Valerian (*Valeriana officinalis*)

- Binds to similar receptors as Valium, non-addictive, safe, minimal side effects
- Improves sleep latency, better in formula
- Valerian type: cold, anxious, tense, thin framed
- Makes some people agitated, others groggy
- Roots: Best fresh – tincture, phytocaps (stinks!)



Growing It – Zone 4-7
Self-seeding perennial. Easy to grow from seed. Can get weedy.
Thrives in rich soil, pastures, meadows, semi-moist.



Warming
Sedative
Muscle Relaxing

Recipe Ideas,
Sourcing
&
Remedy Making



How to Take Herbs & Brands

- Fresh vs Dry – Quality *matters!*
- Tea: Infusion vs Decoction
- Tincture (Alcohol) vs. Glycerite, Vinegar, Honey
- Capsules & Powders...
- **Big Brands:** Gaia Herbs, Wise Woman Herbals, Mountain Rose Herbs, Herbalist & Alchemist, Herb Pharm, MegaFood, Urban Moonshine, Oregon's Wild Harvest...
- **Local:** Misty Meadows, Bee Fields Farm, Terra Basics, Blackbird's Daughter, Herbal Energetics, Langford Homestead Farm, Zack Woods, iFarm, Warner River...
(CBD: Mama's Kiss Cannabis, Clearly Balanced Days)



General Adult Herb Dosing

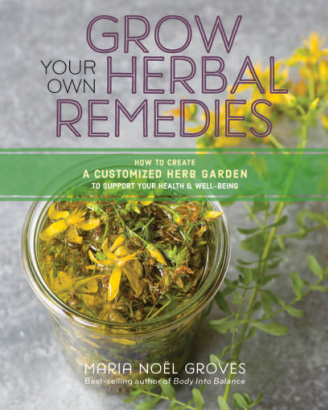
- **Fresh:** a handful or so daily in food, tea, seltzer, etc.
- **Infused Seltzer or Water:** 1 cup to 1 liter or more
- **Tea:** 1-3 cups daily
- **Tincture:** 1-5 ml (squirts) = 1/5-1 tsp, 1-3x daily
- **Vinegar, Honey, Oxymel, Glycerite, Syrup:**
½ to 1 teaspoon, 1-3 x/day
- **Cordial:** A shot/ounce as a treat
- **Capsules:** see label
- **Topicals:** apply 2 or more times per day or as needed
- Divide dose by weight for kids.



Best Practices for Potency

- **Direct from Farm/Yard:** Skullcap, Lemon Balm, Holy Basil - quality
- **Great Tinctures:** All of them!
Best Fresh: Lemon Balm, Milky Oat, Skullcap, Motherwort, Valerian, Rosemary (the rest are good fresh or dry, I prefer Tulsi fresh)
Herbal vinegar or oxymel as an alternative
- **Pills/powder** ok, preferably for those that are suitable dry unless phytocaps (Gaia). **Bonbons:** Gotu, Ashwagandha, Holy Basil
- **Great Glycerites:** Holy Basil, Skullcap, Milky Oats (may spoil), Lavender, Lemon Balm – aromatics See *Thomas Easley & Steven Horne's Simmered Still Glycerite Method and watch the Video*
- **Great Teas:** Holy Basil, Lemon Balm, Passionflower, Skullcap, Chamomile, Mint (holy basil actually *tastes* good, the rest are easily blended with flavorful herbs like spearmint, lemongrass).
Ashwagandha decoction or in hot milk.





Recipe from the Book!

BRAINIAC BONBONS

These tasty energy balls are limited only by your imagination! Opt for good- or decent-tasting herbs (so, go easy on the bitter bacopa), and make sure the powder is ground super fine.

2 tablespoons nut butter
(such as almond)

1 tablespoon honey or puréed
date, or to taste

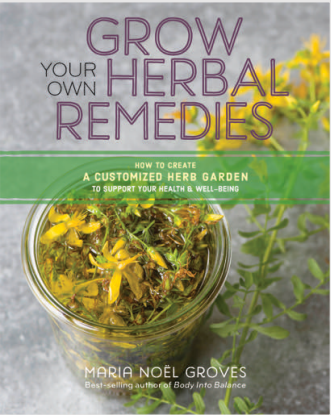
1 teaspoon powdered herb(s)
(such as ashwagandha, hawthorn,
gotu kola, holy basil)

Toasted sesame seeds or coconut
flakes for rolling

Mix the nut butter, honey, and herbs thoroughly together. Feel free to add other ingredients, like chopped nuts or fruit. Roll into small balls. Then roll/dip them in the sesame seeds or coconut. If you're feeling particularly decadent, dip them in melted dark chocolate instead (chill the honey/nut butter balls first) and let cool on parchment paper or in mini baking cups. Enjoy one to two bonbons as a dose of herbs.



