

Holistic Regeneration



# Herbal Crops for Human Resilience

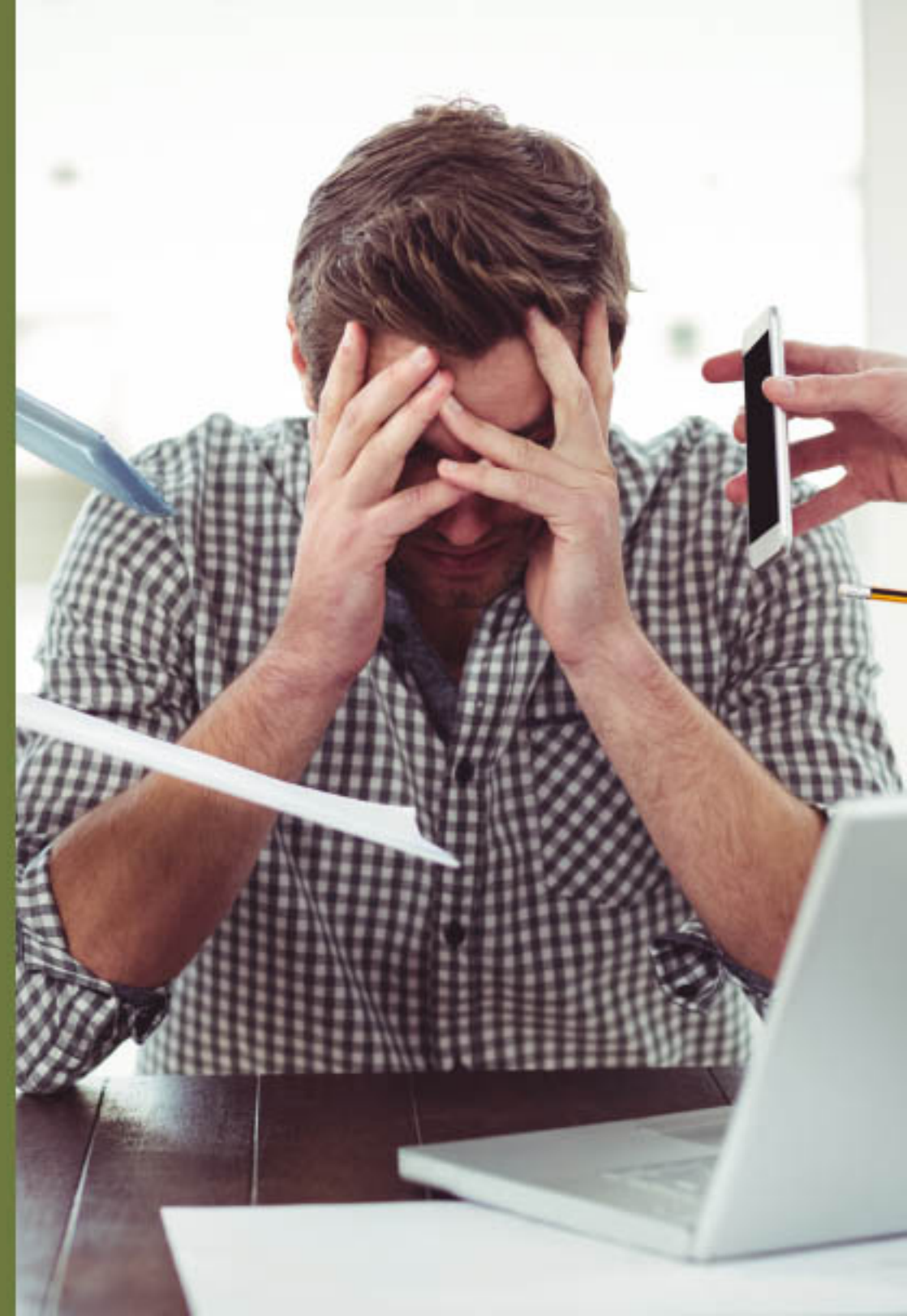
JOANNA AND TREVOR MANN  
OF WALDEN FARMACY

# The why...

OUR NERVOUS SYSTEMS ARE MORE TAXED THAN EVER

The body can only heal when the parasympathetic nervous system is activated (rest & digest, but also heal & repair). The sympathetic nervous system controls the body in times of stress (fight or flight). These stress events used to be more like being chased by a tiger, but with the pace of our society, constant alerts and deadlines, screens and action movies, climate events, reports of violence, driving cars, etc stress events are taking over much of our lives.

