

Copyrighted Material

# HERB GARDENING FOR HEALING

Best Herbs For a  
Medicinal Herb Garden

TIMOTHY TRIPP

# **Herb Gardening For Healing: Best Herbs For a Medicinal Herb Garden**

By  
Timothy Tripp

# Table of Contents

[Introduction](#)

[1. Aloe Vera](#)

[2. Marsh Mallow](#)

[3. Pot Marigold](#)

[4. Sage](#)

[5. Tea Tree Herb](#)

[6. Lemon Balm](#)

[7. Thyme](#)

[8. Basil](#)

[9. Fenugreek](#)

[10. Rosemary](#)

[Conclusion](#)

[Thank You Page](#)

# Herb Gardening For Healing: Best Herbs For a Medicinal Herb Garden

By Timothy Tripp

© Copyright 2014 Timothy Tripp

Reproduction or translation of any part of this work beyond that permitted by section 107 or 108 of the 1976 United States Copyright Act without permission of the copyright owner is unlawful. Requests for permission or further information should be addressed to the author.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If legal advice or other expert assistance is required, the services of a competent professional person should be sought.

First Published, 2014

Printed in the United States of America

## Introduction

The modern medicines that are prescribed to patients nowadays, including syrups, capsules and tablets, never existed during the ancient times. Our ancestors used herbal medicines to prevent and treat their medical problems. But since then, people have continued to emulate their ancestors by growing and using different forms of herbs to treat their diseases. Actually, the power of these herbs cannot be underestimated. Various researches have proved that herbal medicines can cure critical medical problems. In this respect, several pharmaceutical companies have started to explore the various benefits these herbs have, and guess what they have found- they have proved that herbal medicines can be used as alternative medical treatment remedies for many dangerous diseases. Various medical practitioners have been therefore recommending their patients to use herbal medicines rather than the modern contemporary medicines.

Unfortunately, many people who are seeking to utilize herbal medicines, lack information on these herbs, particularly these medicinal herbs healing properties. Many have been therefore asking questions like:

- are these medicinal herbs safe
- which herb is best for my condition
- what are the healing properties of these herbs
- can these herbs be planted in our gardens at home

When they find that there is no answer to the above questions, they therefore don't see the reason of planting these medicinal herbs in their gardens. For those with enough information on these medicinal plants have been getting healed using these herbs.

In this guide, I'm going to describe various medicinal herb gardens and particular herb's healing properties. You will also get to learn on how to grow each particular herb at your home. Well, now you can check below some of the herbs, their healing properties and instructions on how to grow them.

# 1. Aloe Vera

Aloe Vera is a green thick herb that produces medicinal substances for the treatment of several medical problems. These substances are latex and gel. Latex is a yellowish substance that is extracted from the lower side of Aloe Vera skin. The gel, on the other hand, is a substance in form of a jelly that is extracted from the inner thick side of Aloe Vera leaf. Aloe Vera is sold in form of extracts obtained by crashing the plant leaves.

## **Healing properties and use of Aloe Vera**

This extracts contain both latex and gel which have many healing properties than any other herb in the world. This herb is therefore an antiviral, antiseptic, anti fungal, antimicrobial, antibacterial, germicidal, disinfectant and antibiotic. It is therefore used to treat conditions such as burns, wounds and cuts, eczema, skin allergies among other medical problems. The juice from Aloe Vera herb can therefore be used to treat chronic constipation, ulcerative colitis, stomach ulcers and digestive problems.

## **How to grow aloe Vera**

- This plant can be grown under normal conditions. It only requires sun and moisture to grow.
- You can use seeds or cutting from an already growing plant
- If you decide to use seeds, the recommended are for growing your aloe vera is inside the pot. But if you decide to use stem cuttings, you can either use a pot or plant them directly in your garden

-When you use cuttings, they can take many weeks to start growing. But when you use seeds, they take only two weeks to emerge from the soil

-If you live in dry area, make sure you water your plants daily. Avoid too much watering because watery condition may cause roots to rot

-Apply fertilizer when necessary

-If the leaves of this plant turn orange, move the whole Aloe Vera plant to the shade



## 2. Marsh Mallow

This herb has very many healing properties including demulcent, emollient, demulcent, expectorant, diuretic, vulnerary, emollient, alterative, diuretic properties, lithotriptic, anti catarrhal properties and pectoral properties.

