

# Medicinal Herbs

Growing medicinal herbs for teas and alcohol infused remedies (tinctures) may seem difficult and time-consuming, but great news! You don't have to be a skilled gardener to grow a few basic medicinal herbs, nor a trained pharmacist to easily prepare them for use.

Choose plants whose goodness you can access through simple preparations such as teas, infusions, poultices (a moist mass of herbs applied to the body) and powders. Avoid plants that may require extraction of essential oils or may be potentially poisonous if used incorrectly. It is smart to consult a physician or herbalist before designing or using your medicinal herb garden.

Do you recognize any plants in this garden that are ingredients in your favorite herbal tea?

## Did you know?

The word 'drug' that we commonly use to refer to medicines actually comes from the Dutch word 'droog' which means 'dry' or 'to dry.' It is believed this word originated because ancient healers used to dry herbs and plants so they could be used as medicines.



**Some medicinal herbs are used fresh, while others are dried and used when fresh herbs are unavailable**

Find helpful Medicinal Herb information at [GBG.org/Herbs](http://GBG.org/Herbs)

This Medicinal Herb garden is for demonstration purposes only, illustrating herbs historically used in medicine. Green Bay Botanical Garden does not endorse the use of these herbs to treat any illness or disease. Use with caution and consult a physician before beginning any herbal treatments.