

Species	Common Name	Medicinal Uses	Seeds	Plants
Abelmoschus manihot	Hibiscus Manihot	A member of the Malvaceae (Mallow) family. Flowers, young leaves and roots are used raw or cooked. Harvest individual leaves or flowering tips during growing season and roots during dormancy. Flowers last only a day but will flower prolifically through the growing season. Manihot is sweet and mucilaginous. The primary actions of this herb are emmenagogic, antioxidant, anti-inflammatory, antiviral and antidepressant. Traditionally in Nepal a juice is made from the roots and is warmed and applied to reduce inflammation in sprains. A juice made from the flowers is used to treat toothache and chronic bronchitis. A relatively safe herb with no reported hazards.		https://www.agroforestry.co.uk/product/abelmoschus-manihot-edible-hibiscus/
Abies sp. amabilis balsamea grandis nobilis	Fir	A member of the Pinaceae family and native to North America. This tree was used widely as a herb by indigenous Americans. The bark, harvested in autumn, decocted for treatment of haemorrhoids, tuberculosis and stomach ailments and the resin, obtained in high summer, used internally to treat sore throats and colds and used topically to treat burns, bruises, wounds and sores and cracked nipples in breastfeeding mothers. Young shoot tips, harvested in spring, can be used to make a vitamin rich tea. Abies sp. main actions include antiseptic, analgesic, antiscorbutic, diuretic, stimulant, tonic and vulnerary. No known hazards.	https://www.agroforestry.co.uk/?s=abies&post_type=product	
Acanthopanax senticosus (Eleutherococcus senticosus)	Siberian Ginseng	A member of the Araliaceae family and native to East Asia. A. senticosus is a powerful tonic herb used widely in traditional Chinese medicine as a substitute for true ginseng. The roots, harvested in autumn, is bittersweet and warming and is used in herb blends to maintain good health and manage stress. The main actions include adaptogenic, anti-inflammatory, hypoglycaemic, immune supporting, tonic and vasodilator. It is useful in the management of menopausal symptoms and geriatric debility. Hazards: should not be consumed for more than 3 weeks. Not safe for children. Do not consume alongside caffeine.	https://www.agroforestry.co.uk/product/acanthopanax-senticosus/	
Acanthus mollis	Bears' breeches	A member of the Acanthaceae family and native to the Mediterranean region. Mainly used as a topical herb as a poultice for the treatment of burns and to ease muscles and ligaments surrounding dislocated joints. The leaves, harvested in spring and the roots, harvested in autumn are astringent, detergent, emollient, mucilaginous and vulnerary. The mucilage present and emollient properties in this plant lends itself to internal use in soothing inflamed mucus membranes within the urinary and digestive tracts. No known hazards.	https://www.agroforestry.co.uk/product/acanthus-mollis/	https://www.agroforestry.co.uk/product/acanthus-mollis-2/
Achillea millefolium	Yarrow	Native to Europe and western Asia. All aerial parts can be used. Harvest leaves when young and tender in spring and flowers in summer. Yarrow has a long history as a wound healer and is a useful ally assisting in recovery from colds, flu and managing symptoms of hay fever. It is useful in treating menstrual problems and aiding circulation. Actions of Yarrow include antispasmodic, astringent, antipyretic, bitter tonic, cicatrizant, diaphoretic, emmenagogic, eupeptic. Traditionally, in Scotland wound ointment was made from Yarrow. Yarrow is versatile and can be taken as a tea infusion, tincture, juice extract or applied topically as a poultice or oil infusion. No known hazards.	https://www.agroforestry.co.uk/product/achillea-millefolium/	https://www.agroforestry.co.uk/product/achillea-millefolium-2/
Acorus calamus	Sweet Flag Bacc (Hindi)	Originating from India, an important "rejuvenating" herb in Ayurveda. Rhizomes are used and have an aromatic, vanilla-like fragrance. Harvest the rhizomes as needed throughout growing season. The main actions of sweet flag include antispasmodic, carminative, diaphoretic, stimulant and tonic. Traditionally considered an aphrodisiac in India and Egypt,		https://www.agroforestry.co.uk/product/acorus-calamus-2/

		sweet flag was used as a stimulant and digestive aid. Sweet flag can be used as a decoction, tincture or a powder to relieve bloating and stomach cramps. Hazards: Sweet flag contains Asarone which is carcinogenic when isolated. However <i>A. calamus</i> var. <i>americanus</i> does not contain Asarone.		
Adansonia digitata	Baobab	Native to the African continent, Baobab is known as the Tree of Life due to its myriad properties. Traditionally leaves and bark are harvested from April through September and fruits are gathered between December and April once shells are brown. Key actions include antioxidant, anti-inflammatory, analgesic, hepatoprotective, anti-diarrhoea, pre-biotic, antipyretic and antiviral. Traditional use of leaves as an anti-asthmatic and antihistamine as well as in treatment of parasites and UTIs. The bark may be used to reduce fever and toothache. The dried fruit pulp can be powdered and added to baked goods or smoothies. An oil can be made from the seed and is used topically for dry skin conditions. No known hazards.		https://www.agroforestry.co.uk/product/adansonia-digitata-baobab/
Agastache foeniculum	Anise Hyssop	A member of the mint family and native to North America. All aerial parts can be used raw or cooked, leaves harvested from spring and flowers from mid-late summer. <i>A. foeniculum</i> is a delicious and aromatic herb. Key actions include astringent, antioxidant, antibacterial, antiviral, anti-fungal, cardiac, carminative. Can be used as a flavouring in cooking and brewed as a pleasant tasting tea for the treatment of colds and fevers and to strengthen a weak heart. A cold infusion can be used to treat chest pains from coughing. Traditionally used by indigenous Americans topically as a poultice or salve to treat burns, wounds and fungal conditions. No known hazards.	https://www.agroforestry.co.uk/product/agastache-foeniculum/	https://www.agroforestry.co.uk/product/agastache-foeniculum-2/
Agastache rugosa	Korean Mint	Native to East Asia, Korean Mint is considered one of the 50 fundamental herbs in Chinese Herbalism. All aerial parts can be used raw or cooked with leaves having highest levels of medicinal constituents - harvested from spring through to summer. The key actions include antibacterial, anti-fungal, antipyretic, aromatic, carminative, diaphoretic, and stomachic. Taken as a tea to improve digestion and relieve abdominal bloating, nausea and vomiting. Leaves are also used to treat chest congestion, headaches and diarrhoea. Traditionally used as a treatment for morning sickness and a folk remedy for cancer, extracts of the plant have shown anticancer activity. No known hazards.	https://www.agroforestry.co.uk/product/agastache-rugosa/	https://www.agroforestry.co.uk/product/agastache-rugosa-2/
Akebia quinata	Chocolate Vine	A member of the Lardizabalaceae family and native to East Asia, now an invasive in the eastern USA. Young shoots and leaves are harvested in spring and taken internally as a tea. This herb has many functions including being a treatment for bacterial and fungal infections such as UTI and candida as well as improving menstrual flow and lactation. Key actions include antifungal, antibacterial, diaphoretic, diuretic, emmenagogue, galactagogue, febrifuge and laxative. Fruits, harvested in summer are also medicinal as a tonic, stomachic and anti-rheumatic. Hazards: may have damaging effects on fertility	https://www.agroforestry.co.uk/product/akebia-quinata-2/	https://www.agroforestry.co.uk/product/akebia-quinata/
Alchemilla mollis	Lady's Mantle	Native to Britain and continental Europe, Lady's Mantle is a tannic herb with a long tradition of use as a wound healer and in treatment of conditions of the menstrual cycle including cramping, heavy bleeding and cycle regulation. Often prescribed to those with endometriosis and fibroids. Both the roots, harvested in dormancy, and aerial parts, harvested from spring to mid summer, can be used. Key actions of <i>A. mollis</i> include anti-inflammatory, antimicrobial, antioxidant, astringent, coagulant, diuretic, emmenagogic, hepatic, hypoglycaemic, hypotensive, procollagen, vulnerary. Lady's mantle can be consumed in the form of tea, infusion, decoction (root), or tincture. Hazards: avoid during pregnancy.	https://www.agroforestry.co.uk/product/alchemilla-mollis/	https://www.agroforestry.co.uk/product/alchemilla-mollis-2/

Alliaria petiolata	Garlic Mustard	A member of the Cruciferae family and Native to Britain, Europe, North West Africa and Western and Central Asia. The leaves and stems, harvested in spring are taken internally to treat asthma, eczema and bronchitis. Externally they are used as an antiseptic poultice on wounds and ulcers and is effective at relieving pain and itching from bites and stings. The roots, harvested in autumn can be infused into oil as a chest rub to relieve symptoms of bronchitis. Key actions include, antiasthmatic, antiseptic, diaphoretic, expectorant, vermifuge and vulnerary. No known Hazards.	https://www.agroforestry.co.uk/product/alliaria-petiolata/	
Allium spp.	Various	There are numerous useful species of <i>Allium</i> which are found all over the world with specific plants lending varying levels of useful constituents. Key actions of <i>Allium spp.</i> include anti-inflammatory, anti-fungal, antibacterial, hypotensive and anthelmintic. All parts are edible raw and cooked with flowers and leaves usually harvested in spring and summer and bulbs harvested throughout dormancy. A great culinary herb that lends its strong flavour and medicinal properties to many dishes. Leaves can be juiced and drunk as a slimming aid and bulbs can be crushed and applied topically to skin in treatment of fungal infections. No hazards known. Not recommended for those with IBS.	https://www.agroforestry.co.uk/?s=allium&post_type=product	https://www.agroforestry.co.uk/?s=allium&post_type=product
Aloysia triphylla	Lemon Verbena	Native to South America, <i>A triphylla</i> is strongly lemon scented and is used as a calming and digestive herb. Leaves and flowering tops can be picked throughout growing season and dried for future use. The key actions include antispasmodic, febrifuge, sedative and stomachic. An essential oil made from the leaves is often used in aromatherapy as a stimulant to treat lethargy and depression as well as treating acne, boils and abscesses. The essential oil is an effective insecticide. Most commonly taken as a tea or cold infusion. Hazards: overconsumption of <i>A. triphylla</i> tea may cause gastric irritation. Essential oil application to skin may increase photosensitivity.		https://www.agroforestry.co.uk/product/aloyasia-triphylla-lemon-verbena/
Althaea officinalis	Marshmallow	Native to Europe, marshmallow is a mucilaginous herb used to sooth mucus membranes. All parts can be used. Harvest aerial parts in spring and summer and roots in autumn. Key actions include anti-inflammatory, demulcent, emollient, expectorant, diuretic and mildly laxative. Traditional use of the root taken in sweet wine to cure a cough was implied by philosopher Theophrastus (372-286 BC). In modern times, marshmallow is used to treat stomach ailments and tissue inflammation. Taken as a tea the leaves and roots may be used to treat UTIs, dry coughs, bronchial and asthmatic conditions and stomach upset. The flowers may be crushed or infused and applied to inflamed skin. The root is often used in drawing out of abscesses and boils. No known hazards	https://www.agroforestry.co.uk/product/althaea-officinalis/	https://www.agroforestry.co.uk/product/althaea-officinalis-2/
Amelanchier alnifolia	Saskatoon Service Berry	Native to north America and a member of the Rosaceae family. Widely used by Indigenous Americans to treat minor complaints and was used as a contraceptive. A decoction of the inner bark, stems and ashes were given to women immediately after childbirth to drop the placenta, heal the womb and function as a birth control. Herbalists use <i>A. alnifolia</i> fruit, harvested in late summer and juiced to ease stomach complaints, as a mild laxative and to restore appetite. Key actions include diaphoretic, stomachic, tonic and laxative. No known hazards	https://www.agroforestry.co.uk/product/amelanchier-alnifolia/	https://www.agroforestry.co.uk/product/saskatoon-amelanchier-alnifolia-mandan/
Angelica archangelica	Angelica	Native to Europe and a member of the Umbelliferae family. <i>A. Archangelica</i> has a long traditional use as a digestive herb and circulatory aid. The roots, harvested in autumn, have highest levels of constituents and can be decocted for internal use in the treatment of indigestion, flatulence, bronchitis and typhus. Leaves, harvested in spring and seeds, harvested in late summer can also be used. An essential oil extracted from seeds is used topically for rheumatism. Key actions include antispasmodic, carminative, diaphoretic,	https://www.agroforestry.co.uk/product/angelica-archangelica/	