The marsh mallow is an herb that is valued by many people because of its healing properties. It was first discovered in Britain in two centuries ago, but you can find in the United States particularly in the state of Virginia. The parts of this herb used for treatment are the roots and leaves. But the most common one is the root and that is why you will find people calling it Marsh mallow root.

### **Healing properties and uses**

As I said earlier, the parts that are used for treatment are the root and leaves. It can treat many health problems such as bruises, insect bite and wounds. Internally, the juice from extracted from the roots can be used to treat stomach ulcers, skin inflammation, stomach acids, aching muscles and urine problems.

### **How to grow**

-This plant can do well in a variety of conditions including near the sea, outside ditches, in wet meadows, river banks, under the full sun and in salt marshes

-The plant is grown together with cover crops. Start with a cover crop and make sure the cover crops are grown enough before planting marsh mallow roots

- Use manure and ensure your land is irrigated deeply throughout before introducing the marsh mallow roots
- You can use cuttings or roots when planting the herb. Don't plant your marsh mallow during the frost period
- The planting procedure is simple. Dig holes of about 1/8 inch when using seeds. Place the seeds on these holes, cover them slightly and water the area gently
- When planting marsh mallow from roots, you should wait until autumn season. Dig out mature marsh mallow roots and remove any rootlets. Split the roots before planting them
- Make sure the marsh mallow roots are planted 2 feet apart to avoid overcrowding

### **3. Pot Marigold**

Another name for Pot Marigold herb is Calendula scientifically known as *Calendula officinalis*. This medicinal herb actually falls under the same family of another herb by the name chrysanthemums. It has fussy leaves with petals showing little fragrance.

#### **Healing properties and uses**

The part of this herb used for treatment is the flower. This herb has very many healing properties including, alternative analgesic properties, and antispasmodic, astringent, anti inflammatory, bactericide, depurative, carminative, diuretic, stomachic, emmenagogue, styptic, and tonic. This herb is commonly known to treat skin related problems such as wounds and stings, sore eyes and insect bites. It can also be used internally to treat fever, varicose veins and other chronic infections. It can also be used to flavor butter and wine because of its intense color.

#### **How to Grow Pot Marigold**

- the best thing about this medicinal herb is it can do well under any normal conditions
- the recommended season to grow this herb is spring period
- but in hot areas with little frosts, the recommended planting season is autumn
- you can grow Pot Marigold from seeds or cuttings. When using seeds to grow this herb, sow the seeds at a depth of 6 millimeters
- prepare your pot if you intend to plant seeds indoors

- allow the seeds to germinate in the dark. The seeds require two weeks to germinate
- ensure that the temperatures are regulated accordingly. The recommended temperature level is 21 degree Celsius
- if you are using dwarf Pot Marigold seedlings should be planted 20 centimeters apart
- tall species of this herb should be planted 50 centimeters apart
- the recommended soil ph is 5.5

## 4. Sage

Sage is a medicinal herb scientifically known as *Salvia officinalis*. It falls under the mint family with other plants like rosemary, basil, thyme, oregano and lavender. It was first grown in the Mediterranean region but later spread to the whole world. Sage has gray leaves of about 6 centimeters. Its petals are usually white, pink, blue or purple in color. It has a pleasant smell making it preferred when manufacturing soaps and other natural cosmetics. If you didn't know, this herb was used to manufacture Four Thieves Vinegar herb which was used to treat plague.

### **Health benefits of sage**

This herb has been used as medicine for many decades to treat digestion related problems, depression and problems related to mental. It is a nutritious herb that is rich in vitamin K and many antioxidants. Taking a glass of sage every day can also be a good remedy for Alzheimer's disease. It helps improve memory, focus and concentration. Researchers from the University of Vienna in Australia have proved that this herb can be a good anti-inflammatory. Another team of research in the United States has also proved that this herb can help reduce the effects of type 2 diabetes disease. This herb is therefore an antiviral, antiseptic, anti fungal, antimicrobial, antibacterial, germicidal, disinfectant and antibiotic

### **How to grow sage**

-the first step is to buy sage seeds or a plant division of sage from a qualified garden store. What I mean here is that you can use grow sage from seeds or grow it from a plant division usually a small plant which is transplanted to the field or flower pot

-when you plant sage from seeds the recommended season of planting is late spring. Here, a seedling container is used. Seeds are placed about 0.125 inch deep and 30 inches apart.