From *Grow Your Own Herbal Remedies*, Storey Publishing
By Maria Noël Groves. Photo of bonbons by Maria.



Recipe from the Book!

MINTY MEMORY TEA

THIS DELICIOUS TEA provides an instant boost and can also be enjoyed as a daily tonic tea. Aim for 3- to 4-inch-long sprigs. Try it also as an infused water on hot summer days. You can also use similar ratios of dried herbs, using 1 tablespoon total per 16-ounce mug.

3 sprigs fresh peppermint

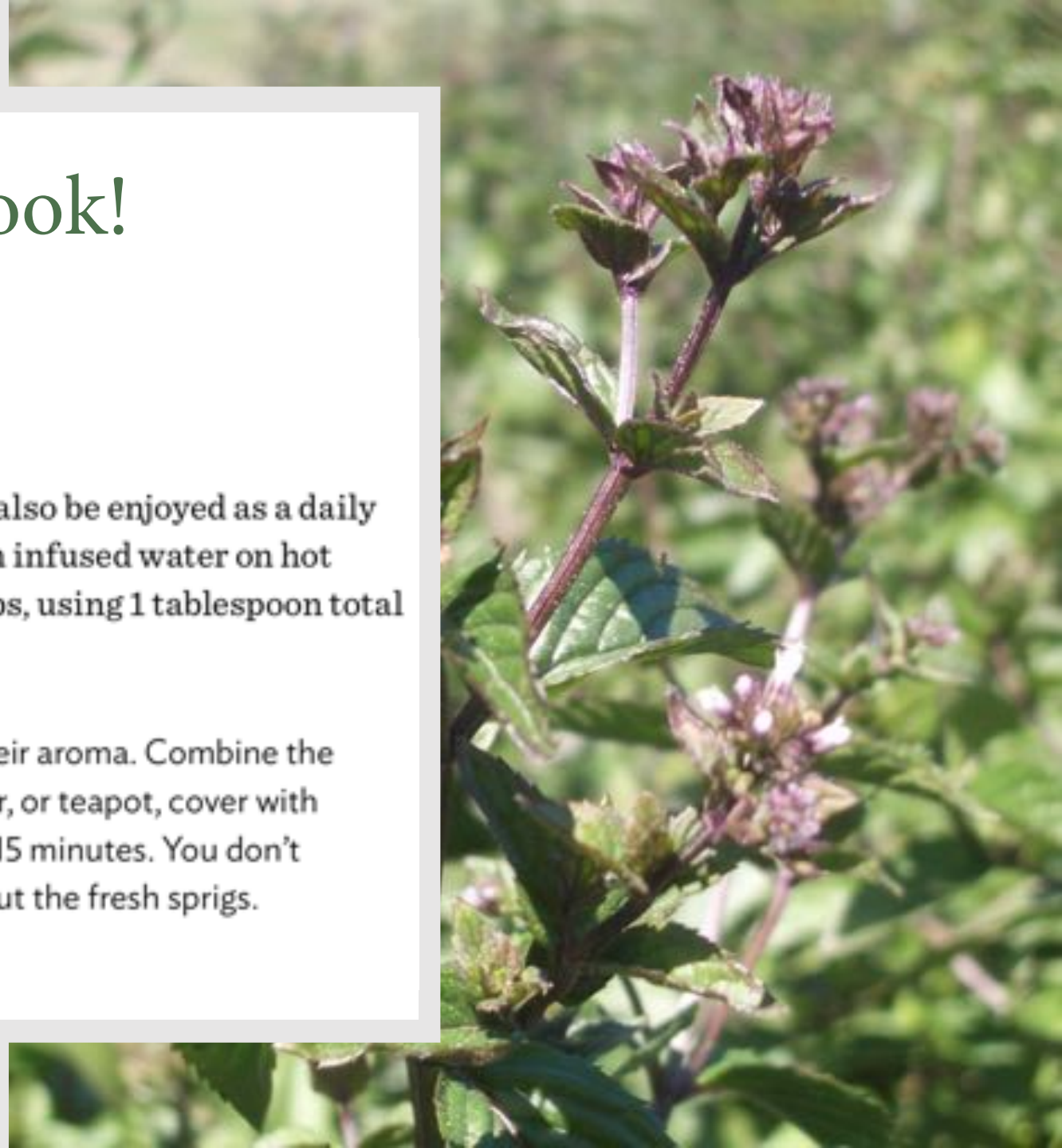
3 sprigs fresh spearmint

3 sprigs fresh lemon balm

1 sprig fresh rosemary

Rub the sprigs to release their aroma. Combine the herbs in a 16-ounce mug, jar, or teapot, cover with hot or cold water, let steep 15 minutes. You don't necessarily need to strain out the fresh sprigs.

From *Grow Your Own Herbal Remedies*, Storey Publishing
By Maria Noël Groves,



BRAIN-BOOSTING TINCTURE BLEND

YOU CAN PREPARE THIS from premade individual tinctures or make a combination fresh plant tincture (see the recipe on page 38). Feel free to play around with the formula and the ingredients to suit your individual needs.

