

GROWING  
YOUR OWN  
HERBAL FIRST  
AID KIT



# OVERVIEW

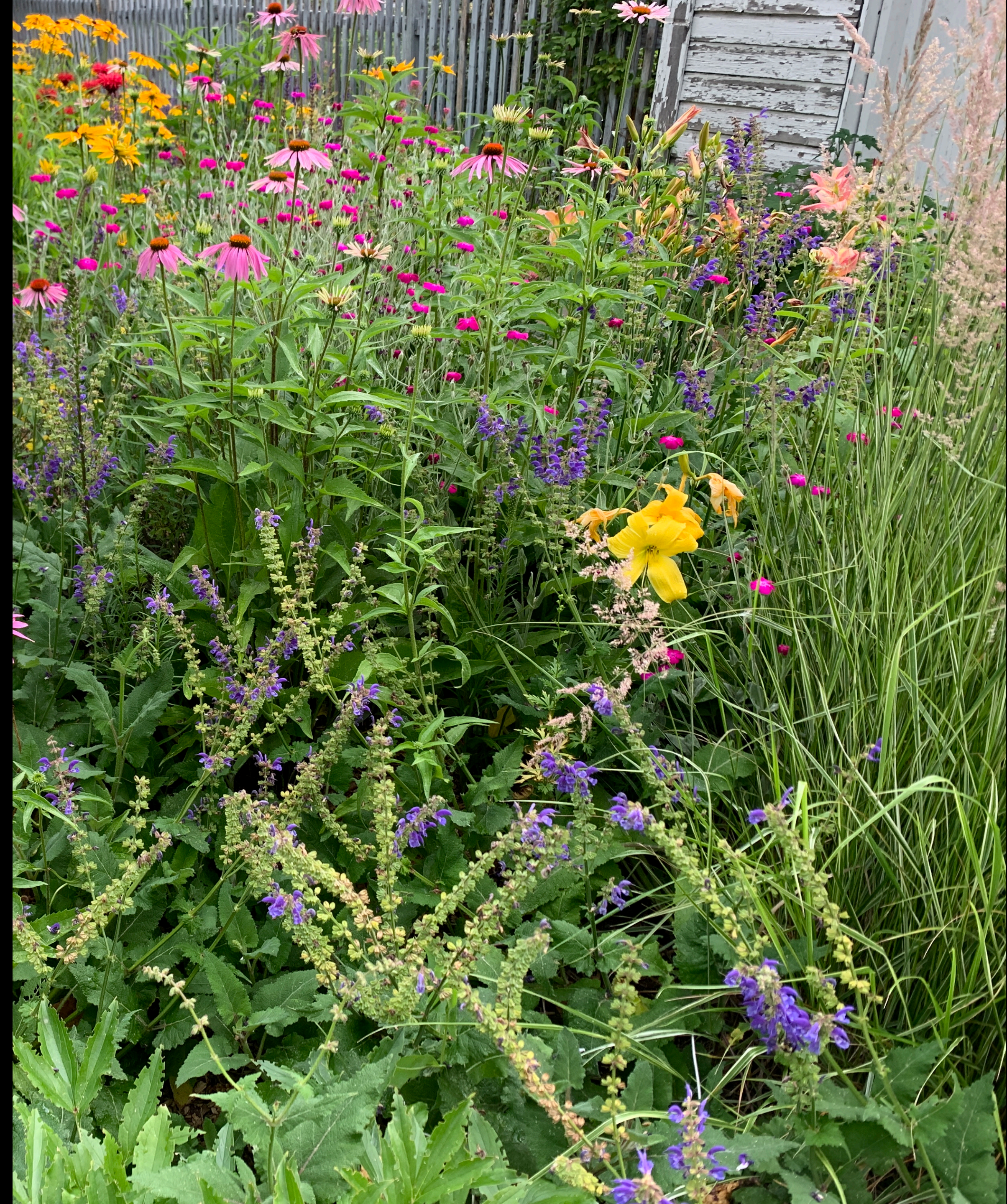
- Why grow a garden?
- Health-specific gardens
- Ten healing garden herbs

# WHY GROW AN HERB GARDEN?



# GROWING HERBS

- Tolerant
- Soil pH 6.5-7
- Stress
- Lower water +  
more sun  
=higher EO's



# HEALTH SPECIFIC GARDENS

- Body system gardens
- Culinary
- A particular country or climate
- Medicine making:
  - ex: salve, syrup or tea gardens

TEN HEALING  
GARDEN  
HERBS

A close-up photograph of a purple Bee Balm flower in bloom, with several other flowers and green leaves visible in the background. The text is overlaid on the left side of the image.