-if you are using an already established plant to grow your sage herb, you can use layering technique when planting your new herb

-prepare your soil in advance making sure it is rich in nitrogen and it drains well. The preferred soil PH for growing sage is 6.5

-when using clay soil to grow your plant, make sure you improve its drainage by adding little sand to the mixture of clay soil.

-keep watering your plant gently. Sage seedlings are small in size, therefore take great care when watering or handling them. However, this plant is drought tolerant.

-ensure there is enough sunlight if you are growing your sage indoors

-practice pruning during spring period to reduce overcrowding and control pests and other diseases

-control and prevent mildew carrying out thinning practice. This is actually a problem that affect at any sage growing farmer

-sage is a pest resistant plant but sometimes small pests and insects like thrips or mites may attack the plant.

## 5. Tea Tree Herb

Tea tree herb is scientifically known as *Melaleuca alternifolia*. It is an Australian herb that is used to manufacture tea tree oils. The oil is yellowish in color extracted from tea tree leaves. This oil is best known to treat very many diseases. Don't confuse tea tree oil to tea oil. These are different products. Tea oil is cooking oil extracted from beverage tea plant known as *camellia sinensis*.

### **Healing properties and uses**

This is the best oil that you must have at your house. This oil has very many healing properties than you can imagine. It has antimicrobial, antibacterial and antifungal healing properties. It can be used to treat many conditions such as skin fungus, wide range of skin infections and face problems. It has compounds that can reduce inflammation and prevent or treat many infections. This oil is a good remedy for respiratory infections affecting the body. It can act as an antiviral agent thus improving the body's immune system.

### **Growing tea tree**

- growing tea tree is not a difficult task
- you can grow tea tree herbs from seeds
- this herb contain tiny seeds and it is therefore difficult to grow them directly in any cultivated land
- seeds are therefore germinated first in nurseries before transferring them to a bigger land
- the procedure is very simple to follow

- soak the seeds in aerated water for two to three weeks in order to soften them before planting them in your nursery
- wait them to soak for the entire period and then mix them thoroughly with fine sand before planting them in the nursery
- They will one week to germinate. Carry out seed thinning when the seedlings are three weeks old
- wait for two to three months before transplanting them to your field or pots
- Wait for them to establish and depending on the climate, it takes around 2-3 years for the herb to be harvested



## 6. Lemon Balm

Lemon balm scientifically known as *Melissa officinalis* is a plant that is used to alleviate stress and stimulate the nerve senses of the nervous system and the central nervous system. It is a perennial plant that falls under the family Lamiaceae. This herb was first grown in the Mediterranean region and in Europe. Lemon balm plants can grow up to 150 centimeters in height. Leaves are the ones that have medicinal value.

### Healing properties and uses

Lemon balm is a medicinal herb that has a soothing effect on the nervous system. It is therefore classified as a nerve tonic. It can be used to reduce anxiety during the times of stress. Researchers say that the herb can be used as a tranquilizer without showing any negative side effects. In brief, this herb can be used to ease pain as a result of animal bites, sores, mosquito bites and burns. It can also be used internally to treat fever, headaches, insomnia, depression, stomach ulcers, stomach gas, colds and cough.

### Growing lemon balm

- This herb is easy to grow. It requires a neutral soil pH of 7
- You can grow this herb either outdoors or indoors. If you grow it indoors, make sure to place it near direct light. If you grow it in pots, you can transfer them to sunlight for five hours each day
- Ensure the area where you plant this plant has good drainage. This herb takes up water steadily
- Avoid overwatering the plant since watery soil will lead to root rot

- Apply fertilizer when necessary
- This plant propagates easily from seeds so it is recommended to grow lemon balm from seeds
- This herb is a perennial plant that grows up to one foot in height.
- It can survive in a variety of seasons

## 7. Thyme

Thyme is an herb scientifically known as *Thymus vulgaris*. The leaves, oil, flowers from this herb are used as medicine. Thymol is a substance that is extracted from thyme herb. Thymol chemical is combined with other chemicals to help treat and prevent many medical problems.

