



Roots of Change  
Community Garden  
#SWUJustice

1416 E. Commerce St

210-299-2666

# ROOTS OF CHANGE GARDEN AND CO-OP



# HERBS AND MEDICINALS

OVER 100 HERBS OF THE SOUTH TEXAS REGION

## NOTES:

Research and information compiled during two medicinal internship groups consisting of:

Margaret Treviño, Isabel Zepeda, Edith Gonzalez, Felicia Aleman, Beto De Leon, Angel Hinojosa, Anna Shivadecker, Alejandra Arvizo, Marilyn Bradley, Margarita A. Rubio, Dr. Vanessa Quezada, Brittney Benton, and Brian Gordon

***The purpose of this is to list useful herbs in our area. This list does not contain how to prepare or use the herbs but only showing what potential they have. Some plants can be poisonous, and toxic at high levels, or when taken during pregnancy or if given to children.***

***please do more research on proper preparation and safe usage,***

***Share knowledge with others so we can all grow together.***



## NOTES:



- Agarita** - *Mahonia trifoliolata* - Liver support
- Aloe** - *Aloe vera* - Digestion & Skin treatment
- Anise hyssop (Hummingbird mint)** - *Agastache foeniculum*  
Colds, flus, digestion, cardiac, skin issues, diaphoretic
- Ashwaganda** - *Withania somnifera* -  
Anxiety, Depression, Lower Blood Sugar
- Basil** - *Ocimum basilicum* -  
Stomach Issues, Kidneys, Cold, Insect bites
- Basketplant** - *Callisia fragrans* - Skin issues, Burns, Joints
- Bee Balm** - *Monarda* - Respiratory
- Borage** - *Borage officinalis* - Fever, Cough, Depression,  
Sedative
- Burdock** - *Arctium lappa* - Liver Support
- Calendula** - *Tagetes officinale* - Menstrual, Fevers, Muscle  
Spasms
- Catnip** - *Nepeta cattaria* - Menstrual, Indigestion, Sedative
- Chamomile** - *Matricaria chamomilla* - Anti-Inflammatory,  
Antispasmodic
- Chapparal** - *Larrea tridentata* - Respiratory, Tea for bronchitis,  
common cold
- Chervil** - *Anthriscus cerefolium* - Fluid retention, cough,  
digestion, Blood pressure
- Chickweed** - *Stellaria media* - Healing surface wounds, cuts,  
sores, ulcers
- Chicory** - *Cichorium intybus* - Liver Support
- Clary sage** - *Salvia sclarea* - Menstrual, Depression, Anxiety,  
Spasms
- Cleavers** - *Gallium aparine* - Swollen Glands, lymfs, skin  
irritation
- Coleus** - *Plectranthis amboinicus* - High blood pressure, Chest  
pain

**Comfrey** - Symphytum uplandica - Anti-inflammatory, cough, chest, stomach pain, menstrual, bruises, swollen joints,  
**Cornflower** - Centaurea cyanus - Anti-Inflammatory  
**Dandelion** - Taraxacum officinale - Liver  
**Dock** - Rumex crispus - Constipation/ Digestion  
**Echinacea** - Echinacea angustifolia - Liver  
**Elderberry** - Sambucus nigra - Respiratory  
**English Lavender** - Lavendula munstead, Nervous System, Calming, Sleep Aid  
**Epazote** - Chenopodium ambrosioides - Digestive Aid, Anti-flatulent, cook with dry bean to reduce gas.  
**Estafiate** - Artemisia ludoviciana - Astringent, Stomach pain, menstrual, skin issues, and more  
**Eucalyptus** - Eucalyptus globulus - Respiratory  
**Eucalyptus** - eucalyptus obliqua - coughs, colds, congestion  
**Fenugreek** - Trigonella foenum - cancer, diabetes, blood pressure, cholesterol, obesity, heart issues  
**Feverfew** - Tanacetum parthenium - menstrual Headaches, arthritis, Allergies, asthma, nausea ,  
**Geranium** - Pelargonium graveolens - Antiseptic, Bruises, cuts, Anxiety, PMS, Sunburns, insomnia  
**Ginger** - Zingiber officinale, Nausea, Appetite, Muscle/joint pain, anti-inflammatory, menstrual, cancer, brain  
**Ginkgo** - Ginkgo biloba - Fatigue, Anxiety, Depression  
**Ginseng Panax quinquefolius** - Panax quinquefolius - Cancer, blood sugar, Immune support, ED  
**Gotu kola** - Centella asiatica - Fatigue, Anxiety, Depression, Improve memory  
**Hawthorn** - Crataegus - Cardiac, heart issues, Chest pain,  
**Heal all** - Prunella vulgaris - Throat sores, HIV/AIDS, Fever, Liver