# Bee Balm

*Monarda* spp.

Lamiaceae Family

# BEE BALM

- Similar to oregano
- Volatile oils
- Antiseptic
- Respiratory, mouth & throat infections
- Cough or cold
- Sweating
- Break a fever





A close-up photograph of a Self Heal (Prunella vulgaris) flower spike. The spike is covered in small, two-lipped flowers, some in full bloom showing purple and white petals, and others as buds. The background is a soft-focus green field of similar flowers.

# Self Heal

*Prunella vulgaris*

Lamiaceae Family

# SELF HEAL

- Edible
- Anti-inflammatory
- Antipyretic
- Lymphatic tonic
- Skin
- Hemostat
- Herpes
- Mouth & eyes





A close-up photograph of a chamomile plant. The image shows several flowers with bright yellow centers and white, daisy-like petals. The background is a soft-focus green, suggesting a garden or field setting. The text 'Chamomile' is overlaid in the center in a white, cursive font.

# Chamomile

*Matricaria recutita*  
Asteraceae Family

# CHAMOMILE

- Official drug in pharmacopoeia of 26 countries
- Anti-inflammatory
- Allergies
- Anti-spasmodic
- Antiseptic
- Carminative
- Internal & external use





# Plantain

*Plantago major*

Plantaginaceae Family

# PLANTAIN

- Cooling & soothing
- High in allantoin
- "Spit" poultice
- Mucilage
- Astringent to GI & respiratory systems





# Calendula

*Calendula officinalis*

Asteraceae Family



# CALENDULA

- Edible
- Stomach & Ulcers
- Increases circulation
- Emmenagogue
- Sweating
- Healing to skin
- Lymph tonic
- Very safe!









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A close-up photograph of a Comfrey plant. The image shows several green, hairy leaves with serrated edges and small, purple, tubular flowers. The background is a soft, out-of-focus green. The text 'Comfrey' is written in a large, white, cursive font on the right side of the image.

# Comfrey

*Symphytum officinale*


Boraginaceae Family

# COMFREY

- High in Allantoin, an excellent cell proliferant
- Pyrrolizidine alkaloids
- Skin: bruises, sores, cuts, burns, skin ulcers, eczema, psoriasis, varicose veins, scars





A close-up photograph of a cluster of white Yarrow flowers. Each flower has a central disk with numerous small, yellowish-orange tubular florets. The petals are small and white, radiating from the center. The background is a soft, out-of-focus green.

*Achillea millefolium*  
Asteraceae Family

Yarrow

# YARROW

- Nature's bandaid
- Hemostat
- Cold & flu
- Diaphoretic
- Bitter for liver
- Antibacterial







A close-up photograph of a marshmallow plant. The image shows a large, fully bloomed white flower on the right side, with its petals slightly ruffled. Below it, there are several green, fuzzy flower buds. The background is a soft-focus green, suggesting other leaves of the plant. The text is overlaid on the left side of the image.