		diuretic, expectorant, stimulant, stomachic and tonic. Hazards: not safe in pregnancy. Contraindicated in instances of diabetes.		
Angelica dahurica	Angelica Bai Zhi	Native to Russia and East Asia and used commonly in Chinese Herbalism. The roots, harvested in autumn are used as a bitter tonic to treat headaches, nasal congestion, toothache and the management of facial pains associated with trigeminal neuralgia. <i>A. dahurica</i> is also used to treat sores, boils and ulcers of the skin. Roots can be dried in slices and used in tea blends or powdered and applied topically to the skin. Hazards: avoid in pregnancy.	https://www.agroforestry.co.uk/product/angelica-dahurica/	https://www.agroforestry.co.uk/product/angelica-dahurica-2/
Anthriscus sylvestris	Cow Parsley	Native to Britain and a member of the Apiaceae (carrot) family. Known to native woodlands, roadsides and verges. Key actions include anti-inflammatory, antibacterial, antioxidant, antiseptic, antispasmodic, antiviral, expectorant and nutritive. Traditionally used as a digestive aid, for the treatment of respiratory issues and colds and to treat kidney and stomach ailments. Harvest leaves as they begin to emerge in early spring and continue to pick as needed. Roots can be harvested in dormancy. Use as a culinary herb in place of parsley or infuse into a herbal tonic. Leaved can be applied directly to skin as an insect repellent. Hazards: lookalike plants such as hemlock are highly toxic so care must be taken when harvesting <i>A. sylvestris</i> .	https://www.agroforestry.co.uk/product/anthriscus-sylvestris/	
Anthyllis vulneraria	Kidney Vetch	Native to Europe and member of the Fabaceae family. <i>A. vulneraria</i> has a long traditional history of wound healing. The roots, leaves and flowers are used topically to cuts, bruises and slow healing wounds. Internally it is taken as a spring tonic and a mild laxative. Key actions include antitussive, astringent, laxative and vulnerary. No known hazards.	https://www.agroforestry.co.uk/product/anthyllis-vulneraria/	
Aralia chinensis	Yi Xu	Native to Asia and a member of the Araliaceae family. <i>Aralia</i> has a long history of use in the treatment of rheumatism, hepatitis and bruising. Key actions include analgesic, antibacterial, anti-inflammatory, antiviral, cardioprotective, hepatoprotective, metabolic regulator and nervine. Mainly the roots, stem and bark are used, harvested autumn. Decoct into a tea for internal use. Hazards: use of <i>Aralia</i> sp. should be avoided by pregnant and breast-feeding women.	https://www.agroforestry.co.uk/product/aralia-chinensis/	
Aralia cordata	Udo	Native to Japan, Korea and eastern China. <i>A. cordata</i> is used commonly in Chinese Herbalism as a substitute for ginseng (<i>Panax spp.</i>). Young shoots can be harvested throughout spring and eaten raw or cooked. Roots are harvested in dormancy and must be cooked. Key actions include anti-inflammatory, carminative, analgesic, expectorant, diuretic, febrifuge, stimulant, stomachic and tonic. In traditional medicine, the root is used in soups to treat respiratory conditions, and migraines. Raw leaves can be chewed to alleviate symptoms of gastrointestinal problems such as bloating and indigestion. No hazards known in correct application and processing.		https://www.agroforestry.co.uk/product/aralia-cordata/
Arbutus unedo	Strawberry Tree	Native to The Mediterranean and western Europe, <i>A. unedo</i> is a tannic herb. The leaves are harvested in mid-later summer and can be stored for future use. They contain useful constituents similar to those found in wintergreen (<i>Gaultheria procumbens</i>). Key actions include astringent, diuretic and renal antiseptic. The leaves can be made into a decoction or a fluid extract. Useful in the treatment of urinary conditions and diarrhoea. A gargle can be made for treating a sore throat. Hazards: High levels of tannins may cause issues when consumed in quantity.	https://www.agroforestry.co.uk/product/arbutus-unedo/	
Arctostaphylos uva-ursi	Uva-ursi Bearberry	Native to North America and a member of the Ericaceae family. Uva-ursi leaves harvested in spring were traditionally used smoking blends by Indigenous Americans. An effective	https://www.agroforestry.co.uk/pro	

		treatment for UTI's and other bacterial infections when taken internally as well as when incorporated into a sitz bath, also effective in treating vaginitis and urithritis due to antimicrobial activity against <i>C. Albicans</i> and <i>E. coli</i> . Key actions include, antimicrobial, anti-inflammatory, antiseptic, astringent, diuretic and tonic. Hazards: leaves contain toxic hydroquinones.	duct/arctostaphylos-uva-ursi/	
Armoracia rusticana	Horseradish	Native to southeastern Europe and Asia, <i>A rusticana</i> is a pungent herb with a long history of use to control bacterial infections. It is a key ingredient of the cold-blasting tonic, 'Fire cider'. Both the young leaves, picked in Spring, and the root, usually harvested in dormancy can be used raw or cooked (less efficacious) and taken internally and externally. The roots are antiseptic, aperient, digestive, diuretic, expectorant, rubefacient and stimulant. Infuse into vinegars or grate raw into food to harness beneficial constituents. A poultice can be used in treatment of arthritis and infected wounds. Hazards: not recommended for use in people with stomach ulcers or thyroid disease. External applications may cause blistering.		https://www.agroforestry.co.uk/product/horseradish-armoracia-rusticana/
Aronia melanocarpa	Chokeberry	A member of the rose family and native North America, traditionally used by Potawatomi Native Americans to cure colds. Chokeberries are highly nutritious with high antioxidative activity due to the presence of anthocyanin and other phenolic substances. The berries are used and are best harvested after a frost. They have good flavour and high levels of pectin but are highly astringent. The berries can be used to make jams, jellies and give a nutritive boost to condiments and juices. The key actions of <i>A. melanocarpa</i> are astringent, antioxidative, immune supporting, anti-carcinogenic, hepatoprotective and may also reduce inulin sensitivity. No known hazards.	https://www.agroforestry.co.uk/product/aronia-melanocarpa/	
Artemisia dracunculus	Tarragon	Today considered more of a culinary herb but still a very useful medicine. <i>A. dracunculus</i> is bitter and warming. The leaves are harvested from early summer and can be dried for later use. Eaten raw or cooked in several recipes and medicinal preparations. An infusion of tarragon can be taken to stimulate digestion, reduce flatulence, tone the uterus, lower fevers and weaken intestinal parasites. In France tarragon used to be known as ' <i>herbe au dragon</i> ' due to its reported use as a cure for snake bites. Topically, this herb can be used as a poultice to relieve some symptoms of gout, rheumatism, toothache and arthritic conditions. The key actions are antiscorbutic, diuretic, emmenagogic, hypnotic and stomachic. Hazards: avoid medicinal use in pregnancy. Not suitable for long term use.	https://www.agroforestry.co.uk/product/artemisia-dracunculus/	https://www.agroforestry.co.uk/product/tarragon-artemisia-dracunculus/
Artemisia vulgaris	Mugwort	Native to Europe, Asia and North Africa and a member of the Asteraceae family. Mugwort has a long use as a treatment of menstrual problems, digestive issues and parasitic worms. All parts of the plant are antiseptic, antispasmodic, carminative, diaphoretic, digestive, emmenagogue, expectorant, nervine, purgative, stimulant and slightly tonic. Harvest leaves and flowering tops in summer and consume as a tea or tincture. Apply leaves topically as an antimicrobial poultice. Roots, harvested in autumn are highly stomachic. Traditionally leaves were placed into shoes to soothe sore feet. Hazards: avoid in pregnancy. Prolonged use not advised.	https://www.agroforestry.co.uk/product/artemisia-vulgaris/	https://www.agroforestry.co.uk/product/artemisia-vulgaris-2/
Aruncus dioicus	Goat's Beard	A member of the rose family, <i>A. dioicus</i> is a useful medicinal herb for women after childbirth. Preparations can help by reducing internal bleeding, profuse urination, stomach pains and diarrhoea. The roots have highest medicinal value and should be harvested in dormancy. The powdered root was traditionally applied to bee stings. Leaves can also be used alongside roots in tea preparations for soaking swollen feet and easing pain in rheumatic joints. The key actions include, astringent, antipyretic, stomachic and blood purifying. Hazards: leaves contain cyanogenic glycosides.		https://www.agroforestry.co.uk/product/aruncus-dioicus-forest-goatss-beard/

