Roots of Change
Community Garden
#SWUJJustice

1416 E. Commerce St
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Over 100 herbs of the South Texas region
Research and information compiled during two medicinal internship groups consisting of:
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The purpose of this is to list useful herbs in our area. This list does not contain how to prepare or use the herbs but only showing what potential they have. Some plants can be poisonous, and toxic at high levels, or when taken during pregnancy or if given to children.

please do more research on proper preparation and safe usage,

Share knowledge with others so we can all grow together.
NOTES:

Agarita - Mahonia trifoliolata - Liver support
Aloe - Aloe vera - Digestion & Skin treatment
Anise hyssop (Hummingbird mint) - Agastache foeniculum
  Colds, flus, digestion, cardiac, skin issues, diaphoretic
Ashwaganda - Withania somnifera -
  Anxiety, Depression, Lower Blood Sugar
Basil - Ocimum basilicum -
  Stomach Issues, Kidneys, Cold, Insect bites
Basketplant - Callicia fragrans - Skin issues, Burns, Joints
Bee Balm - Monarda - Respiratory
Borage - Borage officinalis - Fever, Cough, Depression, Sedative
Burdock - Arctium lappa - Liver Support
Calendula - Tagetes officinale - Menstural, Fevers, Muscle Spasms
Catnip - Nepeta cattaria - Menstural, Indigestion, Sedative
Chamomile - Matricaria chamomilla - Anti-Inflammatory,
  Antispasmodic
Chapparal - Larrea tridentata - Respiratory, Tea for bronchitis, common cold
Chervil - Anthriscus cerefolium - Fluid retention, cough, digestion, Blood pressure
Chickweed - Stellaria media - Healing surface wounds, cuts, sores, ulcers
Chicory - Cichorium intybus - Liver Support
Clary sage - Salvia sclarea - Menstural, Depression, Anxiety, Spasms
Cleavers - Gallium aparine - Swollen Glands, lymps, skin irritation
Coleus - Plectranthis amboinicus - High blood pressure, Chest pain
Comfrey - Symphytum uplandica - Anti-inflammatory, cough, chest, stomach pain, menstrual, bruises, swollen joints,  
Cornflower - Centaurea cyanus - Anti-Inflammatory  
Dandelion - Taraxacum officianale - Liver  
Dock - Rumex crispus - Constipation/ Digestion  
Echinacea - Echinacea angustifolia - Liver  
Elderberry - Sambucus nigra - Respiratory  
English Lavender - Lavendula munstead, Nervous System, Calming, Sleep Aid  
Epazote - Chenopodium ambrosioides - Digestive Aid, Anti-flatulent, cook with dry bean to reduce gas.  
Estafiate - Artemisia ludoviciana - Astringent, Stomach pain, menstrual, skin issues, and more  
Eucalyptus - Eucalyptus globulus - Respiratory  
Eucalyptus - eucalyptus obliqua - coughs, colds, congestion  
Fenugreek - Trigonella foenum - cancer, diabetes, blood pressure, cholesterol, obesity, heart issues  
Feverfew - Tanacetum parthenium - menstrual Headaches, arthritis, Allergies, asthma, nausea,  
Geranium - Pelargonium graveolens - Antiseptic, Bruises, cuts, Anxiety, PMS, Sunburns, insomnia  
Ginger - Zingiber officinale, Nausea, Appetite, Muscle/joint pain, anti-inflammatory, menstrual, cancer, brain  
Ginkgo - Ginkgo biloba - Fatigue, Anxiety, Depression  
Ginseng Panax quinquefolius - Panax quinquefolius - Cancer, blood sugar, Immune support, ED  
Gotu kola - Centella asiatica - Fatigue, Anxiety, Depression, Improve memory  
Hawthorn - Crataegus - Cardiac, heart issues, Chest pain,  
Heal all - Prunella vulgaris - Throat sores, HIV/AIDS, Fever, Liver  
Mexican Mint Marigold - Tagetes Lucida - Stomach, Diuretic Appetite  
Milkweed (Green) - Asclepias Viridis - Rashes, Sore Gums  
Mistflower (Fragrant) - Eupatorium Odoratum - Breakbone Fever, attracts Butterflies  
Olive, Mexican - Cordia Boissieri - Arthritis, Cold, pulmonary  
Oregano (mexican) - Poliomentha longiflora - Respiratory, edible flower  
Pride of Barbados - Caesalpinia Pulcherrima - Fever, chest pain, sores, respiratory  
Redbud, Mexican - Cercis Canadensis Mexicana - Astringent, fevers, colds, diarrhea, edible flowers  
Redbud, Texas - Cercis Canadensis texensis - Nutrients, Leukemia, nitrogen fixing, edible flowers  
Rose - Rosa officinalis - Calming, fragrance  
Russian Sage - Perovskia - Indigestion  
Sage, Mountain - Salvia Regla - digestion, heartburn, appetite  
Sage, Pineapple - Salvia Elegans - Calming, Digestion  
Skullcap, Mexican/Wrights - Scutellaria  
Spanish Dagger - Yucca treculeana - Soaps/Rope  
Texas Milkweed - Asclepias Texana - Wart removal  
Texas Mountain Laurel - Sophora secundiflora - ringworms, herpes, syphilis, nitrogen fixing  
Turks Cap - Malvaviscus Drummondii - Inflammation, Digestion  
Variegated Agave - Agave americana - antiseptic, burns, inflammation, bruises  
Yaupon Holly - Ilex vomitoria - Emetic, Vomiting
USEFUL SAW'S WATERSAVER LANDSCAPE COUPON PLANTS

