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# The HomeGrown Herbalist

## *School of Botanical Medicine*

[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)





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# Warning

This presentation contains graphic images of wounds & other unpleasanties.



If you are a sensitive soul,  
please watch with your eyes closed.

## Some thoughts before we begin...

**Warning:** Herbs can and do interact with pharmaceuticals. Consult with a qualified professional before combining herbs and drugs.



**Many of the herbs mentioned in this module are not safe to take during pregnancy or lactation. Carefully research each plant mentioned in each formula and consult a physician before using them.**

# 10 Plants That Can Change Your Life:



*Herbal Medicines In Your Own Backyard!*



They're Everywhere!

We Are Literally Surrounded  
By Medicine!



# Plants Are Powerful!

I've had amazing success  
Treating a variety of illnesses  
and serious wounds using the "weeds"  
growing on my property.

## You Can Too!

For Example...

# If you knew Four Plants... You Could Do This!

Calendula, Comfrey, Plantain, Yarrow



# If you knew Four Plants... You Could Prevent This!

- Dandelion root
- Echinacea
- Plantain
- Mallow, Marshmallow or Hollyhock
- Equal Parts
- Topically & Internally Every 4 Hours



Brown Recluse Spider Bite

# If you knew Four\* Plants... You Could Pass One of These!

- Parsley Root
- Uva Ursi
- Juniper
- Mallow or Hollyhock Root
- Lobelia
- Equal Parts
- Internally Every 4 Hours



Kidney Stone

\*Remember: There are three kinds of people in this world;  
those who can count...and those who can't.

So...

What Are The 10  
Most Important Herbs To Have?

# Comfrey

*Symphytum officinale*



# Comfrey

*Symphytum officinale*

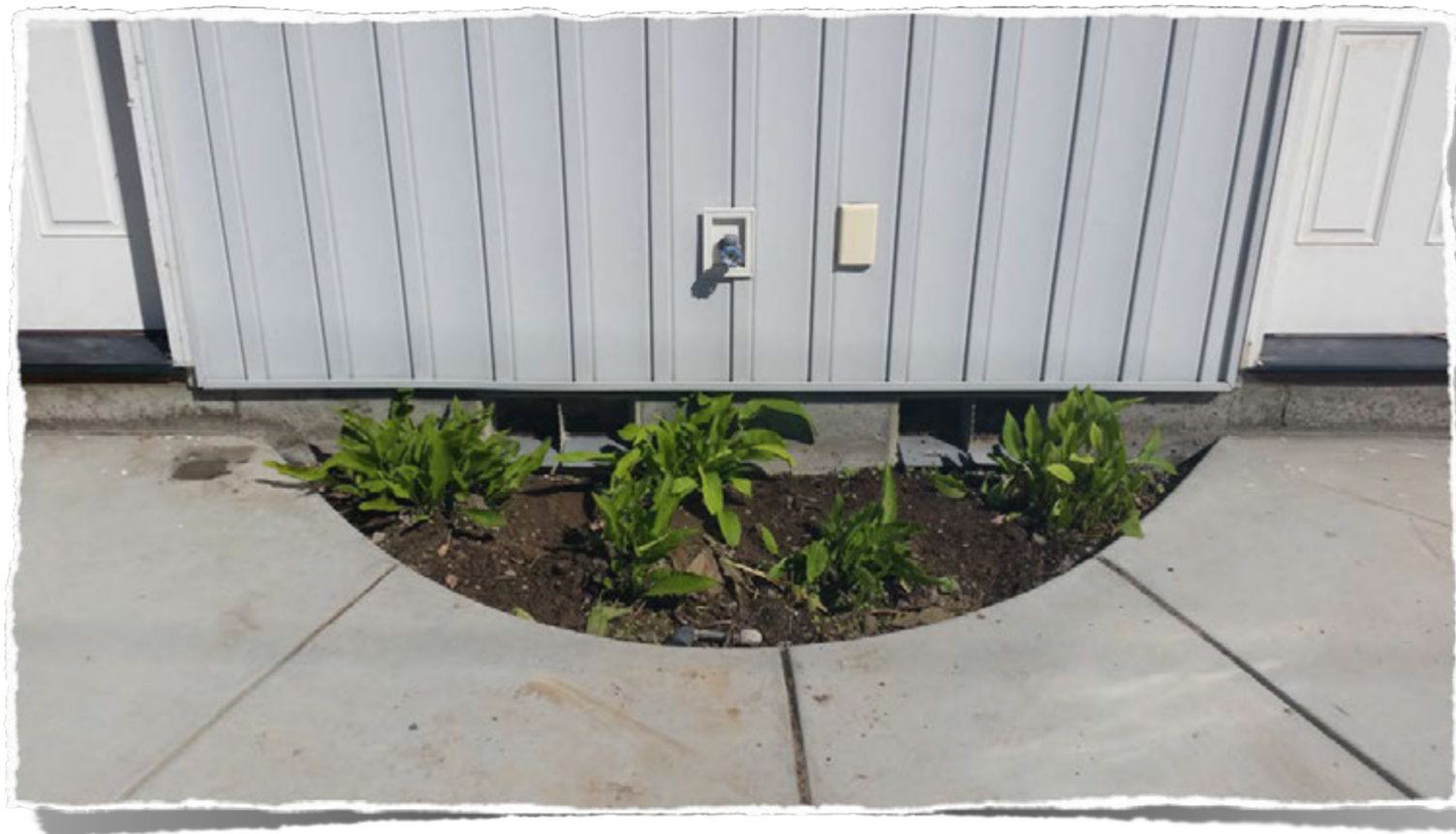
- Leaf & Root are Medicinal
- Markedly accelerates bone and tissue healing
  - Wounds
- GI tract inflammations
  - Expectorant
  - Bronchitis
- Do not feed to 6-week old rats!