Asclepias syriaca	Milkweed	Native to North America and a member of the Apocynaceae family. Roots, harvested in autumn have a traditional use in the treatment of asthma and kidney stones. The milky sap has been used topically to treat warts. Key actions include anodyne, diaphoretic, diuretic, emetic, expectorant and purgative. Indigenous American women used a root decoction as a contraceptive. Cooked stems can be used as a poultice on rheumatic joints. Hazards: Potentially toxic. Members of this genus contain toxic resinoids, alkaloids and cardiac glycosides.		
Asperula odorata (Galium odoratum)	Sweet Woodruff	Native to much of Europe, China and Japan. Member of the Rubiaceae. Once popular in the Middle Ages as an external treatment for cuts and bruises. Sweet Woodruff is now most commonly used to treat insomnia, nervous tension, varicose veins and jaundice and hepatitis. Key actions include; anti-inflammatory, anti-spasmodic, diuretic, diaphoretic, hepatoprotective and sedative. Harvest aerial parts before flowering and dry for later use. High in hormone-like compound Asperuloside, identifiable by presence of a hay-like smell during drying, it stimulates the uterus. Hazards: avoid in pregnancy. Contains coumarins, inhibiting blood clotting. Contraindicated with anticoagulant drugs.	https://www.agroforestry.co.uk/product/asperula-odorata/	https://www.agroforestry.co.uk/product/galium-odoratum/
Astragalus membranaceus	Milk Vetch Huang Qi	A member of the legume family and native to eastern and northern China and Mongolia. The roots are used and are harvested in autumn after at least four years of growth. <i>A. membranaceus</i> was traditionally used as an energy tonic and was especially useful as an adaptogen for those living in a cold climate. The key actions are adaptogenic, antiviral, immune stimulating, diuretic and vasodilator. In modern times Milk Vetch has also been used to reduce excessive sweating, stem uterine bleeding, reduce anaemia and support the body during colds and other viral infections, It can be taken as a tincture, decoction or infused into honey. Hazards: not recommended for use in those with skin conditions.		https://www.agroforestry.co.uk/product/astragalus-membranaceus/
Atriplex canescens	American salt bush	A member of the chenopode family. All parts are used. The leaves can be harvested year round and eaten cooked or raw. Seeds can be harvested in late summer and used as a grain. Roots can be harvested in autumn and powdered for use toothache or made into tea to relieve stomach aches and coughs. Topically, leaves can be crushed, made into a soapy lather and applied to skin complaints such as insect bites, rashes and chickenpox to reduce itching and inflammation. Traditional use by some Native Americans was to burn the herb and use the mineral rich ashes to improve nutritive value and intensify the blue hue of corn products. Key actions are anti-inflammatory, carminative, pain-relieving and nutritive. No known hazards.	https://www.agroforestry.co.uk/product/atriplex-canescens-2/	https://www.agroforestry.co.uk/product/atriplex-canescens/
Atriplex halimus	European salt bush Sea Orach	A European native. Can be used similarly to <i>A. canescens</i> (see above). Traditionally harvested as a famine food, all parts can be eaten. An ash made from the leaves produces an antacid powder that can be used as the alkali ingredient in soap making. No known hazards.	https://www.agroforestry.co.uk/product/atriplex-halimus/	https://www.agroforestry.co.uk/product/atriplex-halimus-2/
Barbarea vulgaris	Yellow Rocket	Native to temperate North Africa and much of Europe. A member of the Brassicaceae family. Yellow rocket is mainly used as a culinary herb with its palatable yet pungent mustard flavour, however this herb also has medicinal qualities. Harvest young leaves and unopened flowers throughout the year. For internal use, eat raw, cooked or infuse into tea. For external use on wounds, leaves can be poulticed. Key medicinal actions include; appetite stimulating, vulnerary, antiscorbutic and diuretic. Hazards: ingestion of leaves in high quantities may cause kidney malfunction.	https://www.agroforestry.co.uk/product/barbarea-vulgaris/	
Berberis darwinii	Darwin's barberry	Native to the mountains Patagonia. Berries, which are high in vitamins, are edible raw or cooked and are harvested in late summer-early autumn. Rhizomes and bark are medicinal	https://www.agroforestry.co.uk/pro	https://www.agroforestry.co.uk/produ

		and should be harvested in autumn, with rhizomes having the highest levels of the antibacterial compound Berberine. A decoction made from the root was traditionally used in treating bacterial infections such as dysentery and urinary infections. <i>B. darwinii</i> can also be tinctured or powdered and berries made into syrups or jams. Key actions include, stomachic, febrifuge, astringent, antiseptic, antibacterial and nutritive. Hazards: none known. Berberine can be made ineffective when taken in conjunction with <i>Glycyrrhiza spp.</i>	duct/berberis-darwinii/	t/berberis-darwinii-2/
Betula pendula	Silver birch	Native to The British Isles, Europe and Eastern Asia. This tree has a plethora of medicinal functions. The leaves, sap and buds and young bark can all be used and are harvested in spring, The leaves are fantastic lymphatic aid. A leaf infusion has traditionally been used in treatment of rheumatism and gout. In modern times it is also recommended as a reliable solvent of kidney stones. The astringent inner-bark is useful as a diuretic and laxative. An oil obtained from the inner bark is used in the treatment of skin afflictions, especially eczema and psoriasis. No Hazards known.	https://www.agroforestry.co.uk/product/betula-pendula/	https://www.agroforestry.co.uk/product/betula-pendula-2/
Bulbine frutescens	African Bulbinella Burn Plant	A native of Southern Africa, <i>B. frutescens</i> has a long history of use as a skin healer, with nurses in South Africa still recommending this mucilaginous and succulent plant to new mothers as a treatment for nappy-rash. It can be used similarly to <i>Aloe vera</i> , simply crush the leaves and rub some gel onto burns or inflamed skin. It is useful in treatment of dry skin, burns, blisters, scratches, acne and mouth ulcers. Key actions include, antibacterial, anti-inflammatory, emollient, vulnerary and demulcent. Hazards: possibly not suitable for internal use.		https://www.agroforestry.co.uk/product/bulbine-frutescens/
Bunium bulbocastanum	Pig Nut Earth Nut Black Cumin (<i>Nigella sativa</i> shares this common name) Kali Jeera (Hindi)	A member of the Apiaceae family, this herb has been used in Ayurvedic medicine for a variety of ailments. The key actions are: astringent, antioxidant, digestive and carminative. Harvest seeds in Autumn. Seeds can be added to recipes, made into a decoction for internal use to treat abdominal pain, diarrhoea and dysentery. For external use, seeds are soaked overnight and ground into a paste and applied to skin for treatment of joint pain, body aches, skin infections and toothache. Traditionally in South India, <i>B. bulbocastanum</i> is administered to women after giving birth to combat post delivery infection and strengthen the mother's internal system. No known hazards.		https://www.agroforestry.co.uk/product/bunium-bulbocastanum/
Calamintha nepeta	Calamint	A member of the Lamiaceae family, native to Italy. Harvest leaves and stems in midsummer, at beginning of flowering and dry for future use. Used in medieval times as a treatment for parasites, leprosy and skin diseases. Early Greeks used it as a cure for snakebites. It also has uses in treating depression and insomnia. Key actions include antimicrobial, antioxidant, anti-inflammatory, diaphoretic, emmenagogue, febrifuge and stomachic. In modern herbalism, <i>C. nepeta</i> is used as an ingredient in chest rubs and decoctions to treat bronchial infection and aid as an expectorant and diaphoretic to clear illness. Hazards: Not suitable for children or women who are pregnant or trying to conceive.	https://www.agroforestry.co.uk/product/calamintha-nepeta/	https://www.agroforestry.co.uk/product/calamintha-nepeta-2/
Calycanthus floridus	American spice bush Carolina Allspice Sweet Shrub	Native to the southeastern region of USA. Mainly, the roots and bark are used, harvested in autumn and winter. The key actions include: antispasmodic, anti-periodic, depressant, disinfectant, diuretic and emetic. Cherokee communities traditionally used infusions of the bark as eyedrops for failing vision, or as a wash for hives. The sap was used as a treatment for children's sores. Modern herbalists have used <i>C. floridus</i> root infusions as a diuretic for treating kidney problems though this also may also have an emetic effect. Hazards: internal medicinal use should be supervised.	https://www.agroforestry.co.uk/product/calycanthus-floridus-2/	https://www.agroforestry.co.uk/product/calycanthus-floridus/

Capsicum baccatum	Chilli Aji Amarillo (Peruvian)	Native to South America, with a Scoville rating of 30,000-50,000. Useful in culinary recipes and additions to many herbal preparations. Key actions include; stimulant, tonic, antispasmodic, antiseptic, diaphoretic, analgesic, circulatory aid and high vitamin C contents. Traditionally and currently, <i>C. baccatum</i> has been used topically in poultices and balms to ease sore muscles, rheumatic pain and chilblains with its high levels of Capsacin, which warms the body, aids circulation and desensitises nerve endings. Internally it is useful as an aid for sluggish digestion as well as a gargle for sore throats, or consumed to clear colds and flu a vinegar or honey infusion is recommended for these uses. Hazards: Can cause gastrointestinal upset in high doses.		https://www.agroforestry.co.uk/product/capsicum-baccatum/
Carpobrotus edulis	Sour Fig Vye (Afrikaans) Ice Plant	Native to South Africa, this succulent, first-aid herb has a variety of traditional and modern uses. Harvest leaves, stems and fruits throughout the growing season and use fresh. Key actions include; anti-bacterial, anti-fungal, anti-inflammatory and astringent. The gel from the leaves can be used similarly to <i>Aloe vera</i> and <i>Bulbine frutescens</i> as a treatment for eczema, insect bites, stings, burns and ringworm. A juice extract of leaves is used to treat Diphtheria, Candida, sore throats, diarrhoea and digestive problems. Traditionally, Khoi women have taken infusions of <i>C. edulis</i> during pregnancy to ensure an easy birth and the leaf sap is smeared on the heads of new born babies to give strength to the child. No known hazards		https://www.agroforestry.co.uk/product/carpobrotus-edulis/
Carya ovata	Shagbark Hickory Pokahichary (Powhatan name for hickory nut milk)	Native to the eastern USA and southeastern Canada. Although considered a food and timber plant, <i>C. ovata</i> has some medicinal uses that have been long utilised by Indigenous Americans. Chippewa peoples used the fresh shoots as a steam inhalant to treat headaches. Iroquois peoples would decoct the bark and use it as a poultice for treating rheumatic joints. Iroquois peoples would also mix the nut oil with bear grease to condition the hair and scalp. This mixture was also used as an insecticide. No known hazards. These uses have not been medically researched.		https://www.agroforestry.co.uk/product/hickory-shagbark-carya-ovata/
Chamaemelum nobile	Roman Chamomile	Native to Europe and a member of the Asteraceae family. Chamomile has a long history of uses and is considered a safe and effective herb for domestic use for adults and children. A calming herb, useful in the treatment of digestive issues, insomnia, anxiety. Key actions include, anodyne, anti-inflammatory, antispasmodic, nervine, stomachic and tonic. All aerial parts are edible but mainly flowers are used. Harvest flowers throughout summer and use fresh in teas, dry for later use, distil into essential oil, infuse into tinctures, a glycerite made from the flowers is useful for treatment of children, chamomile's soothing properties also lend themselves to topical use on inflamed skin conditions. No known hazards.	https://www.agroforestry.co.uk/product/chamaemelum-nobile/	https://www.agroforestry.co.uk/product/chamaemelum-nobile-2/
Clinopodium vulgare	Wild Basil	A member of the mint family. <i>C. vulgare</i> is a soft and aromatic herb with a variety of uses, largely popular within traditional Bulgarian herbalism. Harvest leaves of whole stems when flower buds begin to form in midsummer. This herb is supportive of the digestive and integumentary systems. The key actions are; carminative, astringent and anti-inflammatory. Useful as an ingredient in skin salves for reducing irritation and swelling resulting from ailments such as mastitis. Can also be used in herbal tea blends. No known hazards		https://www.agroforestry.co.uk/product/clinopodium-vulgare-wild-basil/
Crataegus spp.	Hawthorn	A member of the Rosaceae family and native throughout the temperate regions of the Northern Hemisphere. Hawthorn has long been lauded as a cardiovascular herb and was an integral famine food in many cultures. Hawthorn has been applied in traditional medicine in numerous heart conditions, high blood pressure, digestive disorders and pelvic congestion in women. Health benefits are attributed to active constituents flavonoids, polyphenols and glycosides. Key actions include cardioprotective, digestive,	https://www.agroforestry.co.uk/?s=Crataegus&post_type=product	https://www.agroforestry.co.uk/?s=Crataegus&post_type=product

