

Harvest for the Hungry Garden Medicinal Plant List

Agrimony – *Agrimonia eupatoria*

Australian Tea Tree – *Melaleuca alternifolia*

California Poppy – *Eschscholzia californica* (Native)

Chameleon Plant – *Houttuynia cordata*

Catnip – *Nepeta cataria*

Chaste Tree - *Vitex agnus-castus*

Chives – *Allium schoenoprasum*

Clary Sage – *Salvia sclarea*

Comfrey – *Symphytum officinale*

Cramp Bark – *Viburnum opulus*

Creeping Oregon Grape – *Mahonia aquifolium* (Berberis)

Creeping Thyme – *Thymus serpyllum*

Evening Primrose – *Oenothera* sp.

Feverfew - *Tanacetum parthenium*

Foxglove – *Digitalis purpurea*

French Thyme – *Thymus vulgaris*

Garlic Chives – *Allium tuberosum*

Ginkgo biloba (Maidenhair tree)

‘Goodwin Creek Grey’ Lavender – *Lavandula ginginsii*

Great Valley Gumplant – *Grindelia camporum* (Native)

Greek Oregano – *Origanum vulgare*

Hawthorn - *Crataegus monogyna*

Hyssop – *Hyssopus officinalis*

Lemon Balm – *Melissa officinalis*

Marshmallow – *Althaea officinalis*

Motherwort – *Leonurus cardiaca*

Mullein – *Verbascum thapsus*

Pineapple Sage – *Salvia elegans*

Pot Marigold – *Calendula officinalis*

Purple Coneflower – *Echinacea purpurea*

Rosemary – *Salvia rosmarinus* (formerly *Rosmarinus officinalis*)

Self-heal – *Prunella vulgaris*

Siberian Ginseng – *Eleutherococcus senticosus*

Spotted Aloe – *Aloe maculata*

St. John's wort – *Hypericum perforatum*

Valerian – *Valeriana officinalis*

White Horehound – *Marrubium vulgare*

White Yarrow – *Achillea millefolium*

Wood Betony – *Betonica officinalis*

Yerba Mansa – *Anemopsis californica* (Native)