2 parts gotu kola tincture

1 part bacopa tincture

1 part lemon balm tincture

½ part holy basil tincture

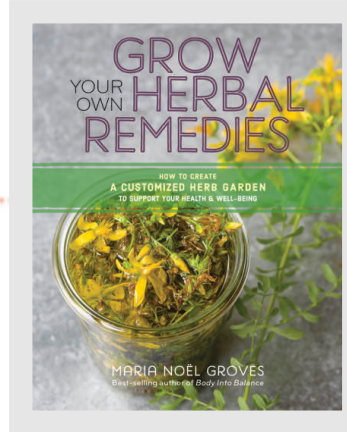
¼ part rosemary tincture

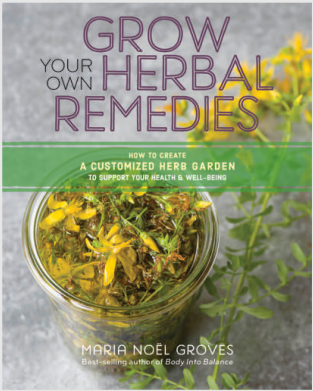
¼ part peppermint or spearmint tincture

If using premade individual tinctures, measure out each part by volume. For example, if each part is 1 ounce, your final tincture blend will be 5 ounces. Shake well to combine.

If making a combination blend from scratch, follow the instructions for a fresh plant tincture on page 38. If each part is an ounce by weight of fresh plant, make your tincture in a pint (16-ounce) jar.

Take 2–4 ml of your blend 1–3 times daily or as needed.





More Tips from the Book!

More Ways to Use Brain-Boosting Herbs

Rosemary seltzer: Toss a few sprigs into bubbly water.

Holy lemon water: Combine fresh sprigs of holy basil and lemon balm in seltzer or cold tap water.