		gastroprotective and anti-inflammatory. Harvest young leaves and flowers in spring as dry for future use in infusions and tinctures. Harvest fruits in autumn and process into fruit leather, jam or into tinctures and decoctions.		
Cryptotaenia japonica	Japanese Parsley Mitsuba Honewort	A member of the Apiaceae family and native to Japan, Korea and China. C. Japonica has been used traditionally in the treatment of menstrual complaints as well as colds and fevers. Key actions include tonic, febrifuge, astringent and digestive. The leaves can be eaten cooked or raw in culinary dishes or incorporated into infusions. Pick young leaves throughout spring and early summer and throughout autumn and winter if mild. Harvest the seed when ripe in autumn and use in culinary dishes as a seasoning or in decoctions. The roots can also be used and are best harvested in dormancy.	https://www.agroforestry.co.uk/product/cryptotaenia-japonica-f-viridis/	https://www.agroforestry.co.uk/product/cryptotaenia-japonica/
Cupressus macrocarpa	Monterey Cypress	A gymnosperm and member of the Cupressaceae family. Endemic to the California coastline. High in essential oils. Other species of Cupressus has been long used in Lebanese traditional medicine for the treatment of rheumatism, bronchitis, gastrointestinal diseases and asthma. Key actions include anti-microbial, anti-fungal, respiratory aid. The plant is distilled for the essential oil which has been used topically against several different bacteria and fungi and is particularly useful in treating skin infections. The leaves are harvested in spring and used for making infusions, poultices and hydrosols. Hazards: some concerns regarding plant toxicity.	https://www.agroforestry.co.uk/product/cupressus-macrocarpa/	
Cymbopogon citratus	Lemongrass	Native to Sri-Lanka and India and a member of the Poaceae (grass) family. Lemongrass has a long traditional use within Ayurveda as a medicinal and a culinary herb. The lemony scent is a result of the high concentration of citronella oils found in Cymbopogon spp. This oil is distilled commercially for use as a highly effective insect repellent. Key actions include, antibacterial, anti-septic, antiparasitic, anti-oxidant, diaphoretic, digestive, expectorant, sedative and tonic. Use in recipes and teas for treatment of stomach ailments, gout, parasitic worms and respiratory issues. The essential oil is useful for topical applications. Hazards: avoid in pregnancy, those with hepatitis and those undergoing chemotherapy.		https://www.agroforestry.co.uk/product/cymbopogon-citratus-lemon-grass/
Cytisus scoparius	Broom	A member of the Fabaceae family and native to Central and Southern Europe, invasive in North America. Broom is a narcotic herb, largely contraindicated due to high levels of the alkaloid sparteine. Indigenous Americans traditionally used a fluid extraction of broom as an antiarrhythmic, emetic and a diuretic as well as to induce labour. The young tips were used as a flavouring in beer, imparting bitterness and increasing the intoxicating effects. Broom has historically been smoked as a drug of abuse. Young shoots harvested in spring and early summer can be used in steam inhalations. Flowers in summer can be used as a substitute for capers though there are some concerns over toxicity. Hazards: several contraindications. Not safe for use in pregnancy.	https://www.agroforestry.co.uk/product/cytisus-scoparius-2/	https://www.agroforestry.co.uk/product/cytisus-scoparius/
Drimys winterii	Winter's Bark	A member of the Winteraceae family and native to the Magellanic and Valdivian temperate forests of Chile and Argentina. Winter's Bark is a bitter, tonic herb. The bark is used to relieve indigestion and to kill parasites. Key actions include aromatic, febrifuge, stomachic and stimulant. It is rich in vitamin C. In South America the bark is often dried and powdered for use as a pepper substitute. Harvest akin autumn and winter and dry for later use. Hazards: sap may cause irritation.	https://www.agroforestry.co.uk/product/drimys-winterii/	https://www.agroforestry.co.uk/product/drimys-winterii-2/
Duchesnea indica	False Strawberry	A member of the Rosaceae family and native to Eastern and Southern Asia. Often mistaken for wild strawberry with far less flavoursome fruits. Leaves are high in vitamin C and Iron. Key actions include anticoagulant, antiseptic, depurative and febrifuge. Crushed leaves can	https://www.agroforestry.co.uk/product/duchesnea-indica/	https://www.agroforestry.co.uk/product/duchesnea-indica/

		be applied topically to eczema, boils and irritated skin conditions. Traditionally used for the treatment of snake bites. Fruits can be eaten raw and leaves eaten in salads. Harvest flowers, leaves and fruits throughout summer. Dry for future use. No known hazards.	uct/duchesnea-indica-2/	
Echinacea spp.	Coneflower	A member of the Asteraceae family and natives to eastern and central North America. Medicinally the root is used as an immune supporting herb. Like many other herbs Echinacea spp. contain phenols. Key actions include antimicrobial, antiviral and antioxidant. Echinacea has been used in the treatment of coughs and colds, yeast infections, gingivitis, bronchitis, influenza and HIV and AIDS. Harvest roots in autumn and dry for future use in decoctions and tinctures. Use the fresh root topically to aid the healing of wounds. Caplets containing the dried herb can be taken for short periods. No known hazards.	https://www.agroforestry.co.uk/?s=Echinacea&post_type=product	https://www.agroforestry.co.uk/?s=Echinacea&post_type=product
Elsholtzia stauntonii	Mint Bush	A member of the mint family and native to the temperate climates of Southern Asia. Harvest leaves in mid-late summer as plant begins to flower. <i>E. Stauntonii</i> is a highly aromatic herb used commercially in cosmetics to soften the hair and skin. Key actions include; antiviral, antibacterial, anti-inflammatory and anti-oxidant. In China, it is commonly used as a fumigant insecticide for a range of pests. In traditional Chinese medicine it is taken in tea blends for a range of digestive ailments as well as headaches and flu. No known hazards.		https://www.agroforestry.co.uk/product/elsholtzia-stauntonii/
Ephedra nevadensis	Mormon Tea	A species of Gymnosperm native to western North America, member of the Ephedraceae family. Ephedra has been used by Indigenous Americans in the treatment of kidney problems, asthmatic conditions, gonorrhoea and syphilis. Key actions include antimalarial, antitussive, antiasthma, decongestant, diuretic. Ephedra contains the alkaloid ephedrine which has been isolated and used in asthma medications. As an isolated constituent ephedrine has several contradictions which aren't as present when using the entire herb. Harvest stems in summer and use fresh or dry for later use eaten raw or infused into tea.	https://www.agroforestry.co.uk/product/ephedra-nevadensis/	
Eryngium campestre	Runner Thistle Sea Holly	A member of the Apiaceae family and native to central and southern Europe. Both aerial parts and roots are used medicinally in the treatment of urinary infections and whooping cough. <i>E. Campestre</i> has been used in management of eczema and diabetes. Highest constituent levels found in roots. Key actions include aromatic, antibacterial, anti-fungal, antispasmodic, diuretic, expectorant, galactagogue and stimulant. Contains inulin. Phytochemical evaluations indicate the presence of phenolic acids, essential oils, acetylenes, saponins and steroids. Young leaves can be eaten raw and roots can be decocted or grated into food. Tinctures of roots can be used topically. Harvest roots in autumn and leaves in spring.	https://www.agroforestry.co.uk/product/eryngium-campestre/	
Filipendula ulmaria	Meadowsweet	A member of the Rosaceae family and native throughout Europe and western Asia. Meadowsweet is an aromatic herb high in tannins and flavanoids. Used to treat urinary infections, heartburn, stomach ulcers, colds, acne, rheumatic pain and gout. Key actions include anti-oxidant, antibacterial, anti-inflammatory and anti-microbial. Traditionally the flower pollen was used to flavour mead. Contains salicylic acid, a compound similar to aspirin which contributes to its hospitallike aroma. Use leaves harvested in spring and flowers harvested throughout summer in hydrosols, tinctures and infusions. Hazards: Meadowsweet should not be used by those with an allergy to aspirin.	https://www.agroforestry.co.uk/product/filipendula-ulmaria/	https://www.agroforestry.co.uk/product/filipendula-ulmaria-2/
Fragaria vesca	Alpine Strawberry	A member of the Rosaceae family and native to much of the Northern Hemisphere. Popularised for its sweet fruits, though highest levels of medicinal constituents are found in the leaves. Key actions include astringent, tonic, diuretic and laxative. Traditionally a tea made from the leaves was used as a treatment for liver and kidney complaints, heavy menstruation and diarrhoea. Both the fruit and leaves contain salicylic acid and are utilised	https://www.agroforestry.co.uk/product/fragaria-vesca/	https://www.agroforestry.co.uk/product/strawberry-fragaria-vesca/

		as a treatment of external ailments when dried and mixed with oil before applying to sores, sunburn and inflamed skin conditions. Harvest leaves throughout growing season and fruits in summer. Dry leaves for later use.		
Galega officinalis	Goat's Rue	A member of the Fabaceae and native to northern Africa, western Asia and Europe. A herb used traditionally to treat insufficient lactation, diabetes, pancreatitis and digestive issues. Key actions include diuretic, diaphoretic, galactagogue and hypoglycaemic. Contains alkaloid glegine which has been proven to significantly reduce blood sugar levels. This plant was commonly grown by farmers and fed to live stock to increase milk production. Mainly the flowers are used medicinally, harvested in mid-late summer and dried for future use in tinctures, infusions and powders. Hazards: Caution is advised due to concerns over plant toxicity.	https://www.agroforestry.co.uk/product/galega-officialis/	https://www.agroforestry.co.uk/product/galega-officialis-2/
Gaultheria procumbens	American Wintergreen	A member of the Ericaceae family and native to northeastern north America. A strong, minty and aromatic herb due to high content of methyl salicylate, a chemical similar to aspirin. Wintergreen was used as a pain reliever by indigenous Americans for the treatment of headaches, menstrual cramps, body aches, flu, fever and inflamed skin conditions. Key actions include anti-inflammatory, astringent, carminative, analgesic, galactagogue, rubefacient, stimulant. Leaves and berries can be used to make teas and leaves can be infused into oils and salves. An essential oil can be produced via distillation. Pick leaves in summer and berries in autumn. Hazards: large doses can be toxic.		https://www.agroforestry.co.uk/product/gaultheria-procumbens/
Gaultheria shallon	Shallon Salal	A member of the Ericaceae family and native to western North America. Known for its blueberrylike fruits. The leaves have been used in traditional medicine. A poultice of the fresh, crushed leaves is applied to burns and sores and an infusion of the leaves have been used to manage digestive disorders, diarrhoea, tuberculosis and coughs. Key actions include astringent, anti-spasmodic, antimicrobial and tonic. Harvest the young laves in spring and early summer and berries in summer. Dry for future use in infusions, tinctures and salves.	https://www.agroforestry.co.uk/product/gaultheria-shallon/	https://www.agroforestry.co.uk/product/gaultheria-shallon/
Genista tinctoria	Dyer's Greenweed	A member of the Fabaceae family and native to Europe. Traditionally used as a dye plant as well as medicinally due to the high content of flavanoids, tannins, alkaloids and saponins. Key actions include astringent, antioxidant, anti-inflammatory, antiaging, digestive aid, pain relieving. Traditionally G. tinctoria was drunk as a tea or inhaled as a steam to promote relaxation and provide respiratory comfort. Harvest flowering tips in early summer and dry for later use in tinctures and infusions. Hazards: G. tinctoria is contraindicated with several pharmaceutical drugs and may affect liver function.	https://www.agroforestry.co.uk/product/genista-tinctoria/	https://www.agroforestry.co.uk/product/genista-tinctoria-2/
Gentiana lutea	Yellow Gentian	A member of the Gentianaceae family and native to the mountains of central and southern Europe. Gentian is a bitter tonic herb that is high in alkaloids. It has been traditionally used in the treatment of digestive disorders, acid reflux, anaemia and topically in the healing of wounds. It supports the liver function and promotes the production of bile. Key actions include anti-oxidant, analgesic, vulnerary and digestive. Both the roots and aerial parts are used. The aerial parts are best used fresh and for topical applications such as a poultice. Harvest roots in autumn and dry for future use in decoctions and tinctures Hazards: consuming large amounts of G. lutea may cause stomach upset and topical applications may cause skin irritation.	https://www.agroforestry.co.uk/product/gentiana-lutea/	
Glycyrrhiza echinata	Wild Liquorice	A member of the Fabaceae family and native to Southern Europe and Asia. Known for it's sweet, aromatic roots and used in confectionary as well as medicinally often in conjunction with other herbs to improve their flavour. Key actions include anti-inflammatory, alterative,	https://www.agroforestry.co.uk/product/	https://www.agroforestry.co.uk/product/

