Plants in the garden at Shirley Eustis

**Anise Hyssop**, Agastache foeniculum, cold sore throat, stomach problems, may cause allergic reaction, vomiting, seizures

**Apothecary Rose**, R.gallica, Officinalis, rose hips used to prevent colds, vitamin C, may cause nausea, heartburn, headaches, sleep issues

**Blackberry Lily**, Iris domestics, used for stomach aches, asthma, snakebite, slightly toxic, do not use during pregnancy

**Chamomile**, Metricaria recutita, clinical evidence of some impact on insomnia and anxiety, adverse interaction with prescription drugs, may worsen pollen allergies

**Comfrey**, Symphytum, knit bone, boneset, use topically only, can cause liver toxicity

**Cone Flower**, Echinacea purpurea, cold and cold symptoms, may cause nausea, fever, headache, dizziness

**Ground Ivy**, Glechoma,hederacea, Creeping Charlie, earache, sinus infection, headache, may cause liver damage, miscarriage

**Lady’s Mantle**, Alchemilla mollie, used for stomach ailments, possible liver damage

**St John’s Wort**, Hypericum perforated, used for depression and mood disorders, can react with dietary supplements

**Valerian**, Valeriana officinalis, used as a sedative, possible toxicity, use discouraged during pregnancy.

**Wall Germander**, Teucrium chamaedrys, used for gout, gallbladder, digestive problems, unsafe, cause liver damage