# Marshmallow

*Althaea officinalis*

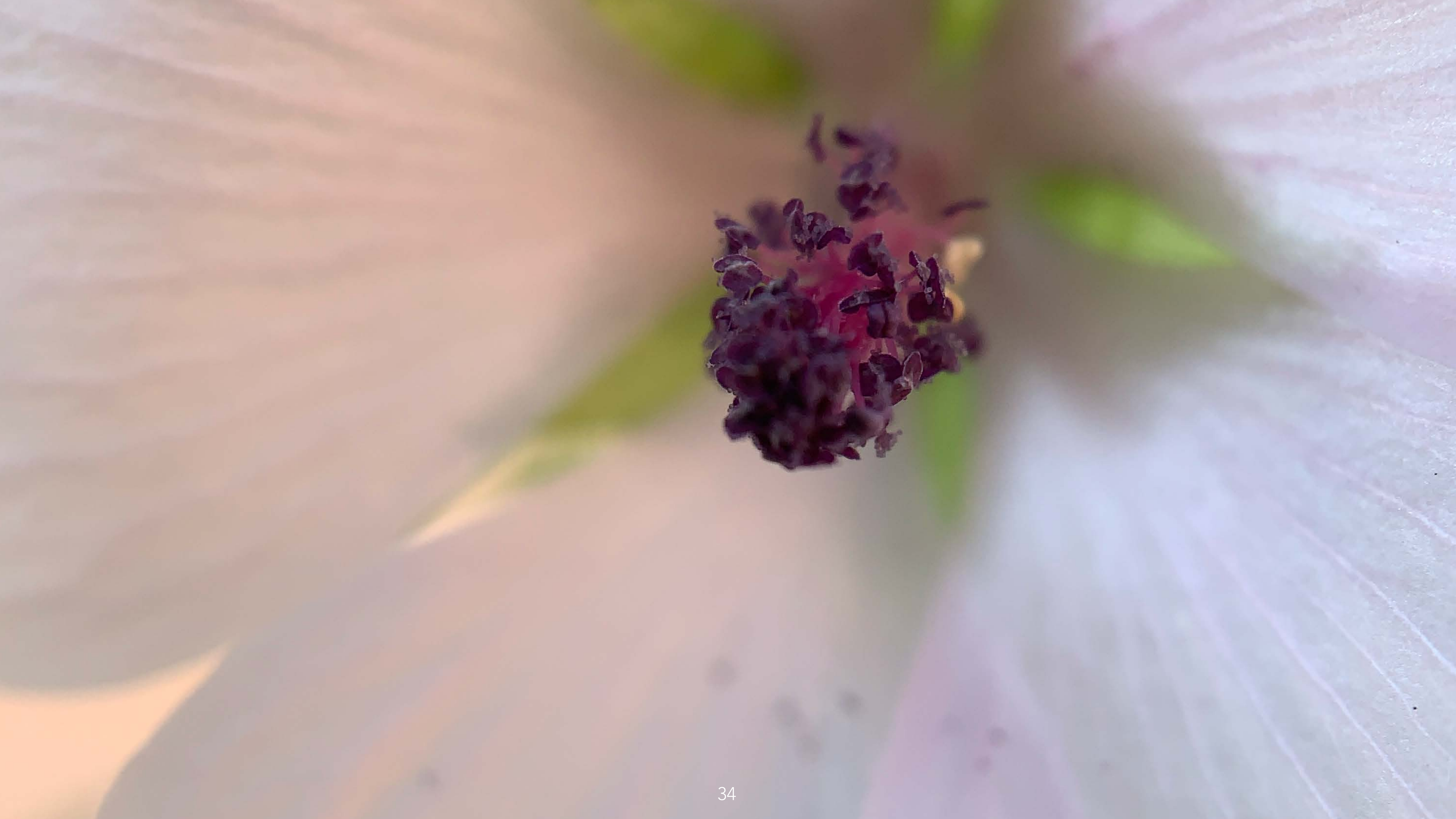
Malvaceae Family

# MARSHMALLOW

- Mucus membranes: lungs, GI, urinary, reproductive
- Soothing to the skin
- Easily digestible plant mucilage
- Long term digestive issues
- Mildly immune stimulating
- Galactagogue







