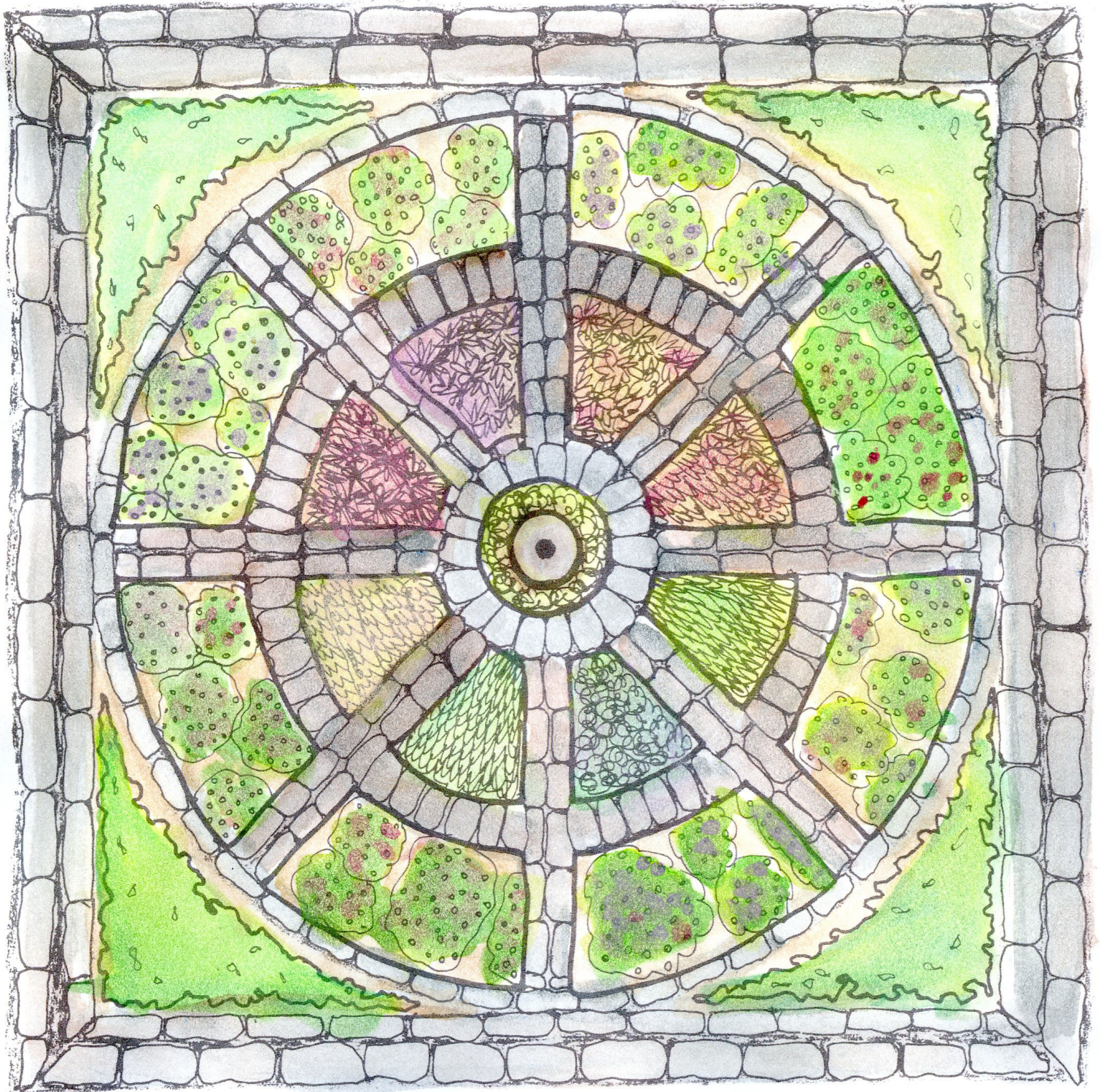
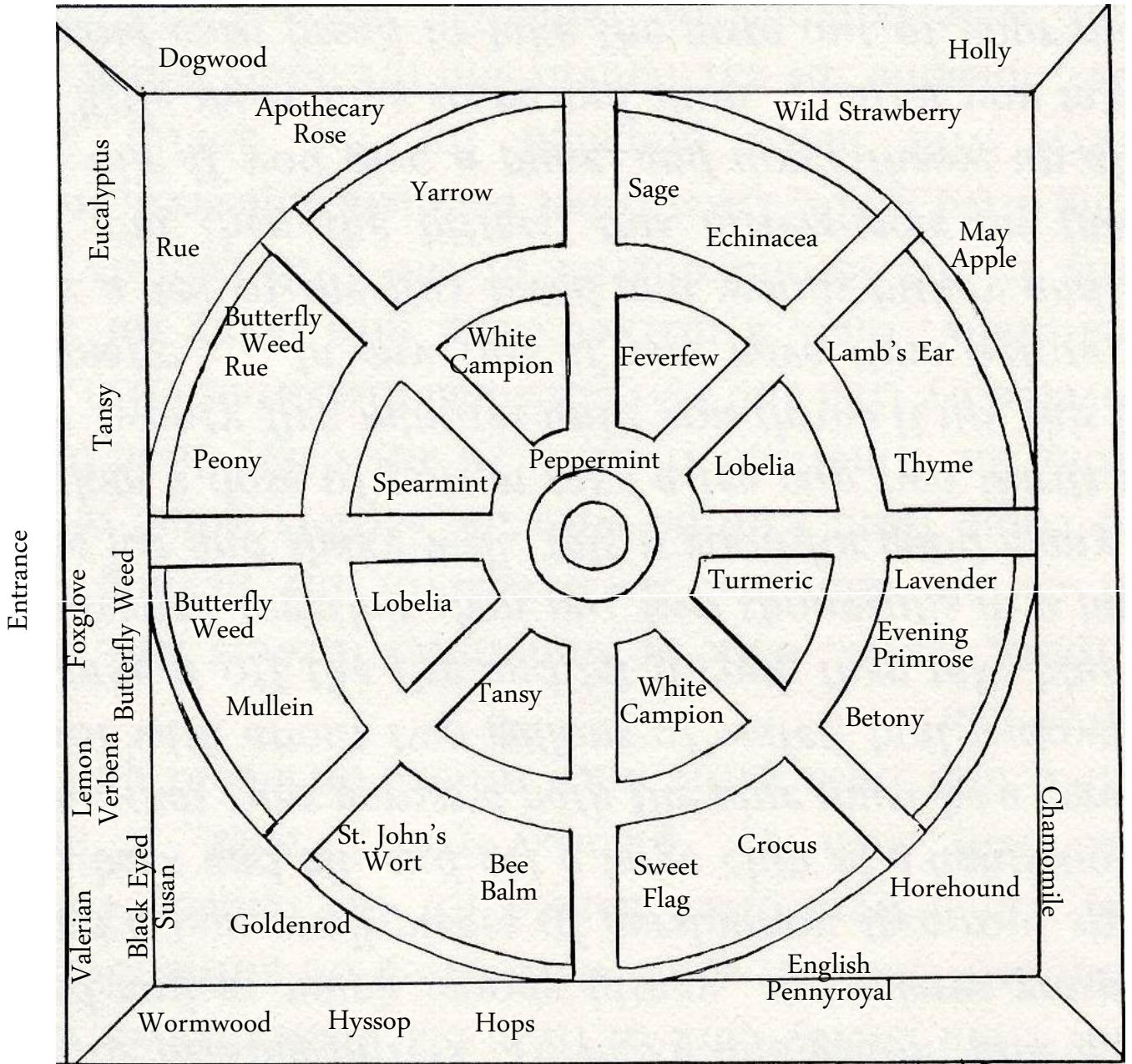