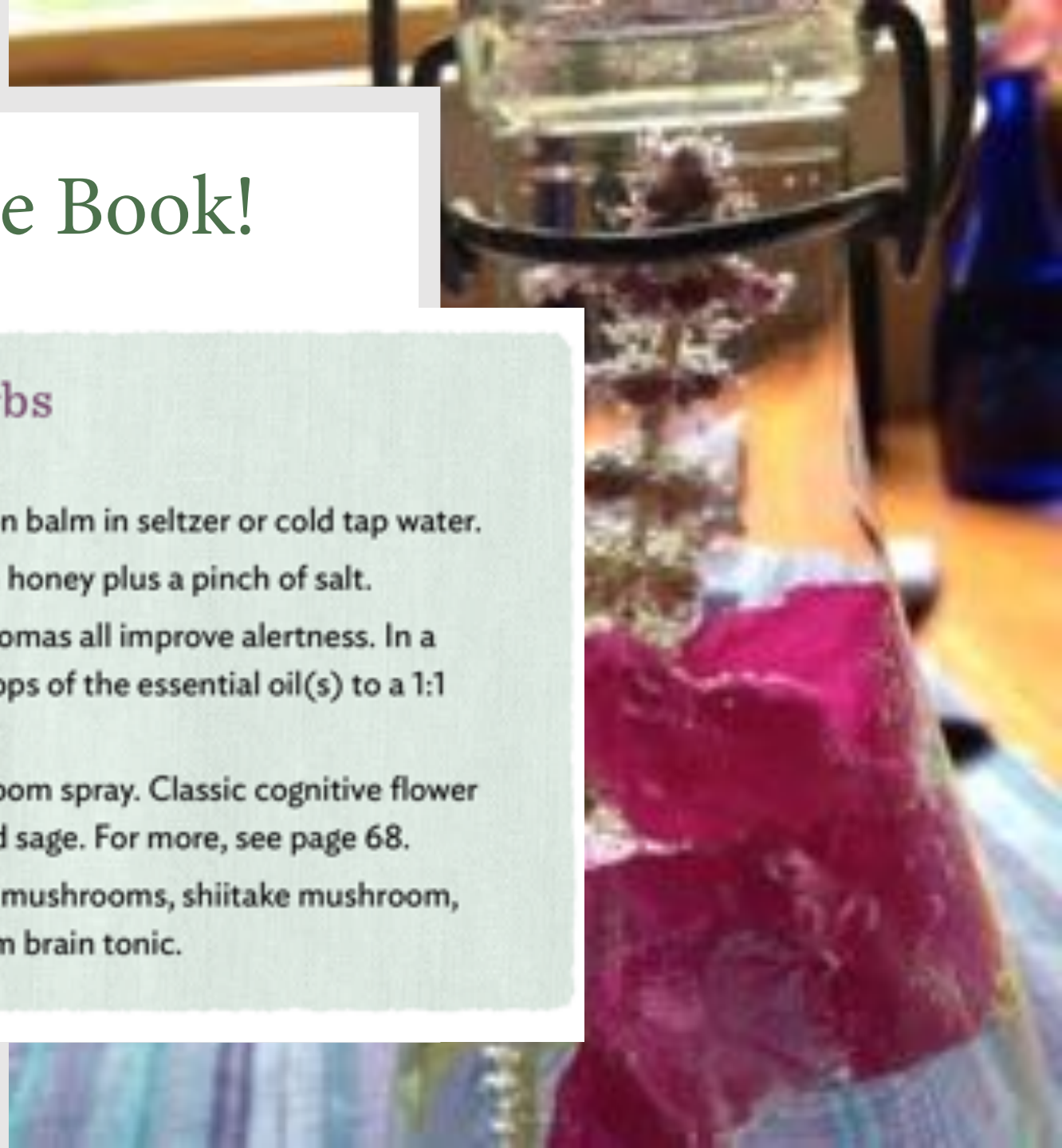
Energy drink: Make an iced tea of holy basil and green tea with honey plus a pinch of salt.

Aromatherapy spray: Peppermint, rosemary, basil, and pine aromas all improve alertness. In a spray bottle, use a homemade hydrosol (page 58) or add 15 drops of the essential oil(s) to a 1:1 blend of vodka and water.

Flower essences: Use solo, add to other remedies, or make a room spray. Classic cognitive flower essences include peppermint, rosemary, cosmos, gotu kola, and sage. For more, see page 68.

Broth: Make a broth (page 81) featuring gotu kola, lion's mane mushrooms, shiitake mushroom, and perhaps a little ashwagandha, reishi or chaga as a long-term brain tonic.

From *Grow Your Own Herbal Remedies*, Storey Publishing
By Maria Noël Groves,



Ashwagandha Chai

Simmer in 16 ounces of water for 20 minutes.

- Base Chai: • 1 tsp **ashwagandha**
- 2 **cinnamon** sticks • 8 **cloves**
- 2 **cardamom** pods • 1 **star anise**
- Optional: ginger, licorice, nutmeg, vanilla, bay...
- **Optional Additions**, ~ ½-1 teaspoon each per choice:
- **ashwagandha** (calm adapt) • turmeric (liver/infl)
- **codonopsis** (zip/energy) • gotu kola (brain/adapt)
- astragalus (immune) • chaga/reishi (immune)
- **nettle** (for nutrition) • oat straw (nutrition)
- marshmallow (gut) • burdock/dandy (liver)

Bolded personal favorites, but I like them all.