# Growing Comfrey

Comfrey is enthusiastic, invasive and impossible to get rid of.  
Concrete is your friend!



# Growing Comfrey

Another, less-invasive option is to grow Russian Comfrey  
*Symphytum x uplandicum*.

It's a sterile hybrid and won't propagate by seed.



# Harvesting Comfrey

Be careful not to harvest more than every single bit of the plant...or it may take weeks to recover!

Wear gloves. The leaves are pretty prickly.



Comfrey Root

# Gumweed

*Grindelia* spp.



# Gumweed

Grindelia spp.

- Flowers and leaves are medicinal
  - Topically or Internally
    - Bladder Infections
    - Wounds
    - Antimicrobial
    - Anti-inflammatory
  - Accelerates healing
    - Anti-spasmodic
    - Expectorant
    - Asthma
- No Contraindications



# Growing Gumweed

Throw the seeds on the worst ground you can find.  
When your neighbors ask you about where it came from...  
Play dumb!

The gumweed will take it from there.

Any soil is fine. Full or partial sun.

# Harvesting Gumweed

Gather flowers and buds when the plant is flowering.

The high oil content, makes it near impossible to dry,



# Cone Flowers

Echinacea & Rudbeckia





# Cone Flowers

Echinacea & Rudbeckia.

- Root & Flower
- Immune Stimulant
- Anti-bacterial
- Rattlesnake Bites
- Hobo & Recluse Spider Bites
- Cartilage Healing
- Sepsis
- Joint Healing



# Growing Cone Flowers

*Echinacea purpurea* is a much hardier and more productive plant than *E. angustifolia*.

Easy to grow in flower beds with full or part sun.



# Harvesting Coneflowers

Gather flowers when fully formed. Roots can be dug in the fall.



Note to the men...

The flowers are about as good as the roots.  
Your wife will be happier if you head to her  
flower beds with a pair of scissors instead of a spade!

# Calendula

*Calendula officinalis*



# Pot Marigold/Calendula

*Calendula officinalis*

- Entire plant is edible
- Flower is medicinal
  - Anti-bacterial
  - Anti-inflammatory
- Accelerates Healing
  - Menstrual Cramps
  - Stomach Ulcers
  - Shingles
  
- Avoid in pregnancy!



# Growing Calendula

Calendula seeds must be planted near dirt...  
or they won't grow at all!  
Full sun is great. Partial sun is fine.



# Harvesting Calendula

Gather flowers late in the morning when they're really full of themselves.



# Chamomile

Matricaria recutita  
Chamaemelum nobile





# Chamomile

- Flower is the medicine
- Insomnia, Anxiety, Stress
  - Pain
- Antimicrobial & Anti-fungal
  - Anti-inflammatory
- Fabulous for Gastro-Intestinal ills
  - Liver Tonic
  - Menstrual Cramps
  - Kidney Restorative



# Growing Chamomile

Chamomile is easy to grow from seed.