# Echinacea

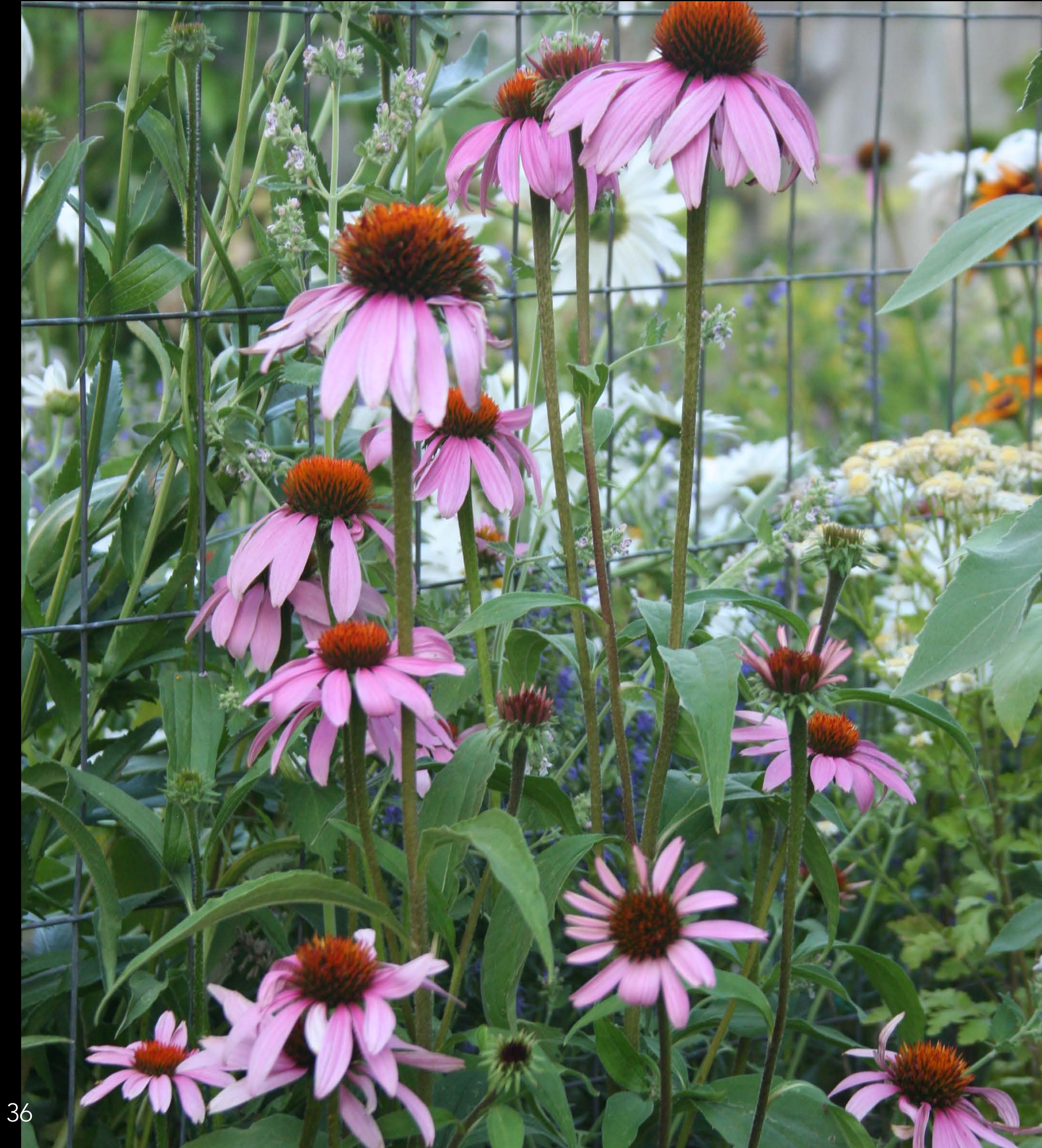
Echinacea spp.

Asteraceae Family



# ECHINACEA

- Antiseptic
- Anti-inflammatory
- Anti-microbial
- Immune stimulating
- Flus & colds
- Sore throats & infections
- Bites & stings