		expectorant and tonic. Traditionally used as a tea to improve digestive, chewed to clean the teeth and for teething children. Contains glycyrrhizin and glycyrrhetic acid which is interactive with cortisol. Harvest roots in autumn and dry for later use in powders, decoctions and tinctures. The dried root can be chewed. Hazards: Glycyrrhiza is contraindicated with several conditions and medications.	uct/glycyrrhiza-echinata-2/	glycyrrhiza-echinata/
Hamamelis Virginiana	Witch Hazel	A member of the Hamamelidaceae family and native to Eastern North America. The bark has been used in traditional medicine as an ointment for inflamed skin conditions. The seeds are also edible but are encased in a tough shell. The leaves have been used in teas. Key actions include anti-inflammatory, astringent, sedative and tonic. A decoction or hydrofoil of the bark in used as an astringent wash for blemishes as well as rashes, burns, inflamed eyes and haemorrhoids. Can be used as a respiratory aid and an expectorant if inhaled in a steam preparation. Harvest bark from branches of mature specimens in autumn.	https://www.agroforestry.co.uk/product/hamamelis-virginiana-2/	https://www.agroforestry.co.uk/product/hamamelis-virginiana/
Herniaria glabra	Rupturewort	A member of the Caryophyllaceae family and native to North America and Europe. Rupturewort is a bitter herb. All aerial parts are used, the fresh herb is most effective but leaves can be dried for short term storage. It has been traditionally used as a diuretic in the treatment of chronic cystitis and urethritis as well as to treat upper respiratory tract infections, to detoxify the blood and treat rheumatism and to treat hernia, hence its name. Key actions include astringent, tonic and antimicrobial. A poultice can be used to treat sores and wounds. To make tea, steep leaves in water no hotter than 60 degrees Celsius to preserve volatile oils.	https://www.agroforestry.co.uk/product/herniaria-glabra/	
Hippophae rhamnoides	Sea Buckthorn	A member of the Elaeagnaceae family and native to the cold temperate regions of Europe and Asia. Both the leaves and fruits are used. High in vitamins and minerals. Key actions include astringent, tonic, anti-inflammatory, antibacterial, antioxidant, hepatoprotective, hypoglycaemic, and radioprotective. Traditionally leaves have been used internally and externally to promote hair growth, healthy skin and nails. As a treatment for burns, wrinkled skin and acne. Harvest young leaves in spring and summer and use fresh or dry for future use in infusions, tinctures and rinses. Harvest fruits in late summer and freeze or juice and use in culinary preparations.	https://www.agroforestry.co.uk/product/hippophae-rhamnoides/	https://www.agroforestry.co.uk/?s=Hippophae+rhamnoide&post_type=product
Hovenia dulcis	Chinese Raisin Tree	A member of the Rhamnaceae family and native to Eastern Asia and the Himalayas. This tree bears sweet raisin like fruits which can be used alongside the leaves in medicinal preparations. It is a commonly used food supplement and herb in Chinese, Korean and Japanese traditional medicine, namely as a hangover cure and in the treatment of diabetes and liver diseases. Key actions include antidiabetic, anticancer, antioxidant, anti-inflammatory and hepatoprotective. An extract of the seed and leaves has been used as a honey substitute. Harvest young leaves in spring, flower stalks in summer and fruits in autumn.	https://www.agroforestry.co.uk/product/hovenia-dulcis/	https://www.agroforestry.co.uk/product/hovenia-dulcis-2/
Hypericum androsaemum	Tutsan Sweet Amber	A member of the Hypericaceae family and native to Western Europe, North Africa and the Middle East. A relative of the popular herb St John's Wort, <i>H. androsaemum</i> also contains some amounts of hypericin and is rich in phenolic compounds. Although it has fallen out of use in recent times, traditionally it was used as a wound dressing. The young leaves are used. Key actions include antiseptic, antioxidant, anti-depressant, diuretic, stomachic and vulnerary. In traditional Portuguese and Spanish medicine the berries were used to treat	https://www.agroforestry.co.uk/product/hypericum-androsaemum/	

		depression. Harvest young leaves in spring for use in poultices. Hazards: some concerns over plant toxicity. Should not be used internally without supervision.		
Hypericum perforatum	St John's Wort	A member of the Hypericaceae family and native to the temperate regions of Eurasia and North Africa, Contains hypericin. Traditionally used to treat, depression, anxiety and ADHD by increasing the availability of dopamine, serotonin, and norepinephrine in the brain. It has been used topically in poultices and salves to soothe inflamed skin conditions and reduce pain, bruising and swelling. Key actions include antiviral, anti-inflammatory, anti-depressant, anti-bacterial, anti-oxidant. Harvest flowering tops in midsummer and use fresh or infuse into tinctures and oils. Hazards: St John's wort is contraindicated with several medications including antidepressants and hormonal contraception.	https://www.agroforestry.co.uk/product/hypericum-perforatum/	https://www.agroforestry.co.uk/product/hypericum-perforatum-2/
Hyssopus officinalis	Hyssop	A member of the Lamiaceae family and Native to the Mediterranean and the Middle East. Like many other aromatic plants in the mint family, Hyssop has been used traditionally to treat respiratory conditions and as a treatment for mild infections. A versatile herb, high in essential oils that can be used in teas, culinary preparations and used in smudging. Drinking a tea from hyssop mixed with honey can aid respiratory comfort and recovery from cold and flu. A poultice of the flowering tops can be used on wounds and bruises to aid recovery. Harvest all aerial parts just before flowering in midsummer and dry for future use.	https://www.agroforestry.co.uk/product/hyssopus-officinalis/	https://www.agroforestry.co.uk/product/hyssopus-officinalis-2/
Ilex aquifolium	Holly	A member of the Aquifoliaceae family and native to western and southern Europe, northwest Africa, and southwest Asia. Though little used in modern herbalism, holly was traditionally utilised for its tannic leaves which have been made into tea and coffee substitutes. Key actions include diaphoretic, hepatoprotective, expectorant, febrifuge and tonic. Traditionally holly was used to treat fevers, rheumatism and bronchitis. The leaves were juiced and given to patients with jaundice. The berries are inedible but were utilised as a powerful emetic and purgative. Holly is used today in homeopathy. Hazards: Holly is regarded as toxic and should not be used unless under the supervision of a medical herbalist.	https://www.agroforestry.co.uk/product/ilex-aquifolium/	
Juniperus virginiana	Juniper	A member of the Cupressaceae family and Native to the western United States. Juniper is a versatile herb that has been used by indigenous Americans in several preparations and was quickly adopted by colonisers. An important ingredient in gin distillation. Key actions include anti-septic, anthelmintic, analgesic, diuretic, rubefacient and stimulant. A decoction of the berries was used to treat coughs, colds and fatigue as well as to treat parasitic worms and relieve rheumatic pain. The berries have also been used in steams. The essential oil can be distilled from the wood and used in several medicinal applications. Harvest berries in late summer and wood from mature specimens. Hazards: dangerous when taken internally in high doses	https://www.agroforestry.co.uk/product/juniperus-virginiana/	https://www.agroforestry.co.uk/product/juniperus-virginiana-2/
Kunzea ericoides	Kanuka	Native to New Zealand and a member of the myrtle family. Harvest young shoot tips in Spring. A herb used in traditional Maori medicine. The key actions include; anti-halitosis, anti-inflammatory, astringent, depurative, sedative and stomachic. Infuse leaves into a refreshing tea to calm the stomach and nervous system. No known hazards.		https://www.agroforestry.co.uk/product/kunzea-ericoides/
Lamium purpureum	Red Dead Nettle	A member of the mint family and native to Europe and Asia. All parts are edible and can be harvested throughout the growing season. A useful plant for stemming bleeding and healing wounds. Key actions include; astringent, diaphoretic, diuretic, purgative and styptic. Leaves can be applied fresh as a poultice to grazes, wounds and bruises or it can be infused into a versatile skin salve. Dead nettle can also be eaten or drunk as a tea or decoction to check haemorrhages. No known hazards.	https://www.agroforestry.co.uk/product/lamium-purpureum/	https://www.agroforestry.co.uk/product/lamium-purpureum-2/

Larix decidua	Larch	A member of the Pinaceae family and native to the mountains of central Europe. This herb has been utilised for centuries by Europeans and Indigenous American tribes. Key actions include astringent, anti-microbial, anti-viral, diuretic, expectorant, stimulant and vulnerary. Mainly the bark is used and decocted for treatment of bronchitis, haemorrhages and bladder infections. The bark can also be poulticed or powdered and used topical for the treatment of eczema, psoriasis and to promote healing of wounds. The turpentine extracted from the sap is a powerful antiseptic and can be used to treat kidney disease and rheumatic conditions. Harvest the bark in autumn and the sap in high summer.	https://www.agroforestry.co.uk/product/larix-decidua/	
Laurus nobilis	Bay	Native to the Mediterranean, Bay is a fantastic culinary and medicinal herb. Can be harvested year round. It is high in beneficial essential oils and linalool. Bay is a good digestive herb as well as a respiratory aid, a treatment for Candida infections and supports function on inulin receptors. The key actions are; Anti-inflammatory, Anti-fungal, adaptogenic, anti-anxiety, carminative. Use as a herb to flavour dishes or infuse into a sit bath or into a salve for use as a chest rub. Hazards: may cause hyperacidity and/or oral ulcers for some people.		https://www.agroforestry.co.uk/product/laurus-nobilis/
Lavandula angustifolia	Lavender	A member of the Lamiaceae family and native to The Mediterranean. A versatile, aromatic herb. Used for centuries to treat skin complaints, respiratory issues and digestive issues and to promote relaxation and sleep. Used topically as an effective treatment for eczema, burns, haemorrhoids, thrush and other fungal infections. Taken internally lavender is useful in providing respiratory comfort for promoting sleep. Key actions include antibacterial, anti-fungal, anti-inflammatory, tonic, vulnerary. All aerial parts are used and highest constituents are found in unopened flowers. Harvest before fully flowering and dry for later use in infusions, hydrosols, oils, salves, salts and steams.	https://www.agroforestry.co.uk/product/lavandula-angustifolia/	
Leonurus cardiaca	Motherwort	A member of the Lamiaceae family and native to Central Asia and southeastern Europe. Motherwort has been used as a folk remedy for conditions experienced by women and conditions affecting the heart. It has been shown to be useful in the management of PMS, menstrual cramps and menopausal symptoms as well as irritability and anxiety. The aerial parts are used, can be drunk as an infusion but is very bitter and best served in a blend. It has been used in treating thyroid disease and improving heart function. Key actions include antispasmodic, astringent, cardiac, emmenagogue, nervine, stomachic, sedative, uterine stimulant and tonic. Harvest aerial parts before flowing in midsummer. Dry for future use in tinctures and infusions.	https://www.agroforestry.co.uk/product/leonurus-cardiaca/	https://www.agroforestry.co.uk/product/leonurus-cardiaca-2/
Levisticum officinale	Lovage	A member of the Apiaceae family and native to Europe. Lovage is a strong, aromatic herb which lends itself to culinary and medicinal uses. Like other members of the carrot family L. officinale promotes digestion. All parts are used. Key actions include antispasmodic, aromatic, carminative, diaphoretic, diuretic and expectorant. The leaves can be eaten raw or juiced to treat cystitis, kidney stones and digestive disorders. The seeds can be decocted or used in cooking. A poultice of the root can be used topically to treat ulcers. Harvest tender leaves throughout growing period, harvest seeds and roots in autumn and dry for future use.	https://www.agroforestry.co.uk/product/levisticum-officinale/	https://www.agroforestry.co.uk/product/levisticum-officinale-2/
Ligusticum scoticum	Scotch Lovage	A member of the Apiaceae family and native to Europe and eastern Asia .All parts are used in medicinal and culinary preparations. Like bother carrot family plants, scotch lovage is a good digestive herb. Key actions include aromatic, anti-inflammatory, hepatoprotective, carminative, digestive, sedative. It is often found in blends with other herbs to improve their flavour in infusions. Traditionally was used in the treatment of nervous/ hysterical disorders		https://www.agroforestry.co.uk/product/ligusticum-scoticum/