Lemon Balm – Holy Basil – Rose Tea

- 1 teaspoon holy basil
- 1 teaspoon lemon balm
- Sprinkle rose petals
- Steep in 12-16 ounces of near-boiling water for 3 minutes. Strain, enjoy.
- Also use fresh as infused water or seltzer

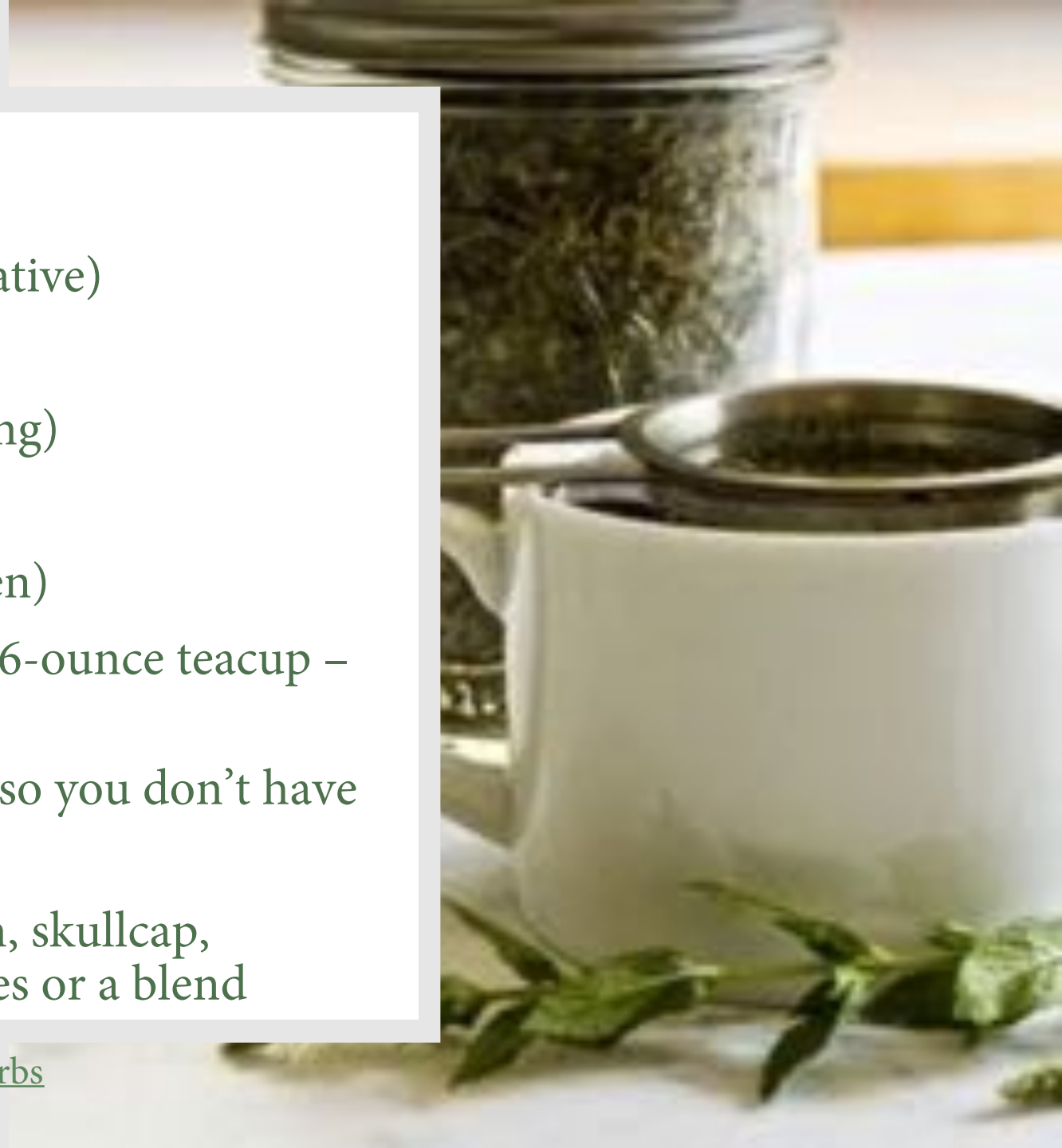


Sleep Tea

- ½ teaspoon passionflower (primary sedative)
- ½ teaspoon skullcap (nervine/sedative)
- ½ teaspoon lemon balm (nervine/calming)
- ½ teaspoon spearmint (flavor)
- 1 teaspoon honey (sleep support, sweeten)
- Steep the herbs in a SMALL cup – 4- to 6-ounce teacup – for 15-20 minutes, strain, and sweeten.
- Drink just before bed. Avoid large cups so you don't have to pee at night.