Remove 200 sqft of grass and receive a coupon for $100 off any 15 plants on the Watersavers List online (you can apply for multiple coupons)

* Application: www.gardenstylesanantonio.com/watersaver-landscape-coupon/
* Complete SAW's watersave plant list: http://plants.gardenstylesanantonio.com/

Agave - Agave americana - Digestion, blood sugar, Diabetes
Barbados Cherry (dwarf) - Malpighia Glabra - Antioxidant, edible berries, Builds collagen
Butterfly Milkweed - Asclepias tuberosa L. - Laxative
Cenizo - Leucophyllum Pruinosum/Frutescens - Antibacterial, Inflammation, Dizziness, Congestion
Crape Myrtle - Lagerstroemia - Colds, Wound Healing
Damianita - Chrysactinia Mexicana - Respiratory, Skin infections
Darcy Sage - Salvia Darcyi - Digestive, Loss of Appetite
Esperanza - Tecoma Stans - Diabetes, Stomach pain
Firebush - Hamelia Patens - Skin Problems
Flame Acanthus - Anisacanthus Quadrifidus Wrightii - Burns, Dislocated Joints
Forsythia Sage - Salvia Madrensis - Respiratory, Digestion
Frogfruit - Phyla Nodiflora - Respiratory, Fever, Cough
Goldenrod - Solidago canadensis - Allergies, Kidneys, Bladder, Colds
Honeysuckle (mexican) - Justicia Spicigera - Headaches, Heart Problems
Liriope - Liriope Muscari - Antiallergic, inflammation, Stimulant, aphrodisia

Heartleaf skullcap - Scutellaria ovata - Epilepsy, insomnia, nerve disorder
Hemp - Cannabis sativa - Currently Illegal in Texas, insomnia, pain, stimulant, Epilepsy, and more
Honeysuckle - Lonicera japonica - Colds, inflammation, Digestion, fever
Horsemint - Monarda citriodora - Digestion, Nausea, arthritis, upper respiratory, diuretic
Horseradish - Armoracia rusticana - Bronchitis, Cough, Sciatica, Gout, Kidney stones, UTI
Horsetail - Equisetum arvense - Diuretic, UTI, kidney, bladder, burns and wounds
Horsetail Reed - Equisetum hyemale - Nail/ Hair Repair, contains silica, blend in blender, strain, drink juice
Hyssop - Hyssopus officinales - Cough, expectorant, bruises
Jewels of opar - Talinum paniculatem - Headaches, Diarrhea, Ulcers, digestion, respiratory
Lambs quarter - Chenopodium album - blood cells, circulation, Nutrients, amino acids, inflammation, burns
Lemon Balm - Melissa officinalis - Neurological, anxiety, insomnia, liver
Lobelia - Lobeliumae - Respiratory, Expectorant
Marigold (African) - Tagetes erecta - Anti-inflammatory
Marigold (Aztec) - Tagetes erecta - Indigestion
Marshmallow - Althea officinalis - Respiratory
Milk Thistle - Siliybum marianum - Liver
Mimosa - Albizia jullibrissin - Digestive, carminative
Moneywort - Lysimachia nummularia - Treats wounds, expectorant, Diarrhea
Motherwort - Leonurus cardiaca - Nervous System/ Circulatory
**Mugwort** - *Artemisia vulgaris* - Antiparasitic, Digestive Aid, Menstrual