CDM Garden Guide



The Country Doctor Museum Medicinal Herb Garden



Freeman-Brantley
Building Steps

Ginger

Witch
Hazel

Bay
Laurel

Ageratum

Lenten
Rose

MEDICINAL HERB GARDEN NOTES 2026

Ageratum - Colic, colds, fever, Rheumatism, burns and wounds

Apothecary Rose - Petals in wine for a hangover

Bee balm - tea from leaves – skin infections and cold and fever, mouthwash

Betony - “Bishopswort” – dried, over 40 uses, headache and stomach problems

Black Eyed Susan- Expelled intestinal worms and helped with earaches

Butterfly Weed - Expectorant and respiratory conditions

Chamomile - Calming, anti-inflammatory

Dogwood Tree - Bark - used for fever

Echinacea - Boosts immune system

English Pennyroyal - Colds, fevers, cough, stimulates menstrual flow

Eucalyptus - Relieves cough

Evening Primrose- Reduced cramps and treated wounds and bites

Feverfew - Fever, arthritis, prevents Migraine headaches

Foxglove - Heart medication – TOXIC

Garlic Chives- Antidote for poisonous bites and improved digestion

Ginger - Aids digestion, calms upset stomach

Goldenrod - Skin antiseptic, urinary tract infections

Hops - Aged hops used for sedative. Fresh hops used to aid digestion

Horehound - Respiratory, expectorant

Hyssop - Antiseptic, cough reliever

Lamb’s Ear - Soothe and heal skin

Lavender - Calming fragrance. Put under pillow to help sleep

Lemon Verbena - Tea - Soothes stomach spasms, calms nerves; also used in flavoring

Lobelia - TOXIC - used as an alternative for tobacco, asthma, whooping cough, congestion, used to induce vomiting

May Apple - Roots - Intestinal worms and parasites, purgative

Mints - Peppermint and Spearmint - freshens breath, tea settles upset stomach

Mullein - Soothes lungs even when smoked, breaks up congestion

Peony - Root - Pain relief and anti-inflammatory; used as a tea

Pomegranate - The "ARILS" - white seeds very beneficial against cancer, heart disease, and diabetes. Ancient women used this as contraceptive.

Rosemary - Oil - Relieves pain, lowers blood pressure, improves memory and concentration, headaches. Great for hair health, dandruff

Rue - Earache, improves vision

Sage - Relieves hot flashes of menopause; aids digestion; colds and fever; dental, oral care (tea)

St. John's Wort - Topical astringent for cuts and burns, anti-anxiety treatment

Sweet Flag - Gastritis

Tansy - Expel intestinal worms

Thyme - Antiseptic on cuts and abrasions. One of the best cough and cold remedies – make a tea with honey – expectorant. Sleep aid.

Turmeric- Relieved joint pain and aided skin, respiratory, and digestive ailments

Valerian - Root used to cure insomnia; often mixed with lemon verbena or hops to cause drowsiness. Ingredient in "Sleepy Thyme tea."

White Campion - Roots used for soap, snakebite treatment

Wild strawberries - Tea from dried leaves for stomach and kidneys

Witch Hazel - Astringent

Wormwood - Expel parasitic worms, aids digestion

Yarrow - Tea - Eased cold and flu symptoms. Leaf poultice for cuts and scrapes as a disinfectant.