		and uterine disorders. It is high in minerals and a useful treatment for anaemia Harvest leaves throughout growing period and seeds and roots in autumn. Dry for future use.		
Lindera benzoin	Spicebush	A member of the Lauraceae family and native to eastern North America. The aromatic bark is used for both culinary and medicinal preparations. Traditionally, a tea made from the twigs was used in the treatment of parasitic worms, dysentery, colds and to lower a fever. Key actions include astringent diaphoretic, febrifuge, stimulant and tonic. Twigs can also be infused in hot baths as a treatment for aching joints, bruising and to induce perspiration. Harvest the bark from mature specimens at any time of year and use fresh or dry for future use in decoctions, tinctures, steams and powders.	https://www.agroforestry.co.uk/product/lindera-benzoin/	https://www.agroforestry.co.uk/product/lindera-benzoin-2/
Liquidambar styraciflua	American Sweet Gum	A member of the Altingiaceae family and native to eastern North America and naturalised in South America. The bark and sap is used. The sap is harvested and dried to make a gum that can be chewed or used in other medicinal applications. Contains antiviral compound shimik acid. Key actions include antibacterial, antibiotic, antiviral anti-inflammatory and antiseptic. The resin has been used in the treatment of respiratory conditions, to clean the teeth and treat gum infections, to treat dysentery and to treat cold and flu. Harvest the resin by slicing into the cambium layer of bark on mature specimens and dry for future use.	https://www.agroforestry.co.uk/product/liquidambar-styraciflua/	
Liriodendron tulipifera	Tulip Tree	A member of the Magnoliaceae family and native to eastern North America. The very bitter inner bark of stems and roots are used in medicinal preparations. Traditionally it was used as a treatment for dysentery, coughs, nervous conditions, rheumatism and indigestion and to clear the body of parasites. Key actions include astringent, tonic, diuretic and stimulant. It is aromatic and has been used to flavour and add bitterness to beer. A decoction is made from the inner bark. Externally a poultice of decocted roots has been used on wounds and boils. Harvest in Autumn and winter from mature specimens and dry for future use.	https://www.agroforestry.co.uk/product/liriodendron-tulipifera/	
Lupinus perennis	Sundial Lupine	A member of the Fabaceae family and native to eastern North America. Lupine seed has been used as a protein rich food stuff, they must be prepared by presoaking to remove bitter, toxic alkaloids. Cooked like a lentil or dried and powdered. Medicinally the leaves are used. Traditionally a cold infusion of the leaves was used to treat nausea and internal haemorrhages. Key actions include: digestive, astringent, vulnerary, bitter and tonic. Indigenous Americans used it as a fodder for horses to fatten them and make them "spirited and full of fire". Hazards: some concerns regarding plant toxicity. Do not consume large quantities of Lupine.	https://www.agroforestry.co.uk/product/lupinus-perennis/	
Lycium barbarum	Goji Wolfberry	A member of the Solanaceae family and native to China. Goji is a versatile, antioxidant, immune supporting herb. Both the leaves and fruits are used. Goji is highly nutritive, contains polysaccharides and carotenoids and has been used in Chinese traditional medicine as a food supplement to support kidneys, eyes, liver and heart function as well as protecting against neurological disease. Key actions include antioxidant, antihistamine, cardioprotective, immunostimulatory, hepatoprotective, urinary, nutritive Harvest young leaves in spring and berries in late summer and dry for future use in teas and soups.	https://www.agroforestry.co.uk/product/lycium-barbarum/	https://www.agroforestry.co.uk/?s=Lycium+barbarum&post_type=product
Lycium ruthenicum	Black Goji	A member of the Solanaceae family and native to Central Asia. Mainly the leaves are used. In Chinese traditional medicine and Ayurveda this herb is used as a treatment for heart conditions, irregular menstruation and menopause. It is extremely high in anthocyanins that lend to the medicinal benefits. Key actions include anti-inflammatory, antioxidant, anti-aging, lipid lowering and hypoglycaemic. The ripe fruits can also be eaten and are high in amino		https://www.agroforestry.co.uk/product/goji-lycium-ruthenicum/

		fatty acids. Harvest leaves in spring and ripe berries in late summer. Dry for future use in soups and teas		
Mahonia aquifolium	Oregon grape	A member of the Berberidaceae family and native to western North America. Mahonia contains the alkaloid Berberine and is a useful herb in treating psoriasis and other skin disorders. Indigenous Americans used it to treat stomach ailments, haemorrhages, tuberculosis and rheumatic conditions. Key actions include antibacterial, anti-fungal, anti parasitic, anti-inflammatory, immune boosting and stimulant. All parts are used. The roots are useful for topical treatments in pastes and poultices and the leaves and fruits for internal preparations i.e. tinctures, syrups and infusions. Harvest roots in autumn from mature specimens, leaves and flowers in spring and fruits in late summer. Hazards: herbs in Berberidaceae family are contraindicated with several medications.	https://www.agroforestry.co.uk/product/mahonia-aquifolium-2/	https://www.agroforestry.co.uk/product/mahonia-aquifolium/
Malva alcea	Greater Musk Mallow Hollyhock Mallow	A member of the Malvaceae family and native to temperate regions of the Northern Hemisphere. Musk mallow is a soothing and demulcent herb that can be used culinary and medicinally. All aerial parts are used and are mild enough to consume in quantity. The mucilage content lends itself to treatment of catarrh cough and diseased gums. Traditionally a mouthwash was made of the leaves and seeds. Key actions include demulcent, mucilaginous and anti-inflammatory. Harvest leaves and flowers throughout spring and summer and seeds in autumn and use in culinary preparations, infusions and poultices. Hazards: Malvas grown in very nitrogen rich soil can accumulate nitrites.	https://www.agroforestry.co.uk/product/malva-alcea-2/	https://www.agroforestry.co.uk/product/malva-alcea/
Malva moschata	Musk Mallow	A member of the Malvaceae family and Native to Europe and southwestern Asia. Like other mallows, musk mallow is a useful demulcent herb. It is a safe and gentle herb that can be used in quantity and to treat children. All parts are used with the highest constituent levels food in the roots. Key actions include antiphlogistic, astringent, diuretic, demulcent, emollient, expectorant and laxative. The leaves and flowers can be taken internally and the root is used in pastes and poultices to treat inflamed skin conditions. Harvest leaves and flowers from spring to summer and roots in autumn.	https://www.agroforestry.co.uk/product/malva-moschata-2/	https://www.agroforestry.co.uk/product/malva-moschata/
Malva sylvestris	Wood Mallow	A member of the Malvaceae family and native to Europe. Wood mallow is used in a variety of ways, utilising its demulcent properties. Eaten as a vegetable and used medicinally, It is often found used in ointments for inflamed skin conditions. All parts are used, with the roots having highest constituents. In Britain and Ireland the plant was traditionally considered a cure all and used to treat digestive disorders, coughs, cuts, rheumatism, urinary problems and liver disease. Key actions include antibacterial, anti-inflammatory, demulcent, laxative, expectorant and mucilaginous. Harvest aerial parts spring through to summer and roots in autumn. Dry for future use.	https://www.agroforestry.co.uk/product/malva-sylvestris/	https://www.agroforestry.co.uk/product/malva-sylvestris-2/
Marrubium vulgare	White Horehound	A member of the Lamiaceae family and native to the temperate regions of the Northern Hemisphere. It is a versatile and aromatic herb that has traditionally been used in the treatment for chronic coughs, colds and disorders relation to liver, heart, skin, digestive system and immune system. Key actions include anti-spasmodic, expectorant, aromatic and anti-inflammatory. Contains the alkaloid Marrubiin. Aerial parts are used, the leaves and towers are aromatic and can be used to flavour infusions and culinary dishes. Harvest before flowering in midsummer and dry for future use in steams, infusions and syrups.	https://www.agroforestry.co.uk/product/marrubium-vulgare/	
Medicago lupulina	Black Medick	A relative of the Fabaceae family, an ancient plant that is native to the Northern Hemisphere. A highly nutritive herb, a relative of alfalfa and other clovers but often overlooked as a medicinal. Medick can be eaten as a cooked green and the seed can be eaten, after soaking and cooking to remove trypsin inhibitors. Used medicinally medick is a useful digestive herb and acts as an oestrogenic. Harvest aerial parts and cook before	https://www.agroforestry.co.uk/product/medicago-lupulina/	