Sleep Tinctures: passionflower, valerian, skullcap, California poppy, kava, or hops as singles or a blend

Links to my... [sleep tea video](#), [Growing & Using Peaceful Herbs](#)



Sample Recipes

Sleep Tincture

- 50% passionflower
- 25% skullcap
- 25% magnolia

1-5 ml at bedtime

My tinctures are

1:2 fresh in 95% or
1:5 dry in 50-60%

Calm-Uplift Tincture (or oxymel, glycerite)

- 20% mimosa
- 20% milky oat
- 20% holy basil
- 20% ashwagandha
- 20% lemon balm

2-5 ml at breakfast and
dinner (1 tsp+ oxymel
or glycerite)

herb weight : alcohol volume in percent alcohol | half proof = % alcohol



Harvesting Leaves & Flowers



When the plant part looks happiest.

Ensure already clean(ish) pre-harvest (don't wash, usually).

Remove anything icky, process immediately



Drying Herbs & Flowers



Goal = 95-110°F for leaves and flowers (higher for bark, fruit)
Ensure good airflow, low humidity. CRISP dry!
Single layer flowers, best in dehydrator



Tea: Infusion (steep)



1 heaping teaspoon or more DRY herb per cup
Steep 5-15 minutes or longer



Tea: Super Infusion

- Weigh 1 ounce of herbs
- Put in 32-ounce container (French Press = ideal)
- Cover with boiling water
- Let steep 4+ hours
- Strain, squeezing it all out

- Excellent for mineral-rich herbs, super safe tonics, gut-healing blends. Avoid heavy metals.
- If bacteria is a concern, decoct instead



Herbal Seltzer & Infused Water

Great for aromatic, fresh herbs
light – sweet – aromatic – refreshing
low in tannins and other properties
(long cold infusion for mucilage)

- Add about 1-2 small sprigs for a single-serving
- Or 3 or so large sprigs for 1 liter
- Let steep in cold seltzer or water for a few minutes
(roses taste best after a few hours)
- Drink that day



Tincture (alcohol)

Fresh Tincture: 1:2 in 95%

- 1 oz herb (weight) to 2 oz alcohol (grain, vodka)
- Use high- proof alcohol (40-95%) – grain, vodka
- Or just shove jar full of herb, then to top with alcohol

Dry Tincture: 1:5 in 50%

- 1 oz herb (weight) to 5 oz alcohol (vodka, brandy)
- Use 40-60% alcohol – vodka, brandy
- Shake regularly
- Best dry: elder, alder, cherry bark

Strain after 1 month or longer. Keeps up to 10 years.
One of the strongest plant extracts.



Herbal Glycerite (glycerine)

Using food-grade vegetable glycerine (2 method options)

1. Macerate (let sit, covered) in a jar for ~ 1 month
 2. “Water bath can” in a jar with headspace and canning lid for 20-60 minutes, cool, strain.
- Use 70-100% glycerine for dry herbs
 - 100% glycerine for fresh herbs (more apt to spoil)
 - Similar proportions as a tincture
 - Shelf life varies, dose is a bit higher than tincture
 - Sweet yet sugar free, safe for diabetics
 - Best for aromatic herbs



Acetum (vinegar)

- Raw apple cider = Best & healthiest
- BUT white vinegar shows off more color and flavor
- Chop and cover with vinegar
- Let sit 2+ weeks (to taste) - use a PLASTIC cap
- *Usually* shelf stable for 1 year

Oxymel = honey + vinegar, about 50/50 = tasty!



