












Medicinal plant Garden

Plant Name	Photograph	Description
<p>Rumex acetosella Sheep Sorrel</p>		<p>Hardy perennial, 15cm high, Semi Shade position, Anti-oxidant rich leaves, aids digestion, Use as a tea or in salads</p>
<p>Cantella asiatica Gotu Kola</p>		<p>Hardy perennial, 7cm high, Semi-Shade position, Memory strengthener, Fever, arthritis, rashes, high blood pressure, Use as a tea or eaten raw</p>
<p>Corchorus olitorius Salad Mallow</p>		<p>Hardy annual, 60cm high, Sun position, High protein, potassium, calcium, magnesium, iron, aches and pains, fever, tumours, Use as a tea or eaten raw or cooked</p>
<p>Andrographis paniculata King of Bitters</p>		<p>Hardy annual, 100cm high, Shady position, anti-inflammatory, antioxidant, antibacterial, digestive, benefits immune system, cancer fighting, LD50 is 11.46gm/kg, Use as a tea about 10g per day</p>
<p>Nasturtium officinale Watercress</p>		<p>Perennial, 25cm high, Shady position, rich in vitamins minerals and antioxidants, Use in salads, soup, or garnish</p>
<p>Limnophila aromatica Rau Om</p>		<p>Perennial, 10cm high, Shady position, lots of moisture, Traditional Vietnamese cuisine, Use to flavour curries, soup, or meat dishes</p>
<p>Apium nodiflorum Lebanese Cress</p>		<p>Perennial, 40cm high, Shady position, Carrot flavoured leaves, Salads, Pesto, garnish</p>

<p>Alternanthera triandra Mukunu-Wenna</p>		<p>Perennial, 15cm high, Part shady position, Food for the eyes, nervous system, Salads, Stir Fries</p>
<p>Alternanthera sissoo Sambu Lettuce</p>		<p>Perennial, 50cm high, Shady position, Leaves rich in Vitamins, minerals, Eat young leaves raw, large leaves cooked</p>
<p>Eryngium foetidum Thai Coriander</p>		<p>Annual, 30cm high, Shady position, Crushed leaves for burns and rashes, Improves digestion, Epilepsy Excellent flavour in cooking</p>
<p>Geranium robertianum Herb Robert</p>		<p>Annual, 30cm high, Shady position, Leaves made into tea, or eaten at meal, Antiviral, Antioxidant, Antibiotic, Daily Use</p>
<p>Taraxacum officinale Dandelion</p>		<p>Perennial, 30cm high, Sunny position, Leaves and roots made into tea, flowers in salad, Antioxidant, blood, spleen, kidney, liver, diuretic, laxative, anti-inflammatory</p>
<p>Symphytum peregrinum syn. Uplandicum Comfery</p>		<p>Perennial, 50cm high, Sunny position, Leaves made into tea, flowers in salad, Vitamin B12, iron, potash, nitrogen, leaves 30% protein, said to repair bone, cuts, bruises valued compost and mulch</p>
<p>Hypericum perforatum 'elixir' St. Johns Wart</p>		<p>Perennial, 40cm high, Sunny position, Use as a tea, 5g per 250ml of water and steep 15min, Oil, will jar with herb add olive oil on top steep for 5 weeks use as a skin treatment, Anti-Depression, Sedative, Relaxant, Pain treatment</p>