# Peppermint

*Mentha piperita*  
Lamiaceae Family



# PEPPERMINT

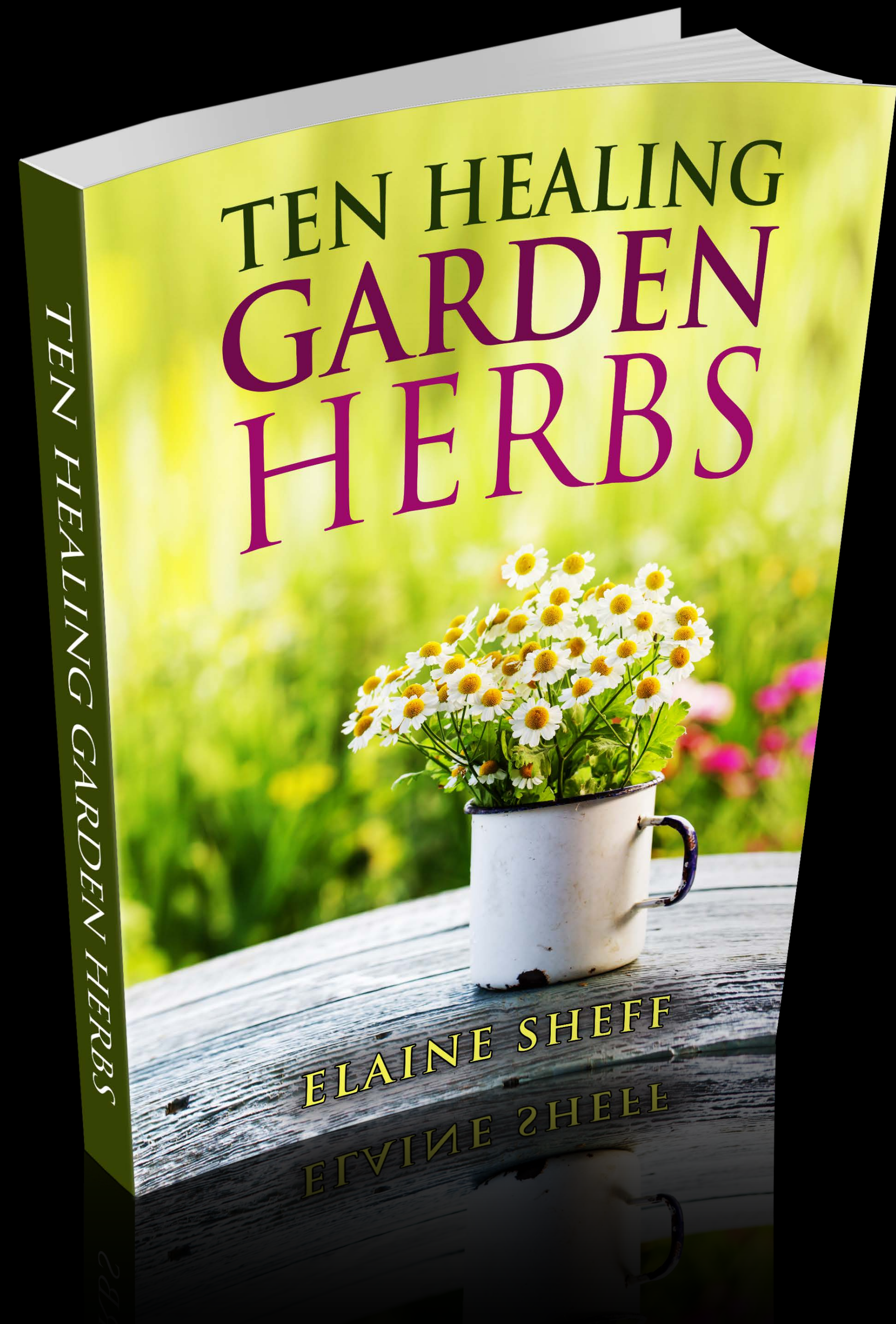
- Ancient Greek, Roman & Egyptians
- Antispasmodic
- Carminative
- Antimicrobial
- Anesthetic for pain
- Antitussive for cough
- Cooling rubefacient





FOR MORE INFO  
AND RECIPES,  
DOWNLOAD MY  
FREE BOOK

[GreenPathHerbSchool.com](http://GreenPathHerbSchool.com)



# HERBAL FOUNDATIONS

- Herbs for different body systems
- Medicine Making
- Ethical Wildcrafting
- Herbal Monographs



Herbal  
Foundations  
Program  
*Begins*  
*March 14th*

# MAKING A MONN BASKET

A celebration and  
exploration of first  
menstruation



MAKING A MOON BASKET  
MARCH 15, 22 & 29, 2026

# SUMMER PROGRAMS

- Herbal Immersion
- Foraging





Thank  
you!

*green path*  
HERB SCHOOL