

Growing Wellness

Herbs for Food and Medicine

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Monarda fistulosa
 hehaka taphezuta
 bibigwanagak
 beebalm

- Full sun
- Soil rich in organic matter
- Drought, heat, and clay tolerant
- Divide every few years
- Harvest
 leaves/stems/flowers at
 the height of blooming



Echinacea spp
chan ichahpe hu
giizisobagoons
purple coneflower

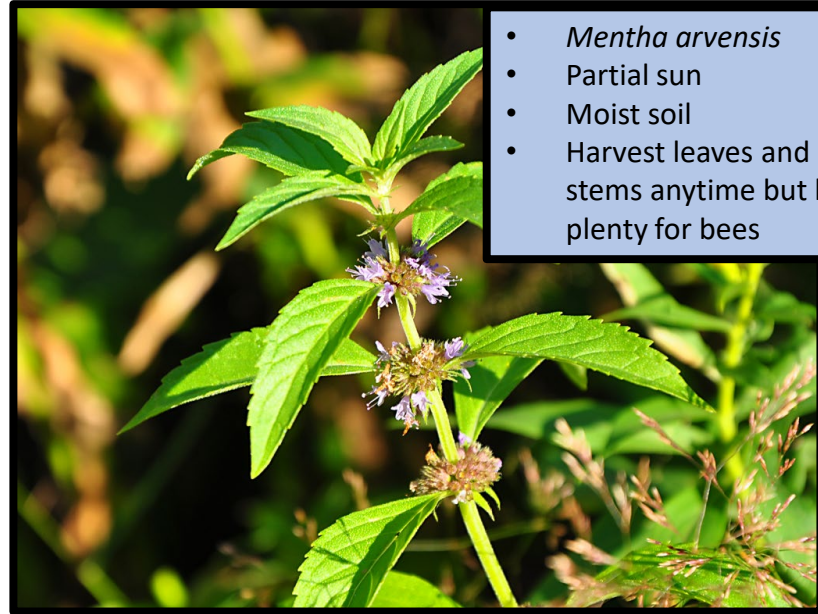
- Full or partial sun
- Not very picky about soil
- Drought, heat, and clay tolerant once established
- Harvest roots after the above ground parts of the plant have died back



Rosa spp.
unzinzintka
ogiinig
rose

- Full sun
- Can tolerate most soils
- Extremely drought tolerant
- Harvest fresh petals or fruits after they've turned red.





- *Mentha arvensis*
- Partial sun
- Moist soil
- Harvest leaves and stems anytime but keep plenty for bees

“The Mints” cheyaka apaabowaan

- *Nepeta cataria*
- Full or partial sun
- Will grow almost anywhere.
- Harvest leaves and stems
- Can become aggressive



- *Mentha spicata* or *piperita*
- Full or partial sun
- Will grow almost anywhere.
- Harvest leaves and stems
- Can become aggressive