### **Healing properties and uses**

Its oil can be applied directly to the skin to help relieve hoarseness. It also alleviates swollen tonsils, reduce bad breath and heal swollen mouth. Thyme oil is used by many companies to manufacture liniments and mouthwashes. It can also be applied to the scalp to reduce hair loss and treat baldness. Some people have reported the effectiveness of the oil in the treatment of fungal and bacterial infections. It is a wonderful herb that eases congestion, coughs and stomach ulcers or gas.

### **Growing thyme**

-You can grow your seeds in a nursery bed or buy the seedlings from a nearby nursery bed. You can also use plant parts to grow your thyme. This medicinal herb can be grown indoors or outdoors.

Growing thyme from seeds takes almost one year. Therefore it is recommended to grow your thyme herbs from plant divisions

-Choose the right place to grow your herb. This herb grows best in well drained soil and in full sun light. You can improve drainage by adding sand to the soil if you realize that it does not drain well. This medicinal herb can be planted as a ground cover, near walls or on

the deck or pavement. You can also decide to plant it in pots or containers

-Plant your thyme seedlings when the fields are warm. The recommended seedling space is 20 centimeters apart. Control weeds either through mulching practice, uprooting or weeding using a hoe.

-This herb grows up to 6 cm in height. Your thyme is ready for harvesting in mid-summer if you planted them during winter season

## 8. Basil

Basil is a medicinal herb that is common to Indian and Italian cultures. This herb exists in many different colors and varieties. There are deep blue basil varieties, green varieties and blue basil varieties. This herb also comes with many flavors such as lemon, spicy, sweet and as well as licorice.

### **Healing properties and uses**

Basil has four major health benefits. The first one is DNA Protection. Its leaves act as antioxidants. It has compounds that are believed to protect the cell structures in the body. These chemicals also control chromosomes from being damaged by oxygen related issues. They also help the chromosomes from radiation. The second benefit that basil has is its property as anti bacteria. The essential oil extracted from basil leaves is believed to inhibit several species of dangerous bacteria in the body. The third benefit is its anti-inflammatory effect. It has chemicals that help to block enzymes COX in the body. It is therefore an herb that does the same work as aspirins and ibuprofen. These two drugs are formulated to block COX enzyme. The last benefit of basil is its effect it has on cardiovascular Health. The herb comes with magnesium, vitamin A and other several nutrients. This combination of nutrients has the ability to protect the cell walls from any damage. They also improve blood and oxygen flow in the body and reduce the level of cholesterol that would otherwise oxidize in the body.

### **Growing basils**

- the first step is to select the type of basil seeds that you want to plant. This herb comes in many varieties such as cinnamon basil, lemon basil and purple basil. You can order the seeds from a nursery store or germinate your own in nursery beds
- seeds are germinated indoors 6 weeks before the start of frost season. Make sure there is warm air and sun around the seeds if you want them to do well. The reason for starting the seeds indoors is to minimize the risk of frost attack
- prepare seed pots in advance. Fill each seed pot with a mixture of peat and perlite. Make sure there is no air in the mixture by pressing the mixture slightly. Sprinkle little water in the mixture to dampen it. You are making a good environment for the seeds to germinate.
- plant two seeds in each seedling pot and cover them slightly with fine soil. Then, using a plastic wrap, cover the pot to maintain the moisture inside the pot. Place the seedling pot close to the window. Make sure to sprinkle the germinating seeds with little water twice in a day
- immediately when sprouts start to emerge from the soil, remove the plastic cover you put. Keep sprinkling the seedlings two times in a day
- when your seedlings become few inches tall, prepare to transplant them
- start transplanting the seedlings when two leaves are formed on the seedlings
- make sure that there is no frost when transplanting your seedlings
- make sure the soils are well drained and there is sunshine
- dig holes in the field at a space of 6 inches apart. Place the seedlings in the hole and put some soil to cover the hole.

- during the entire period of basil growth, keep the soil damp.
- pinch off the forming flowers leaving the two pair of the leaves in the stem
- control pests and mold that may be attacking the plant

## 9. Fenugreek

Fenugreek is a medicinal herb known by its scientific name *Trigonella Foenum-Graecum*. It is commonly grown in Europe and some parts of eastern Asia. This herb has a long list of history in the treatment of many medical problems.