Full or partial sun.

German chamomile is a self-seeding annual.

Roman chamomile is a perennial.



# Harvesting Chamomile

Gather flowers late in the morning when they're really full of themselves. Chamomile rakes are a neat idea... they sort of work.





# Mallow

*Malva neglecta*

# Mallow

*Malva neglecta*

- Entire Plant is Edible
- Entire Plant is Medicinal
  - Bronchitis
  - Diarrhea
  - Bladder Infections
  - Gangrene
- No Contraindications



# Growing Mallow

Stop spraying your lawn.  
You'll have mallow next year.



# Harvesting Mallow

Tell the children they're "wildcrafting"  
instead of "weeding".

It only works once with the smart kids.

Mallow roots are stringier than marshmallow roots.

Chop them fine before you dry them.

# Cramp Bark

*Viburnum opulus*





# Cramp Bark

*Viburnum opulus*

- Powerful antispasmodic
  - Muscle cramps
  - Uterine cramps
- Threatened miscarriage
- Bronchial spasms/Asthma



# Growing Cramp Bark

Go to your local nursery and buy one.  
They're easy to grow and require yearly pruning  
which is just what an herbalist wants!



# Harvesting Cramp Bark

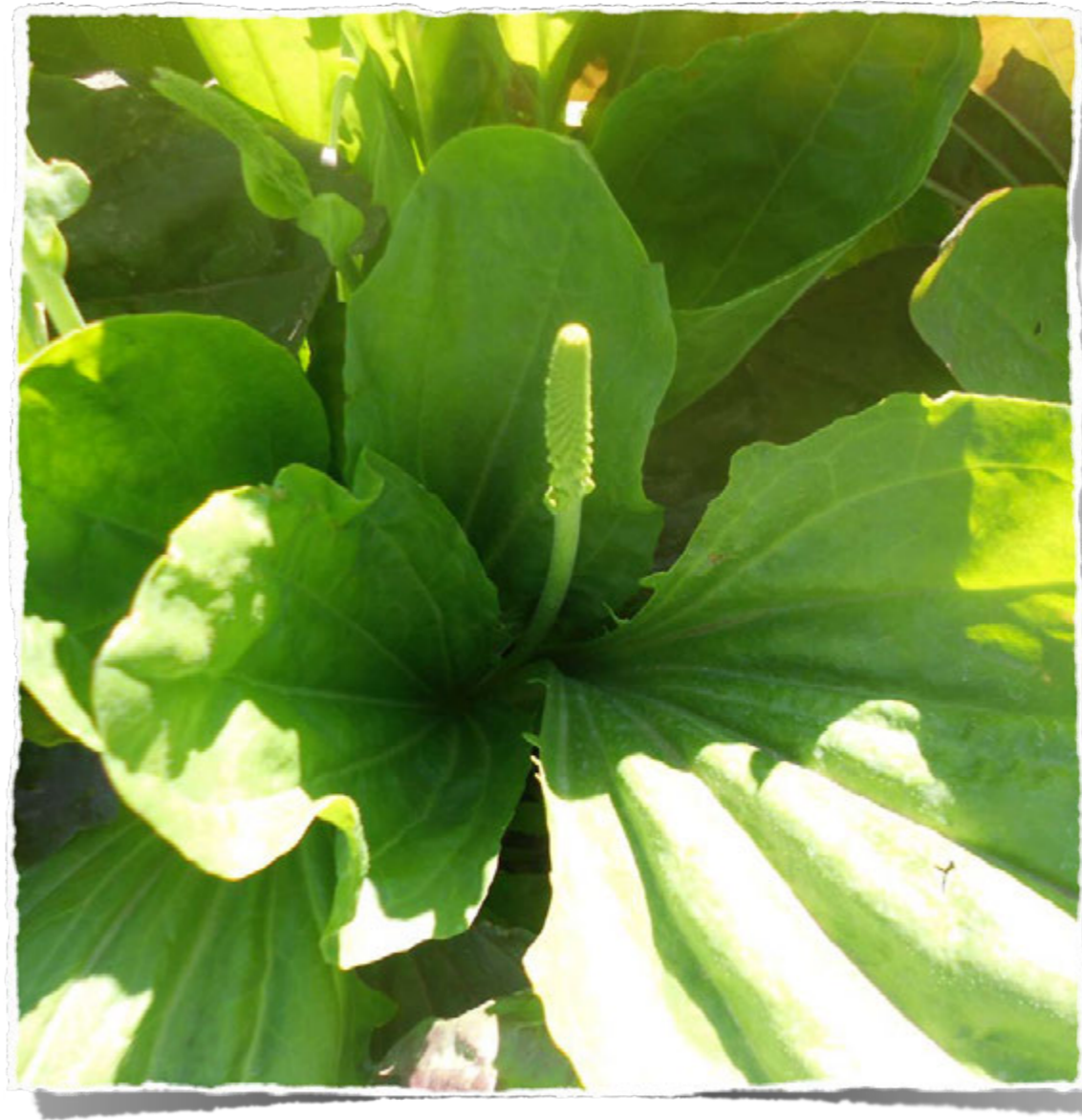
Thin the bush in the spring before it blooms and remove the inner bark from the pruned canes.

