



# Herbal Plants

A few of the plants discussed and some others.  
Remember, use 3 reliable sources to identify. Or join one of our many retreats or plant walk with us.  
We offer these online and in person.



**Plantago major (Plantain)**



**Rosmarinus officinalis (Rosemary)**



## Herbal Plants



*Echinacea purpurea* (Echinacea)



*Thymus vulgaris* (Thyme)



*Achillea millefolium* (Yarrow)



# Herbal Plants



***Artemisia vulgaris* (Mugwort)**



***Taraxacum officinalis* (dandelion)**



# Herbal Plants



*Impatiens capensis* (Jewelweed)



*Trifolium pratense* (Red Clover)



# Herbal Plants



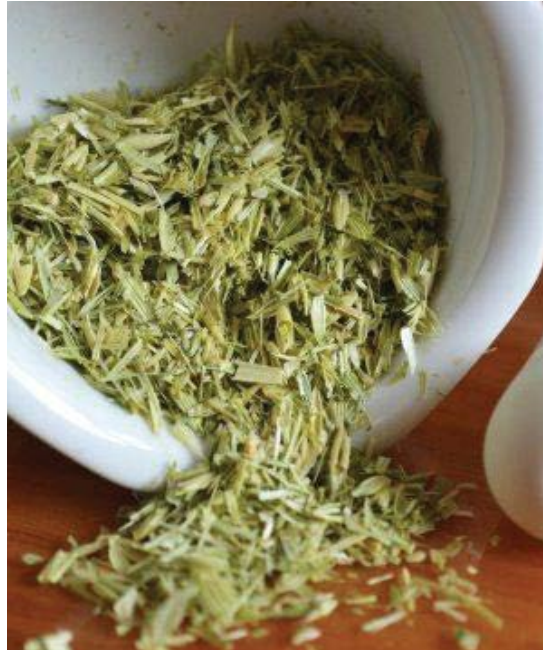
***Verbascum thapsis* (Mullein)**



***Urtica dioica* (Stinging Nettle)**



# Herbal Plants



**Avena sativa (Oatstraw)**



**Arnica montana (do not ingest this plant except in homeopathic form!)**

Photo (Wikipedia)



# Herbal Plants



**Hypericum perforatum (St. John's Wort)**

*Photo (Wikipedia)*



**Symphytum officinale (Comfrey)**



# Herbal Plants



**Leonurus cardiaca (Motherwort)**

*Photo (Wikipedia)*



**Marshmallows we love to toast around the camp fire. These actually used to be made with the plant by the same name, marshmallow!**

*Photo (Wikipedia)*



**This is the real Althea officinalis (Marshmallow)**

*Photo (Wikipedia)*