		consuming. Hazards: affects hormone balance and is contraindicated with several medications.		
Melilotus officinalis	Sweet Yellow Clover Melilot	A member of the Fabaceae family and native to Europe and Asia. The leaves, flowers and stems are used. Traditionally it was used in the treatment of haemorrhoids, varicose veins and thrombosis. Key actions include antispasmodic, aromatic, carminative, diuretic, expectorant and vulnerary. An infusion is used to treat nervous conditions, insomnia, neuralgia, flatulence, digestive disorders, pelvic congestion and painful menstruation. Externally it was used to treat inflamed eyes, rheumatic pain and bruises. Harvest all aerial plants when flowering in midsummer and dry for late use in infusions, poultices and salves. Hazards: may reduce blood clotting and is contraindicated in several cases.	https://www.agroforestry.co.uk/product/melilotus-officialis/	
Melissa officinalis	Lemon Balm	Native to Southern Europe and Central Asia. Melissa is a powerful and aromatic anti-viral, commonly used in the treatment of HSV and other viral diseases. It also has a long tradition of use in treating melancholy and was a favourite of Nicholas Culpepper, "Lemon Balm causeth the mind and heart to become merry"-1653. For highest essential oil, harvest whole sprigs as flower buds begin to form in midsummer. The key actions are Anti-viral, antispasmodic, nervine supporting, diaphoretic and carminative. Steep into a tea, or infuse as a tincture, oil or salve. Hazards: avoid in pregnancy and thyroid conditions.	https://www.agroforestry.co.uk/product/melissa-officialis/	https://www.agroforestry.co.uk/?s=Melissa+officialis+&post_type=product
Mentha aquatica	Water Mint	A member of the Lamiaceae family and native to Europe and southwestern Asia and northern Africa. The leaves stems and flowers are used. Water Mint is strongly aromatic and is used in infusions and distilled as an essential oil. Key actions include anti-septic, anodyne, antispasmodic, astringent, stomachic, tonic and vasodilator. It has been used in the treatment of digestive disorders, fevers, headaches and other minor ailments. It can be used to make a mouthwash to treat halitosis and gum disease. Harvest aerial parts just before flowering in summer. Dry for later use in teas, hydrosols, tinctures. Hazards: essential oil is hazardous if ingested	https://www.agroforestry.co.uk/product/mentha-aquatica/	https://www.agroforestry.co.uk/product/mentha-aquatica-2/
Mentha longifolia	Horsemint	A member of the Lamiaceae family and native to Europe and Asia. Horsemint is a pungent and aromatic herb which does not easily lend itself to culinary uses. However is a versatile herb for the treatment of mild ailments where an antiseptic is needed. Key actions include antiasthmatic, antispasmodic, antiseptic, carminative and stimulant. Traditionally is was used in the treatment of fevers, headaches and digestive disorders. Harvest all aerial parts before flowering in midsummer and dry for future use in honeys, infusions and tinctures or distill the essential oil. Hazards: should be avoided in pregnancy.	https://www.agroforestry.co.uk/product/mentha-longifolia/	https://www.agroforestry.co.uk/?s=Mentha+longifolia+&post_type=product
Mentha suaveolens	Apple Mint	A member of the Lamiaceae family and native to southwestern Europe and The Mediterranean. Apple mint is a sweet and aromatic species of Mentha that lends itself to medicinal uses as well as culinary, good eaten raw in salads. It is especially valued for its antiseptic and digestive qualities. Key actions include astringent, antispasmodic, antiseptic, digestive and tonic. The essential oil is often used in aromatherapy. An infusion is used to treat digestive and respiratory issues as well as headaches. Harvest all aerial parts before flowering in summer. And dry for future use in infusions, tinctures, salves and steams.	https://www.agroforestry.co.uk/product/mentha-suaveolens-2/	https://www.agroforestry.co.uk/product/mentha-suaveolens/
Mentha x piperita	Peppermint	Native to Europe and The Middle East. Peppermint is very high in essential oils and prized by The Romans and Ancient Egyptians and Greeks. Harvest in midsummer as flower buds start to form. Key actions are; antispasmodic, carminative, diaphoretic, antiseptic, hepatic and respiratory aid. A common use of M. x piperita is as a digestive aid to relieve flatulence	https://www.agroforestry.co.uk/product/mentha-piperita/	https://www.agroforestry.co.uk/?s=Mentha+x+piperita+&post_type=product

		and bloating. Drink as a tea or tincture. The essential oil can be used in chest rubs to relieve coughs as well as headaches. No known hazards.		
Monarda citriodora	Lemon Bergamot	Native to Mexico and the southern USA. Harvest leaves and flowers throughout summer months. <i>M. citriodora</i> is high in essential oils such as citronella. It is effective as an insect repellent as well as a treatment for sore throats, nausea, insomnia and acne. The key actions are; aromatic, antiseptic, anti-bacterial and immune supporting. Drink as a tea or tincture. Leaves can also be added to salads and cooked dishes. No known hazards	https://www.agroforestry.co.uk/product/monarda-citriodora/	https://www.agroforestry.co.uk/product/monarda-citriodora-lemon-bergamot/
Monarda didyma	Bee Balm	A member of the Lamiaceae family and native to eastern North America. Bee balm is a versatile and aromatic herb that can be used in medicinal preparations and culinary dishes. It is high in thymol and has a similarly antiseptic action to <i>Thymus vulgaris</i> . All aerial parts are used to treat colds, flu, upper respiratory problems, gas, diarrhoea, nausea, fevers and whooping cough, and topically for skin problems and wounds. Key actions include antiseptic, antimicrobial, expectorant, anti-inflammatory, anti-fungal. Harvest right before flowering in midsummer and dry for later use in oxymels, tincture and infusions.	https://www.agroforestry.co.uk/product/monarda-didyma/	https://www.agroforestry.co.uk/product/monarda-didyma-2/
Monarda punctata	Yellow Monarda	Native to Eastern Canada, Eastern United States and north eastern Mexico and a member of the Lamiaceae family. Used traditionally by several North America indigenous peoples. Used to treat nausea and vomiting, as a diaphoretic in the treatment of fevers during colds and flu. Its rubifacient action makes it useful in topical applications for swellings and rheumatic joints. Modern use is primarily as a treatment for issues within upper respiratory tract. Key actions include carminative, diaphoretic, diuretic, emmenagogic, rubefacient and stomachic. Leaves are edible raw and cooked. Use in cooking, tinctures, body oil infusions, poultices, teas. Harvest aerial parts before flowering in early midsummer, use fresh or dry for later use. No known hazards.		https://www.agroforestry.co.uk/product/monarda-punctata-yellow-monarda/
Morus alba	Mulberry	A member of the Moraceae family and native to China and India. White mulberry is a nutritive herb, high in polyphenols and antioxidants. The fruits and the leaves can be used. Mulberry leaves have been used to lower blood sugar and manage diabetes, promote heart health and manage rheumatic symptoms. Key actions include anti-inflammatory, hypoglycaemic, cardioprotective, hepatoprotective and nutritive. Harvest young leaves in spring and use fresh, cooked into culinary dishes or infused. Leaves can be dried and powdered. Harvest fruits in autumn and eat fresh or dry for storage.	https://www.agroforestry.co.uk/product/morus-alba/	https://www.agroforestry.co.uk/?s=Morus+alba&post_type=product
Myrica californica	Californian Wax Myrtle	Native to the Pacific coast of North America. <i>M. California</i> is an aromatic herb used in the treatment of gastrointestinal issues. Harvest leaves inspiring and the hard, waxy fruits in early autumn. These can be infused into tinctures and teas. A gargle can be used to treat sore throat. Key actions are; analgesic, antispasmodic, antipyretic, anti-inflammatory and astringent. The aromatic compounds lend themselves to soap and candle making. To treat GI issues, the bark and root bark can be harvested in autumn and decocted. Hazards: avoid in pregnancy. Some known carcinogenic effects from wax	https://www.agroforestry.co.uk/product/myrica-californica/	https://www.agroforestry.co.uk/product/myrica-californica-2/
Myrica pensylvanica	Northern Bayberry	Native to Eastern North America, with similar properties to <i>M. California</i> and should be harvest as above. The leaves can be infused and used as a wash for dry, itchy skin conditions. Hazards: avoid in pregnancy. Some known carcinogenic effects from wax	https://www.agroforestry.co.uk/product/myrica-pensylvanica/	https://www.agroforestry.co.uk/product/myrica-pensylvanica-2/
Myrrhis odorata	Sweet Cicely	Native to Southern and Central Europe. <i>M. Odorata</i> is a fantastic culinary herb with a fine anise flavour. All parts can be used. Harvest leaves, flowers and seeds throughout growing period and roots in autumn. Key actions include; aromatic, antiseptic, carminative, expectorant, stomachic and vulnerary. Use in salads, soups and teas for a nutrient boost	https://www.agroforestry.co.uk/product/myrrhis-odorata/	https://www.agroforestry.co.uk/product/sweet-cicely-

		and to aid digestion. Can also be infused as a salve or tincture for use in healing wounds. No known hazards		myrrhis-odorata%2%85/
Oenothera biennis	Evening Primrose	Native to Eastern and Central North America and a member of the Onagraceae family. Evening primrose is useful in the treatment of gastro-intestinal, hormonal and respiratory conditions. Key actions; anti-inflammatory, astringent and sedative. Harvest the stem bark, flowers and leaves during flowering and dry for later use. The seed oil is high in gamma-linolenic acid and is used to treat PMT, hyperactivity, irritated skin conditions, rheumatism, high blood pressure, high cholesterol and liver damage. For external use, the root can be poulticed and applied to bruises and haemorrhoids. No known hazards.	https://www.agroforestry.co.uk/product/oenothera-biennis/	
Origanum vulgare	Oregano	Native to the Mediterranean coast and a member of the Lamiaceae family. Oregano is high in essential oils and useful in the treatment of respiratory and digestive complaints. Key actions include: antibacterial, anti-fungal, anti-spasmodic, carminative, emmenagogue, expectorant, stimulant. Harvest whole stems or leaves before flowering in summer. Oregano is a good culinary herb and can be taken as a tea for the treatment of colds, flu, digestive issues and painful menstruation or infused into external preparations as an antiseptic skin treatment. Essential oil is effective for treating toothache. Hazards: not to be consumed in large amounts or during pregnancy.	https://www.agroforestry.co.uk/product/origanum-vulgare-2/	https://www.agroforestry.co.uk/?s=Origanum+vulgare&post_type=product
Oxyria digyna	Mountain Sorrel	Native the Arctic regions of the northern hemisphere and a member of the Polygonaceae family. Mountain sorrel is very palatable with high levels of vitamin C, giving a nutritive boosts to culinary preparations such as salads, soups and ferments. Traditionally it has been used as a treatment for scurvy and dysentery. Harvest young leaves throughout the growing season. Hazards; Like rhubarb and sorrel, O. digyna contains oxalic acid and should be consumed in small amounts. May aggravate conditions such as rheumatism, arthritis, gout, kidney stones and hyperacidity.	https://www.agroforestry.co.uk/product/oxyria-digyna-2/	https://www.agroforestry.co.uk/product/oxyria-digyna/
Parthenocissus quinquefolia	Virginia Creeper	A member of the Vitaceae family and native to eastern and central North America. Virginia creeper was utilised as a herb by Indigenous Americans for the treatment of diarrhoea, urinary complaints, swelling, and lockjaw. The roots, bark, leaves, twigs and berries are all used medicinally. Key actions include astringent, diuretic, anti-inflammatory, expectorant and tonic. The leaves and stems can be decocted and used in poultices or as a wash to treat inflammation, bruising, swelling, swollen glands and headaches. Harvest leaves in spring and berries in autumn. Hazards: sap may cause blistering in some people. Some concerns over plant toxicity.	https://www.agroforestry.co.uk/product/parthenocissus-quinquefolia/	
Passiflora caerulea	Passionflower	Native to South America and a member of the Passifloraceae family. Passion flowers is a calming, sedative herb, used to treat anxiety, insomnia, seizures, and hysteria. Key actions include; anxiolytic, nervine, sedative, soporific, stomachic, Harvest leaves, stems and flowers for use in tea blends, tinctures. Research shows that P. caerulea may increase levels of dopamine. No known hazards.	https://www.agroforestry.co.uk/product/passiflora-caerulea/	https://www.agroforestry.co.uk/product/passiflora-caerulea-constance-elliott/
Paulownia tomentosa	Foxglove Tree	Native to Western and Central China and a member of the Paulowniaceae family. P. tomentosa is used topically. Key actions include; astringent and vermifuge. Harvest young leaves in spring and summer. A decoction of the leaves is used on the scalp to prevent hair loss and reduce greying. It can also be used to treat ulcers and bruises. The concentrated leaf juice can be applied to warts and the flowers are used in cosmetic to treat skin complaints. Hazards: Contains some toxic compounds.	https://www.agroforestry.co.uk/product/paulownia-tomentosa/	