Viburnum also makes a red berry which is edible... though only by the strictest definition.



# Plantain

*Plantago major*



# Plantain

*Plantago* spp.

- Entire Plant is Edible
- Entire Plant is Medicinal
  - Topically or Internally
- Draws out Venoms/Poisons
  - Wounds
  - Venomous Bites/Stings
    - Bladder Infections
    - Sepsis
- No Contraindications



# Growing Plantain

Easy to grow from seed or just collect it  
from the shady parts of your lawn.

No dogs please!



# Harvesting Plantain

The leaves are the medicine.

So harvest...you know...when there are leaves.  
Fresh is best. Has a pretty short shelf life when dried.



# Cayenne

Capsicum anuum





# Cayenne

Capsicum anuum

- The Pepper & Seeds
- Any hot pepper will do
- Stops Bleeding internally  
or topically
  - Stomach Ulcers
- High or Low Blood pressure
  - Sinus Congestion
  - Shock/Heart Attack
- Clears Phlegm from lungs
  
- No Contraindications



# Growing Cayenne

Go to your local nursery and buy some plants.  
Grow them like any other pepper plant.



# Harvesting Cayenne

When the peppers are red, they're ready.  
Remove the seeds for eating, but leave them in for medicine.  
Dry and grind.



# Dandelion

*Taraxacum officinale*



# Dandelion

The word dandelion comes from the French *dents de lion* which means *Teeth of the Lion*. Dandelions grow these ferocious-looking lion leaves to scare away the deer. It's not working...but it was a great idea on paper.



**The lions are still laughing about it!**



# Dandelion

*Taraxacum officinale*

- Entire Plant is Edible
  - Vitamins A,C &E
  - High Potassium
- Great Liver & Kidney Tonic
  - Skin problems
  - Bladder Infections
  - Jaundice
  - Breast Cancer
- No Contraindications



# Growing Dandelions

Grasp seed head between fingers.

Pucker.

Blow.





# Harvesting Dandelions

High-Tech Dandelion harvesting equipment is available.

Have your kids do some “wildcrafting”

Leaves in the spring.

Roots in the fall.



# Yarrow

*Achillea millifolium*



# Yarrow

*Achillea millifolium*

- Flower & Leaf are Medicinal
  - Fevers
  - Colds & Flus
- Stops Bleeding internally or topically
  - Menstrual Cramps
- Root is local anesthetic good for Dental Pain



- Avoid during Pregnancy



# Growing Yarrow

Yarrow does well in sun or shade.

It tends to be pretty aggressive so put it where you want it.



# Harvesting Yarrow

When the plant is in bloom,  
Harvest the top 1/4 to 1/3.





# Thanks for Listening!

**Dr. Patrick Jones**

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# Shameless Commercial Announcement

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# Shameless Commercial Announcement

We Have Some Amazing Herb Kits

*Herb Kits*



# Wanna Watch A Bazillion Plant Videos? Doc Jones Is On YouTube!



<https://www.youtube.com/c/HomeGrownHerbalist>

# Wanna Learn More About Herbs?

Click Here for:

[\*The HomeGrown  
Herbalist School\*](#)





Swing By!  
Store Location:  
4131 N. 2200 E.  
- Just North of Poleline Rd.-  
Filer, Idaho

# The HomeGrown Herbalist School of Botanical Medicine

Yup, You Want to Enroll!



[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)

# Thanks For Listening!



Dr. Patrick Jones & Carl The Herb Hound

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