### **Health benefits and uses**

This herb is commonly used by breast feeding mothers to increase milk production. It has a diosgenin chemical which is ideal for lactating mothers. Fenugreek herb is also used in traditional clinics to ease child birth. It acts by stimulating the contraction of uterus muscles. It reduces labor pain. Consult your physician before using this herb since excessive of it can lead to miscarriage. As I said earlier, this herb has compounds like diosgenin which has the same effect like that of estrogen. This compound helps in reducing symptoms related to menstruation including mood swings, cramps, headaches, flashes and many others. Researches also say that the compounds present in this herb can initiate breast enlargement.

According to other studies conducted in the United States, this medicinal herb can be used to reduce the level of cholesterol in the blood. They also suggest extracts from fenugreek seed can be a good remedy for reducing cardiovascular risks. The list of what this herb can do is endless. The other health benefits include control of diabetes, aid in digestion, reduce heartburn, remedy for sore throat and fever and colon cancer prevention. This herb is therefore a good



antiviral, antiseptic, anti fungal, antimicrobial, antibacterial, germicidal, disinfectant and antibiotic.

### **Growing fenugreek plant**

- The first step is to buy fenugreek seeds from a qualified garden store.

- choose a suitable planting field with good drainage, sunlight and soil ph. The recommended soil ph is 6.0 to 6.9. Avoid selecting wet soils that may cause fenugreek seeds to rot. Make sure there is enough nitrogen in the area that you select

- you can decide to sow your seeds outdoors or indoors. Plant this herb outdoor during late spring season when the temperature is between 20-50 degrees Celsius.

- the seeds take about 2 days to germinate

## 10. Rosemary

Rosemary is a plant scientifically known as *Rosmarinus officinalis*. This herb is a perennial herb with needle like leaves, pink, purple or white petals. It is commonly grown in Mediterranean region and some other parts of Asia and Africa. It is found under the mint family name Lamiaceae.

### **Health benefits of rosemary**

It is a nutritious herb that is rich in vitamin K and many antioxidants. Taking rosemary every day can also be a good remedy for Alzheimer's disease. It helps improve memory, focus and concentration. It can also help reduce the effects of type 2 diabetes disease. This herb is therefore a good antiviral, antiseptic, anti fungal, antimicrobial, antibacterial, germicidal, disinfectant and antibiotic

### **How to grow rosemary**

- The first step is to buy seeds or a plant division from a qualified garden store.
- The recommended season of planting is late spring. Here, a seedling container is used. Seeds are placed about 0.125 inch deep and 30 inches apart.
- If you are using an already established plant to grow your herb, you can use layering technique when planting your new herb
- prepare your soil in advance making sure it is rich in nitrogen and it drains well. The preferred soil PH for growing this herb is 6.5
- keep watering your plant gently.

- ensure there is enough sunlight if you are growing your rosemary indoors
- practice pruning during spring period to reduce overcrowding and control pests and other diseases
- control and prevent mildew carrying out thinning practice.

## Conclusion

There are several plants in this planet with medicinal value. While some are suitable in marshy areas and forests, you can still get a good number of herbs that can be grown at home. I am sure you know very few of these medical herbs other than the one I have explained above. Visit your local library; you can still get more information on different medicinal herbs. Select those herbs that you wish to plant. See whether they will do well in your environment. If you are sure that they can be grown at your home, purchase seeds, seedlings or plant portion from a nearby nursery bed and follow the instructions of growing them.

You can save time and money by growing medicinal herbs in your compound. These herbs will help treat you and your family when you are suffering from colds and flu, minor cuts, inflammation, anxiety, insomnia, indigestion, stomach problems, muscle cramps and other medical problems. You may see this practice of growing herbs being difficult. But if you dedicate your time and energy caring for these herbs, you will definitely benefit either financially or health wise.

What you are supposed to know is little with regard to growing these herbs. You don't need to be skilled; you only need to use your internet to teach how to do it. Search online any information that you want about best herb for medicinal herb and you will definitely get directed to the useful content to help you get started.

## Thank You Page

I want to personally thank you for reading my book. I hope you found information in this book useful and I would be very grateful if you could leave your honest review about this book. I certainly want to thank you in advance for doing this.