The good news is that we can implement simple lifestyle changes including herbs to take control of our nervous system and health.





# Milky Oats

AVENA SATIVA



- Part used: tincture of immature green seed harvested at the milky stage, infusion of the oatstraw
- Tincture: Folk (fill a jar, cover with alcohol) or 1:2 in 150 proof. Take 1-3 droppers full 2-5 times daily.
- Infusion of oatstraw: Place 1oz of dried straw into a quart jar. Cover with not quite boiling water. Leave for 4 hours at room temp or overnight in the fridge. Strain and enjoy. This is not as strong as the tops.

# Herbal Virtues

Nervous system restorative. It is my favorite tonic herb for the nervous system when used long term and combines well with most other nervines (and can balance a formula since many are drying). It is indicated for people with mental and physical exhaustion who are irritable and lack focus. It can also be helpful in addiction recovery. It is rich in silica and other minerals. To me oats feel like a gentle hug or coating around the nervous system. The "ssshhhh" of being held by a nurturing parent or mother's milk. Great for any age. Slightly moistening, nourishing.



# Farming & Harvest

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- Farming virtues: Cool season cover crop for biomass and plant exudates to feed soil microbiome. Great as a crop for grazing animals who produce milk. Can be crimped down as mulch and planted into. Easy to harvest in comparison to many medicinal herbs!
- How to grow/ harvest: Throw sow in late summer or early spring. We have had it overwinter in milder winters, but heavy freezes will kill it. Maintain adequate moisture for germination after which it is fairly drought tolerant, but will yield best with water. It likes well drained soils. It needs nitrogen so consider planting with or after a legume. As the seed pod begins to mature periodically test for milkiness by squeezing a pod in your fingers and seeing if a white sap emerges. Harvest tops once you see this. Harvest and dry straw after harvesting milky tops.



Milky oats ready  
for harvest.



# Holy Basil

OCIMUM TENUIFLORUM



- Part used: All above ground (aerial) parts
- Tincture: 1:2 in 190 proof or folk. 1-2 droppers full 2-5 times daily.
- Tea: fresh or freshly dried. 4-8oz 3 times daily.



# Herbal Virtues

My favorite easy to grow adaptogen (it loves the Alabama heat), general tonic. Helpful with all the syndrome x type symptoms (blood pressure, cholesterol, blood sugar). Lowers cortisol. Reduces feelings of stress, reduces inflammation, increases digestion, increases cerebral circulation. All basils are considered "heart exhilarants" which increase feelings of joy and happiness. Mildly anti-viral. All this AND it tastes good!



# Farming & Harvest

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- Farm virtues: Aromatic pest confuser, easy to grow, does well in heat. Honeybees love it. Many harvests.
- How to grow/ harvest: As you would other basil! Tulsi seed is a light-dependent germinator, and you can increase germ rates by holding the seed in the palm of your hand in the direct sunlight before planting. Prepare a flat of potting soil or a fine seedbed in spring and scatter seeds on surface, then press in and keep evenly moist and warm until germination, which is rapid. Since germination is light dependent they should be sown a bit more shallow than other basil. Sow indoors 6 weeks prior to setting out. Keep at 70°F (21°C) for best germination. Transplant to the field when seedlings have 3-4 sets of leaves. Holy basil prefers rich moist soil and full sun. Extremely sensitive to frost. Harvest the tops before flowering to encourage growth. We like to harvest the tops many times throughout the season as the upper growth begins to shade out the lower growth, making sure to leave about 6 inches of growth on the plants. With any aromatics, harvest when conditions are dry and use fresh or dry at a low temp with good airflow before storing in an airtight container. We like an excalibur style dehydrator.