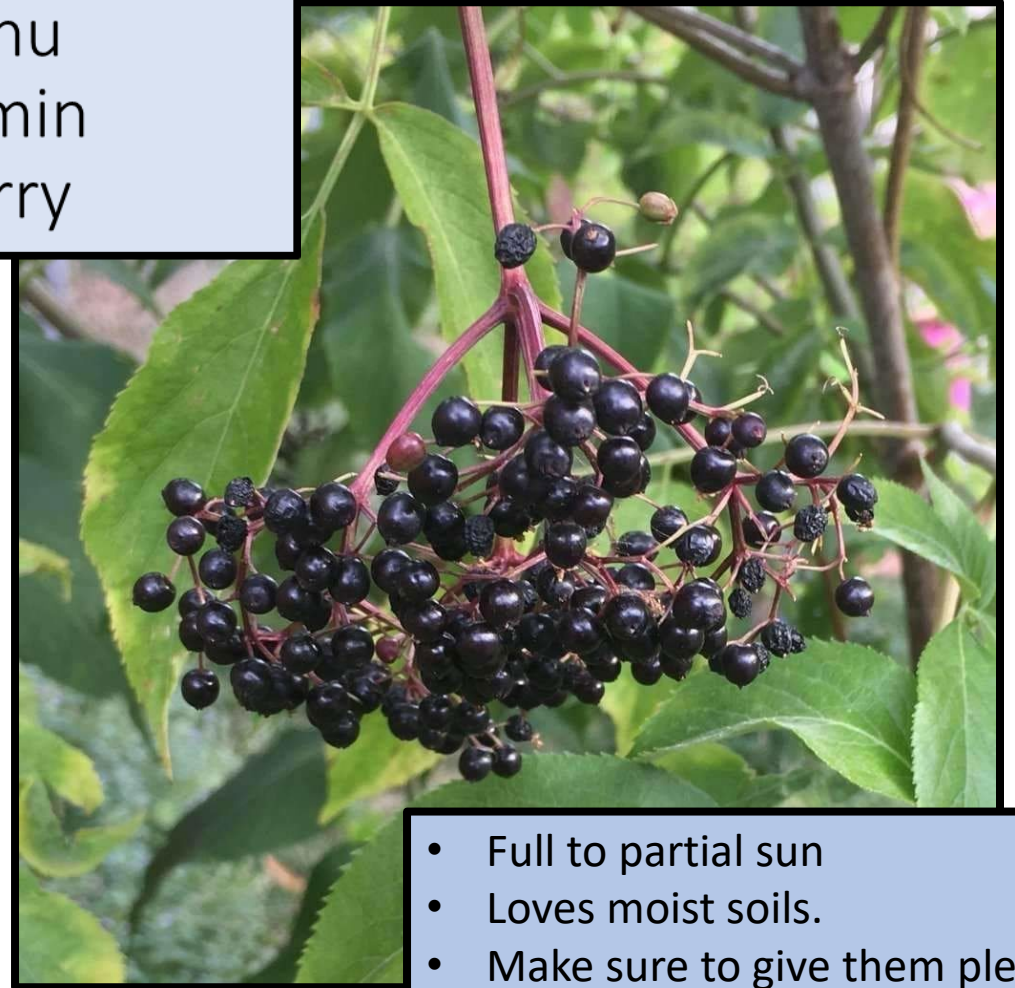


- *Melissa officinalis*
- Full or partial sun
- Will grow almost anywhere.
- Harvest leaves and stems
- Can become aggressive





Sambucus canadensis
caputa hu
bibigwemin
elderberry



- Full to partial sun
- Loves moist soils.
- Make sure to give them plenty of room.
- Harvest flowers when creamy white and berries when black.

Nicotiana rustica
canli
asemaa
tobacco



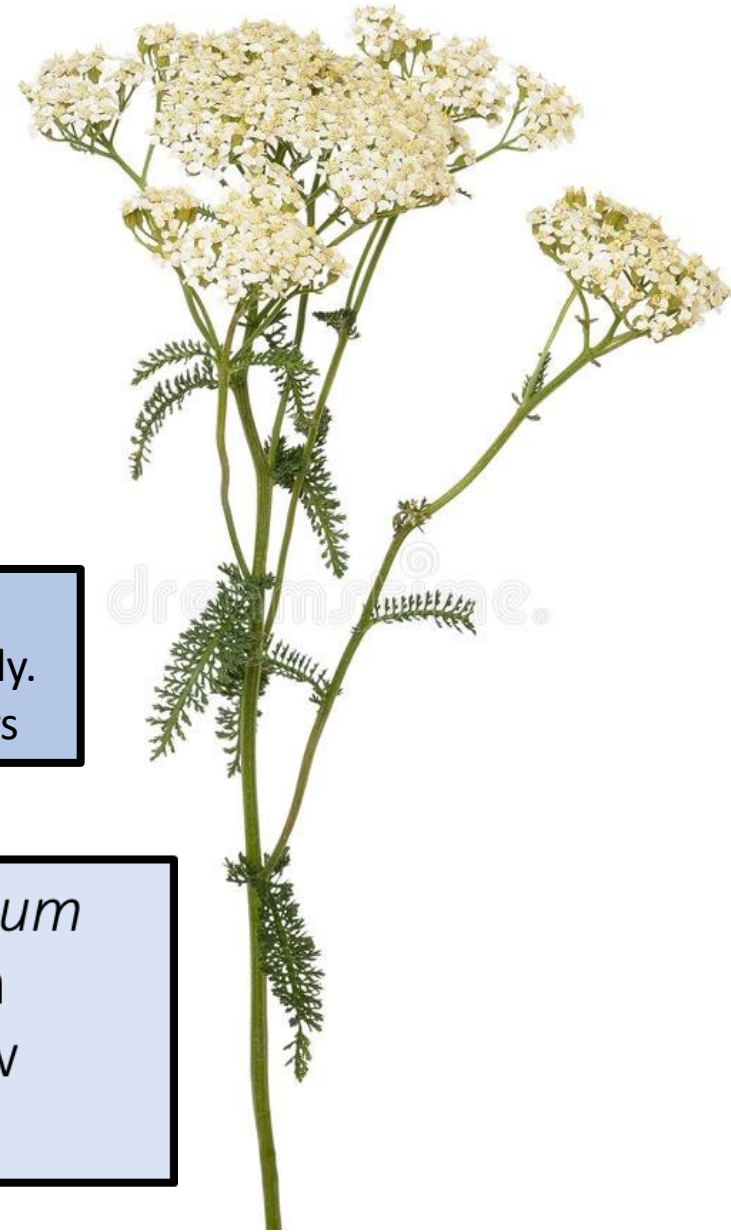
- Sow very shallow in spring
- Full sun
- Moist soil until established
- Harvest leaves after flowering and seeds when pods begin to turn brown





- Full or partial sun
- Moist to Dry soils... loamy or sandy.
- Harvest leaves, stems, and flowers

Achillea millefolium
taopi phezuta
ajidamooazow
yarrow



“The Artemisias”
phezi hota
bashkodejiibik
bitter sages



- Full sun
- Dry to medium dry soil
- Harvest full stems before flowering.
- Some of them can become very aggressive





Hierochloa odorata
wachanga
wiingashk
sweetgrass

- Full sun
- Dry to medium dry soil
- Harvest full stems before flowering.
- Some of them can become very aggressive