**Mullein** - *Verbascum thapsus* - Respiratory System, expectorant

**Nettle** - *Urtica dioica* - Liver, Kidney and Adrenal health

**Nigella** - *Nigella sativa* - Digestive Aid

**Oats** - *Avena sativa* - Skin Regenerative, soothes itchy skin

**Oregano (Greek)** - *Origanum vulgare subsp. Hirtum* - Respiratory, Antiseptic & anti-inflammatory

**Passion Flower** - *Passiflora incarnata* - Calming, Sleep Aid

**Peppermint** - *Mentha × piperita* - Respiratory, Liver, Digestion, Menstrual, Depression

**Prickly Ash** - *Zanthoxylum clava-herculis* - toothaches, sores, joint pains

**Prickly Pear** - *Opuntia* - Treats wounds, sores,

**Purslane** - *Portulaca oleracea* - Nutrient, Antioxidant, Asthma, Type 2 Diabetes,

**Queen Anne’s lace** - *Daucus carota* - Hangovers, Diabetes, Looks like Poison Hemlock

**Red clover** - *Trifolium pratense* - Cancer, Indigestion, Asthma, Cholesterol, Hot Flashes

**Sage (Garden, Green)** - *Salvia Officinalis* - Digestion, Antiseptic, Respiratory, spasms, ulcers

**Salad burnet** - *Sanguisorba minor* - Gut bleeding, Periodontal disease, Astringent, Inflammatory

**Santolina** - *santolina chamaecyparissus* - Expel intestinal parasites, Perfume, repel insects.

**Senna** - *Senna corymbosa* - laxative, weight loss

**Solomon’s Seal** - *Polygonatum* - Anti Inflammatory, lung, musculoskeletal issues, sprains, bruises, boils, edema

**St. John’s Wort** - *Hypericum perforatum* - Anxiety, Depression

**Sweet violet** - *Viola odorata* - Anti-inflammatory, Diaphoretic, expectorant, laxative

**Thyme** - *thymus vulgaris* - Inflammation stomach aches, arthritis, sore throat.

**Toothache plant/Spilanthes** - *Acmella oleracea* - Nutrients, antibacterial, antifungal.

**Tulsi (Holy Basil)** - *Ocimum tenuiflorum* - anti-inflammatory, antioxidant, stress, exhaustion, sleep deprivation.

**Turks Cap** - *Malvaviscus drummondii* - Respiratory. edible flowers and leaves

**Turmeric** - *Curcuma longa* - indigestion, inflammation, cholesterol.

**Valerian** - *Valeriana officinalis* - Insomnia

**Vervain** - *Verbena bonariensis* - anti-inflammatory. upper respiratory problems, sinus problems

**Violet** - *Viola* - asthma, insomnia

**Vitex** - *vitex angus-castus* - treats PMS, menstrual disorder, infertility, menopause

**Wild dagga** - *Leonurus leonitis* - high blood pressure, diabetes, bites and stings

**Wormwood** - *Artemisia absinthium* - upset stomach, gallbladder disease,

**Yarrow** - *Achillea millefolium* - Diaphoretic, Fevers, colds, absence of menstruation, GI discomfort, appetite