

HARVEST & DRY HERBS/FLOWERS CHART

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COMMON NAME	LATIN NAME	PARTS USED	NOTES & RECIPE LINKS
Bachelor Buttons	<i>Centaurea cyanus</i>	flower heads, petals	decorative; dry to add color to teas & bath soaks; soap & bath bomb toppers
Basil	<i>Ocimum basilicum</i>	leaves	anti-inflammatory, anti-aging; dry for tea, or infuse into salves & creams Face Cream: https://thenerdyfarmwife.com/basil-anti-aging-face-cream/ 3 Basil Salves: https://thenerdyfarmwife.com/basil-salve-recipes/
Bee Balm	<i>Monarda spp.</i>	flowers, leaves	dry for teas, oil infusions, salves, soap, skin remedies, aches & pains liniments Hand Cream: https://thenerdyfarmwife.com/bee-balm-intensive-hand-butter/ More Recipes: https://unrulygardening.com/how-to-grow-use-bee-balm/
Calendula	<i>Calendula officinalis</i>	flower heads, petals	repairs skin, antimicrobial, anti-inflammatory; salves, teas, creams, soaps Tea Uses: https://thenerdyfarmwife.com/14-uses-for-calendula-tea/ Printable: https://thenerdyfarmwife.com/10-things-to-make-with-calendula-flowers/
Chamomile	<i>Matricaria chamomilla</i>	flowers, upper aerial parts	calms upset tummy, nervousness; externally soothes itchy or irritated skin Soap: https://thenerdyfarmwife.com/chamomile-almost-castile-soap-recipe/ Recipes + Printable: https://thenerdyfarmwife.com/things-to-make-chamomile/
Corn Silk	<i>Stigma maydis</i>	silk	used for bedwetting, urinary tract, kidney stones, gout, and more Recipes for Tea, Tincture: https://thenerdyfarmwife.com/uses-for-corn-silk/
Dandelion	<i>Taraxacum officinale</i>	flowers (also leaves, roots)	flowers are used in skincare for chapped dry skin, aches/pains products Dandelion Lotion Bars: https://thenerdyfarmwife.com/dandelion-lotion-bars/ Printable: https://thenerdyfarmwife.com/12-things-to-make-with-dandelion-flowers/
Forsythia	<i>Forsythia suspensa</i>	flowers	calms skin inflammation, redness; use in oils, lotions, toners, soaps Recipes: https://thenerdyfarmwife.com/9-things-to-make-with-forsythia-flowers/
Goldenrod	<i>Solidago spp.</i>	flowering tops	seasonal allergies, colds/flu, aches & pains; use in teas, tincture, salves, soaps Recipes: https://thenerdyfarmwife.com/foraging-using-goldenrod/
Honeysuckle	<i>Lonicera japonica</i>	flowers	antiviral, soothes sore throats, poison ivy rashes, inflamed skin Salve: https://thenerdyfarmwife.com/honeysuckle-rose-salve/ Tea & Tincture Recipes: https://unrulygardening.com/uses-honeysuckle-flowers/
Lavender	<i>Lavandula angustifolia</i>	flower buds, spikes, leaves	soothes irritation & sensitive skin, antimicrobial, the scent calms stress & helps sleep Flower Printable: https://thenerdyfarmwife.com/10-things-to-make-with-lavender/ Uses for Leaves: https://thenerdyfarmwife.com/uses-for-lavender-leaves/



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Lemon Balm	<i>Melissa officinalis</i>	leaves	antiviral, fights cold sores, relaxes nerves, calms upset tummy; make tea, tincture, oils Lip Balm: https://thenerdyfarmwife.com/super-healing-cold-sore-lip-balm/Recipes/Printable : https://thenerdyfarmwife.com/12-things-to-do-with-lemon-balm/
Mint	<i>Mentha x piperita, M. spicata</i>	leaves	cooling, relieves pain, indigestion, headache, sore muscles; teas, tinctures, salves Lip Balm: https://thenerdyfarmwife.com/using-fresh-mint-to-make-lip-balms-salve/Recipes/Printable : https://thenerdyfarmwife.com/mint-ideas/
Mullein	<i>Verbascum thapsus</i>	flowers, leaves, root	flower oil for ear pain, leaf for respiratory issues, root tincture for back pain Salve Recipes: https://thenerdyfarmwife.com/mullein-salve-recipes/ Root Tincture Directions: https://unrulygardening.com/growing-foraging-mullein/
Nettle	<i>Urtica dioica</i>	leaves	nourishing, supports adrenals, helpful for allergies; infusions, tincture, broths Tea, Tincture, Vinegar: https://unrulygardening.com/stinging-nettle-forage-uses/
Pineapple Sage	<i>Salvia elegans</i>	flowers, leaves	used for anxiety & insomnia, anti-inflammatory, rich in antioxidants Recipes: https://thenerdyfarmwife.com/pineapple-sage-uses/
Plantain	<i>Plantago major, P. lanceolata</i>	leaves	soothes bug bites, skin irritations, first aid; make tea, tincture, lotion bars, salves Sunburn/Scrapes Remedy: https://thenerdyfarmwife.com/cooling-aloee-plantain-cubes/ Recipes: https://thenerdyfarmwife.com/10-things-to-make-with-plantain/
Purple Coneflower	<i>Echinacea purpurea</i>	flowers, leaves	use tea & tincture for sore throats; salve for wounds & insect bites Salve: https://thenerdyfarmwife.com/echinacea-purple-coneflower-oil-salve/
Purple Deadnettle	<i>Lamium purpureum</i>	flowering tops, leaves	make a tincture for allergies; oils and salves for aches & pains 3 Salve Recipes: https://thenerdyfarmwife.com/purple-dead-nettle-salve/ Printable: https://thenerdyfarmwife.com/things-to-make-with-purple-dead-nettle/
Raspberry	<i>Rubus idaeus</i>	leaves	tea may relieve mild diarrhea or PMS; can be used as a mouth rinse for sores Tea Recipe: https://unrulygardening.com/using-raspberry-leaves/
Rose	<i>Rosa spp.</i>	flowers	cooling, soothing, anti-inflammatory, astringent, balances upset feelings, PMS Glycerite: https://thenerdyfarmwife.com/rose-glycerite-emotional-balancer/ Vinegar: https://thenerdyfarmwife.com/rose-petal-vinegar-its-many-uses/ Recipes/Printable: https://thenerdyfarmwife.com/10-things-to-make-with-roses/
Sunflower	<i>Helianthus annuus</i>	flower petals	anti-inflammatory, antioxidant; used in skin care & soaps Recipes: https://thenerdyfarmwife.com/things-to-make-sunflowers/
Violet	<i>Viola odorata, V. sororia</i>	leaves, flowers	cooling, moisturizing, lymphatic mover, soothes eczema Salve: https://thenerdyfarmwife.com/violet-leaf-salve-recipe/ Recipes/Printable: https://thenerdyfarmwife.com/10-things-to-make-with-violets/