**Mexican Mint Marigold** - Tagetes Lucida - Stomach, Diuretic Appetite  
**Milkweed (Green)** - Asclepias Viridis - Rashes, Sore Gums  
**Mistflower (Fragrant)** - Eupatorium Odoratum - Breakbone Fever, attracts Butterflies  
**Olive, Mexican** - Cordia Boissieri - Arthritis, Cold, pulmonary  
**Oregano (mexican)** - Poliomentha longiflora - Respiratory, edible flower  
**Pride of Barbados** - Caesalpinia Pulcherrima - Fever, chest pain, sores, respiratory  
**Redbed, Mexican** - Cercis Canadensis Mexicana - Astringent, fevers, colds, diarrhea, edible flowers  
**Redbud, Texas** - Cercis Canadensis texensis - Nutrients, Leukemia, nitrogen fixing, edible flowers  
**Rose** - Rosa officinalis - Calming, fragrance  
**Russian Sage** - Perovskia - Indigestion  
**Sage, Mountain** - Salvia Regla - digestion, heartburn, appetite  
**Sage, Pineapple** - Salvia Elegans - Calming, Digestion  
**Skullcap, Mexican/Wrights** - Scutellaria Suffrutescens/Wrightii -anxiety, insomnia, Chronic pain,  
**Skullcap** - Scutellaria - anxiety, seizures, insomnia, stroke  
**Spanish Dagger** - Yucca treculeana - Soaps/Rope  
**Texas Milkweed** - Asclepias Texana - Wart removal  
**Texas Mountain Laurel** - Sophora secundiflora - ringworms, herpes, syphilis, nitrogen fixing  
**Turks Cap** - Malvaviscus Drummondii - Inflammation, Digestion  
**Variegated Agave** - Agave americana - antiseptic, burns, inflammation, bruises  
**Yaupon Holly** - Ilex vomitoria - Emetic, Vomiting

## USEFUL SAWS WATERSAVER LANDSCAPE COUPON PLANTS

Remove 200 sqft of grass and receive a coupon for \$100 off any 15 plants on the Watersavers List online (you can apply for multiple coupons)

\* Application:

[www.gardenstylesanantonio.com/watersaver-landscape-coupon/](http://www.gardenstylesanantonio.com/watersaver-landscape-coupon/)

\* Complete SAWS watersave plant list:

<http://plants.gardenstylesanantonio.com/>

**Agave** - Agave americana - Digestion, blood sugar, Diabetes

**Barbados Cherry (dwarf)** - Malpighia Glabra - Antioxidant.  
edible berries, Builds collagen

**Butterfly Milkweed** - Asclepias tuberosa L. - Laxative

**Cenizo** - Leucophyllum Pruinatum/Frutescens -  
Antibacterial, Inflammation, Dizziness, Congestion

**Crape Myrtle** - Lagerstroemia - Colds, Wound Healing

**Damianita** - Chrysactinia Mexicana - Respiratory, Skin  
infections

**Darcy Sage** - Salvia Darcyi - Digestive, Loss of Appetite

**Esperanza** - Tecoma Stans - Diabetes, Stomach pain

**Firebush** - Hamelia Patens - Skin Problems

**Flame Acanthus** - Anisacanthus Quadrifidus Wrightii - Burns,  
Dislocated Joints

**Forsythia Sage** - Salvia Madrensis - Respiratory, Digestion

**Frogfruit** - Phyla Nodiflora - Respiratory, Fever, Cough

**Goldenrod** - Solidago canadensis - Allergies, Kidneys,  
Bladder, Colds

**Honeysuckle (mexican)** - Justicia Spicigera - Headaches,  
Heart Problems

**Liriope** - Liriope Muscari - Antiallergic, inflammation,  
Stimulant, aphrodisia

**Heartleaf skullcap** - Scutellaria ovata - Epilepsy, insomnia,  
nerve disorder

**Hemp** - Cannabis sativa - Currently Illegal in Texas, insomnia,  
pain, stimulant, Epilepsy, and more

**Honeysuckle** - Lonicera japonica - Colds, inflammation,  
Digestion, fever

**Horsemint** - Monarda citriodora - Digestion, Nausea, arthritis,  
upper respiratory, diuretic

**Horseradish** - Armoracia rusticana - Bronchitis, Cough,  
Sciatica, Gout, Kidney stones, UTI

**Horsetail** - Equisetum arvense - Diuretic, UTI, kidney,  
bladder, burns and wounds

**Horsetail Reed** - Equisetum hyemale - Nail/ Hair Repair,  
contains silica, blend in blender, strain, drink juice

**Hyssop** - Hyssopus officinalis - Cough, expectorant, bruises

**Jewels of opar** - Talinum paniculatum - Headaches,  
Diarrhea, Ulcers, digestion, respiratory

**Lambs quarter** - Chenopodium album - blood cells,  
circulation, Nutrients, amino acids, inflammation, burns

**Lemon Balm** - Melissa officinalis - Neurological, anxiety,  
insomnia, liver

**Lobelia** - Lobeliaceae - Respiratory, Expectorant

**Marigold (African)** - Tagetes erecta - Anti-inflammatory

**Marigold (Aztec)** - Tagetes erecta - Indigestion

**Marshmallow** - Althea officinalis - Respiratory

**Milk Thistle** - Silybum marianum - Liver

**Mimosa** - Albizia julibrissin - Digestive, carminative

**Moneywort** - Lysimachia nummularia - Treats wounds,  
expectorant, Diarrhea

**Motherwort** - Leonurus cardiaca - Nervous System/  
Circulatory

**Mugwort** - *Artemisia vulgaris* - Antiparasitic, Digestive Aid, Menstrual

**Mullein** - *verbascum thapsus* - Respiratory System, expectorant

**Nettle** - *Urticaria dioica* - Liver, Kidney and Adrenal health

**Nigella** - *Nigella sativa* - Digestive Aid

**Oats** - *Avena sativa* - Skin Regenerative, soothes itchy skin

**Oregano (greek)** - *Origanum vulgare subsp. Hirtum* - Respiratory, Antiseptic & anti-inflammatory

**Passion Flower** - *Passiflora incarnata* - Calming, Sleep Aid

**Peppermint** - *Mentha × piperita* - Respiratory, Liver, Digestion, Menstrual, Depression

**Prickly ash** - *Zanthoxylum clava/herculis* - toothaches, sores, joint pains

**Prickly Pear** - *Opuntia* - Treats wounds, sores,

**Purslane** - *portulaca oleracea* - Nutrient, Antioxidant, Asthma, Type 2 Diabetes,

**Queen Anne's lace** - *Daucus carota* - Hangovers, Diabetes, Looks like Poison Hemlock

**Red clover** - *Trifolium pratense* - Cancer, Indigestion, Asthma, Cholesterol, Hot Flashes

**Sage (Garden, Green)** - *Salvia Oficinalis* - Digestion, Antiseptic, Respiratory, spasms, ulcers

**Salad burnet** - *Sanguisorba minor* - Gut bleeding, Periodontal disease, Astringent, Inflammatory

**Santolina** - *santolina chamaecyparissus* - Expel intestinal parasites, Perfume, repel insects.

**Senna** - *Senna corymbosa* - laxative, weight loss

**Solomon's Seal** - *Polygonatum* - Anti Inflammatory, lung, musculoskeletal issues, sprains, bruises, boils, edema

**St. John's Wort** - *Hypericum perforatum* - Anxiety, Depression

**Sweet violet** - *Viola odorata* - Anti-inflammatory, Diaphoretic, expectorant, laxative

**Thyme** - *thymus vulgaris* - Inflammation stomach aches, arthritis, sore throat.

**Toothache plant/Spilanthes** - *Acmella oleracea* - Nutrients, antibacterial, antifungal.

**Tulsi (Holy Basil)** - *Ocimum tenuiflorum* - anti-inflammatory, antioxidant, stress, exhaustion, sleep deprivation.

**Turks Cap** - *Malvaviscus drummondii* - Respiratory. edible flowers and leaves

**Turmeric** - *Curcuma longa* - indigestion, inflammation, cholesterol.

**Valerian** - *Valeriana officinalis* - Insomnia

**Vervain** - *Verbena bonariensis* - anti-inflammatory. upper respiratory problems, sinus problems

**Violet** - *Viola* - asthma, insomnia

**Vitex** - *vitex angus-castus* - treats PMS, menstrual disorder, infertility, menopause

**Wild dagga** - *Leonurus leonitis* - high blood pressure, diabetes, bites and stings

**Wormwood** - *Artemisia absinthium* - upset stomach, gallbladder disease,

**Yarrow** - *Achillea millefolium* - Diaphoretic, Fevers, colds, absence of menstruation, GI discomfort, appetite