Petasites japonica	Fuki Giant Butterbur	Native to China, Japan, Korea and Sakhalin and a member of the Asteraceae (daisy) family. Giant butterbur is widely used in Asia as a vegetable, the stems picked and cooked similarly to rhubarb. It is highly aromatic and lends itself to medicinal applications also. Key actions include antiasthmatic, antispasmodic and expectorant. Traditionally a decoction is used in the treatment of asthmatic conditions and to lessen sputum formation in respiratory conditions. The presence of Petasins may make butterbur useful in the treatment of migraines and tension headaches. Harvest flowers in spring and stems in early summer. Hazards: none known		https://www.agroforestry.co.uk/product/petasites-japonica/
Phellodendron amurense	Amur Cork Tree Huang Bai	Native to East Asia and a member of the Rutaceae family. Popular in Chinese herbalism, considered of the 50 fundamental herbs. Clinical research has shown that it is useful in the treatment of meningitis and conjunctivitis. The bark, harvested from 10 year old trees in winter or spring, is a bitter tonic, antibacterial, antirheumatic, bitter stomachic, diuretic, expectorant, febrifuge, vasodilator. Commonly used in conjunction with Scutellaria baicalensis and Coptis chinensis in a preparation called "injection of three yellow herbs" injected intramuscularly for infections of upper respiratory tract. Hazards: avoid in pregnancy. P. Amurense should only be taken under supervision of a herbalist.	https://www.agroforestry.co.uk/product/phellodendron-amurense/	
Phytolacca americana	Pokeweed	Native to the USA, a member of the Phytolaccaceae family. A powerful anti-viral, P. Americana is being researched as a potential treatment for AIDS. Key actions include; anti-inflammatory, antiviral, expectorant, narcotic and purgative. Used mainly homoeopathically. Taken internally, the root, harvested in autumn, is used in the treatment of auto-immune diseases such as rheumatoid arthritis as well as tonsillitis and glandular fever. The root is used externally as a poultice for bruises, swelling, mastitis, sprains and rheumatic pain. Hazards; all parts of the plant are toxic and should only be used under supervision of a qualified herbalist.	https://www.agroforestry.co.uk/product/phytolacca-americana-2/	https://www.agroforestry.co.uk/product/phytolacca-americana/
Pinus spp.	Pines	Pinaceae (pine) family. Although Pines differ in their specific medicinal action, all are known for having a wide range of uses. Lending their high concentration of essential oils to several ailments. Key actions include; antiseptic, diuretic, expectorant. Harvest leaves and young shoots during periods of active growth. Oil and resin can be extracted for topical use on skin infections, rheumatic joints and in chest rubs. Internally, Pine needles can be taken as a steam or tea to alleviate symptoms of asthma, bronchitis, upper respiratory infection and to boost immunity. Hazards: may cause skin irritation in some.	https://www.agroforestry.co.uk/?s=Pinus+&post_type=product	https://www.agroforestry.co.uk/?s=Pinus+&post_type=product
Plantago lanceolata	Ribwort Plantain	Native to Europe and Great Britain, a member of the Plantaginaceae (plantain) family. Plantain is a very safe and useful ally for minor injuries. Use to staunch bleeding, to soothe bites, stings and other skin complaints. Key actions include; antibacterial, astringent, demulcent, mucilaginous, vulnerary. Pick fresh throughout the season and apply to cuts, rashes and bites as a soothing poultice. Distill into a hydrosol for an effective eye lotion. Infuse into oil for topical use. Plantain is a good mineral accumulator, it can be used in juices, teas and eaten raw or cooked for a nutritive boost. No known hazards.	https://www.agroforestry.co.uk/product/plantago-lanceolata-2/	https://www.agroforestry.co.uk/product/plantago-lanceolata/
Polygonatum spp.	Solomon's Seal	Native to the temperate regions of Asia and a member of the Asparagaceae (asparagus) family. Solomon's seal root has been long used as a herbal folk remedy. Used internally in the treatment of indigestion, to lessen heavy periods and respiratory conditions. Externally, a poultice of the root is used on cuts, bruises, sores, rheumatic joints, skin irritation and haemorrhoids. The key action of Polygonatum spp. Is laxative. Harvest shoots in spring for culinary use and roots in autumn. Traditionally the roots have been dried for use as incense to promote a restful, rejuvenating sleep. Hazards; fruits and seeds are likely poisonous.	https://www.agroforestry.co.uk/?s=Polygonatum+&post_type=product	https://www.agroforestry.co.uk/?s=Polygonatum+&post_type=product

Potentilla anserina	Silverweed Silver Cinquefoil	Native to the temperate parts of the Northern hemisphere and a member of the Rosaceae (rose) family. Prized by herbalists for its gentle, astringent action within the gastro-intestinal tract. Roots are more astringent than aerial parts. Key actions include; astringent, antispasmodic, diuretic and tonic. Harvest leaves in spring and early summer and roots in autumn. A strong infusion is used internally to treat diarrhoea, sore throats and to staunch bleeding haemorrhoids. Externally, a poultice of the whole plant can be used as an analgesic and an infusion can be used as a soothing lotion to reduce redness of skin. Traditionally a sprig was placed inside shoes to prevent blisters. No known hazards.		https://www.agroforestry.co.uk/product/potentilla-anserina/
Pycnanthemum muticum	Mountain Mint	Native to the USA and Canada, a member of the Lamiaceae (mint) family. P. muticum can be used internally to treat colds, flu, bronchitis, menstrual cramps and pneumonia as well as acting as a mild sedative. Key actions include; alternative, analgesic, astringent, carminative, diaphoretic, emmenagogue, expectorant, sedative, stomachic, and tonic. Harvest leaves before flowering and use in tea blends or as a herbal steam. Externally, a poultice can be applied to cuts, stings, bites and bruises. A decoction can be used on infected wounds and eczema. It is also an effective insect repellent. No known hazards.		https://www.agroforestry.co.uk/product/pycnanthemum-muticum/
Rhus aromatica	Lemon Sumac	Native to North America and a member of the Anacardiaceae (sumac) family. Traditionally used in the treatment of colds, bleeding wounds, sore throats, tooth complaints and stomach ailments such as diarrhoea and dysentery. Key actions include astringent, diuretic, diaphoretic and vulnerary. The root bark and fruits are harvested in autumn. Roots can be dried for later use. Fruits can be dried and powdered for culinary and medicinal use. Fresh fruits can be cold infused for. Refreshing medicinal drink. Hazards: further research required regarding toxicity. Caution is advised in use of leaves and stems of Rhus sp. Contraindicated where inflammation is present.		https://www.agroforestry.co.uk/product/rhus-aromatica/
Rosmarinus officinalis (Salvia rosmarinus)	Rosemary	Native to the Mediterranean region and member of the Lamiaceae (mint) family. Rosemary is a popular, safe, stimulating herb that is rich in essential oils. Widely used culinarily and medicinally as a tonic herb. Key actions include antiseptic, antispasmodic, aromatic, astringent, cardiac, carminative, diaphoretic, emmenagogue, nervine, stimulant, stomachic and tonic. A tea made from the flowering stems can be used to treat headaches, tiredness, stomach ailments, colds and nervous disorders. Leaves and flowers can be harvested and dried for later use. The distilled essential oil is useful in topical treatments such as liniments, the rubefacient properties help to treat rheumatic joints. The aromatic compounds are useful in aromatherapeutic treatments. Hazards: avoid medicinal doses in pregnancy.	https://www.agroforestry.co.uk/product/rosmarinus-officialis/	https://www.agroforestry.co.uk/product/rosmarinus-officialis-miss-jessops/
Rumex acetosa	Sorrel	Native to Europe and Asia and a member of the Polygonaceae (buckwheat) family. Leaves are widely used culinarily and medicinally. Key actions include astringent, diuretic, depurative, stomachic and laxative. Leaves can be juiced and used in the treatment of fevers. High in vitamin C, immune supporting and useful in the treatment of scurvy. The roots can be infused into tea to treat kidney stones and liver disease. Harvest leaves throughout growing season, up to early winter. Juice, infuse into teas, add to soups and salads or dry for later use. Hazards: Relatively high in oxalic acid, should not be consumed regularly in high doses. Can be inflammatory to rheumatism, hyperacidity and gout.	https://www.agroforestry.co.uk/product/rumex-acetosa-large-leaved-2/	https://www.agroforestry.co.uk/?s=Rumex+acetosa&post_type=product
Schinus molle	Pink Peppercorn Tree	Native to South America and a member of the Anacardiaceae (sumac) family. Commercially sold as pink peppercorns and often blended with black pepper (<i>Piper nigrum</i>). Traditionally used in the treatment of infections, wounds, toothaches, rheumatism, depression and menstrual disorders. Key actions include anti-bacterial, ant-septic and		https://www.agroforestry.co.uk/product/schinus-molle-peruvian-pepper/

		antidepressant. In Shamanic Mesoamerican traditional ceremonies leaves are burnt for cleansing and blessings. 'American mastic' is a gum derived from the bark is a purgative and traditionally was chewed to treat digestive disorders. Harvest fruits in autumn, roast and dry for use as a pepper substitute. Hazards: more research required regarding toxicity.		
Tragopogon pratensis	Meadow Salsify	Native to Europe and North America and a member of the Asteraceae (daisy) family. Meadow salsify is both a root vegetable and a useful medicinal herb. A remedy for liver ailments due to its detoxifying effects. It is also high in inulin which can benefit diabetics. Key actions include astringent, depurative, diuretic, expectorant, nutritive and stomachic. The root is useful as an ingredient in syrups for the treatment of upper respiratory infections. A decoction of the root is useful to stimulate appetite, to aid digestion and to treat heartburn. Harvest roots in autumn and dry for later use. Use in cooking as you would parsnips.		https://www.agroforestry.co.uk/product/tragopogon-pratensis/
Vitex agnus-castus	Chaste Berry Monk's Pepper	A member of the Lamiaceae family and native to the Mediterranean. Vitex has been used to balance hormones. It has been traditionally used in the treatment of menstrual disorders, PMS, acne and menopause. Contains dopaminergic compounds. The common name refers to the Middle-Ages use as a libido suppressant. It has been used to treat nervous disorders, as an insect repellent and as a digestive herb. Key actions include anti-inflammatory, antibacterial, antifungal, antimicrobial and antioxidant. Harvest young leaves in spring, fruits in autumn, and bark in winter for decoctions, tinctures and poultices. Hazards: Can affect hormones and should be taken under supervision.	https://www.agroforestry.co.uk/product/vitex-agnus-castus/	https://www.agroforestry.co.uk/product/vitex-agnus-castus-2/