Herbal Honey

With Heat:

Chop, gently heat to a simmer 2+ times, letting cool in between, then strain



Raw:

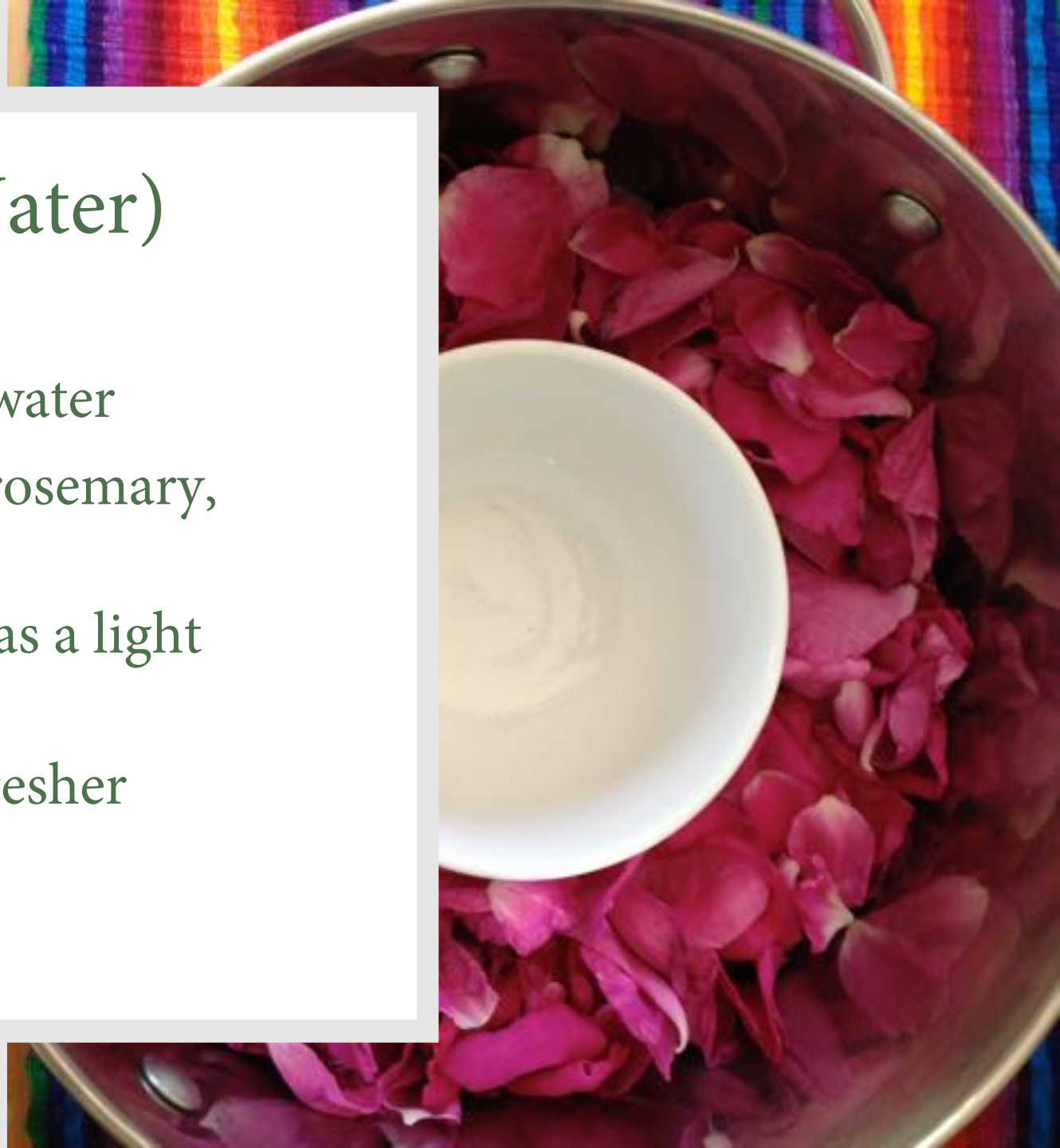
Chop, put in a jar, cover with honey, let sit 2-4 weeks, warm gently and strain

Usually shelf-stable 1 year.
Moisture from fresh herbs may cause fermentation/mold.



Hydrosol (Flower Water)

- At-home aromatherapy
- Captures essential oils & distilled water
- Great for roses, holy basil, mints, rosemary, lavender
- Use it in cooking recipes, creams, as a light aroma spray...
- Spray it on the skin as a toner, refresher





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