Holy basil is considered a sacred herb in Ayurveda.





# Lemon Balm

MELISSA OFFICINALIS



- Part used: Leaves, succulent stems can be used in tincture
- Tincture (1:2 190 proof or folk) / Glycerite (1:3) 1-3 droppers full 3-5 times per day
- Tea: Makes a lovely sun tea. Sip on as needed, pairs well with honey



# Herbal Virtues

Cooling, gentle nervine safe for all ages. Although it is calming, it is also uplifting and can gently ease sadness and depression along with calming anxiety and enhancing relaxation. It is indicated when nervousness effects the heart or digestion. As a cooling herb it is helpful for irritability worsened by heat. It is helpful for overexcitement in children. As an anti-viral as well, it is nice for when a virus is making a child cranky. It is also pleasant tasting! Use with caution in cases of lowered thyroid functioning.



# Farming & Harvest

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- Farm virtues: Loves greenhouse heat, great ground cover in a forest garden, aromatic pest confuser, bees enjoy it. Perennial.
- How to grow/ harvest: Highly recommend acquiring plants propagated by division. As a mint family plant, it spreads and divides generously. It works from shade to sun and is not picky about soil type, but richer soil and more sun will increase yields. It can be bolstered with compost yearly and seems to grow well in one spot for a few years before those plants become "tired" from harvest. It can be grown from seed, but not worth the effort IMO since propagation by division is so easy. Leaves can begin to be harvested as soon as the plant is established. Harvest full stalks right before plant blooms for optimum flavor and essential oil content. With any aromatics, harvest when conditions are dry and use fresh or dry at a low temp with good airflow before storing in an airtight container.



Melissa is greek for  
"Honey bee."



# Skullcap

SCUTELLARIA LATERIFLORA



- Part used: All above ground (aerial) parts
- Tincture: I prefer fresh 1:2 in 190 proof or folk. 10- 90 drops 2-5 times daily.
- Tea: fresh or freshly dried is ok, but this mint is not as pleasant tasting



# Herbal Virtues

Skullcap is one of my favorite herbs for people who are sent over the edge by too much sensory input (think feeling frazzled after excess noise, odor, light, touch, etc). When one is frazzled and may develop an inability to concentrate or a dull headache after the additional stimulation, skullcap can be a great ally. The "gifted" student who's brain is always on may benefit from skullcap when needing to "turn off." It can help to calm brain function and is indicated for chronic stress and insomnia as it is a gentle sedative. Being antispasmodic it is also helpful for "twitchy" people or pain from spasm (cramping). It is cooling and relaxing.



# Farming & Harvest

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- Farm virtues: Great ground cover for a somewhat shady forest garden (morning sun is great), loves moisture. Perennial.
- How to grow/ harvest: Prefers partial sun to shade and rich, moist soil with high organic matter content. Soak seeds in pure water in a jar left in the fridge for 1 or 2 days. Pour through a strainer and plant swollen seeds 1/4" deep in greenhouse or similarly warm conditions in early spring. Transplant out after 2-3 true leaf sets emerge. Harvest in early flowering stage, leaving some growth if you plan for the skullcap to come back next year.



The calyx protrudes over the base of the flower, resembling a cap or helmet, hence the common name skullcap



# Motherwort

LEONURUS CARDIACA



- Part used: All above ground (aerial) parts
- Tincture: Fresh preferred. 1:2 in 190 or folk. 1-3 droppers full 2-5 times daily.
- Tea fresh or freshly dried, but it is quite bitter



# Herbal Virtues

Herbal virtues: For the energy of motherwort, I think of it as a hug from a nurturing mother that allows you to relax and entrain with the rhythms of a strong heart (as the name *Leonurus cardiaca* may indicate). Many plants that allow us to fully open our hearts can be a bit prickly (rose, hawthorne) and motherwort is that way to some extent. To me, this shows we need to feel protected in order to open up. Motherwort is a calming nervine particularly indicated if nervousness or anxiety increases blood pressure, causes a racing heart, or throws the heart out of rhythm. I also like motherwort for transition times in a woman's life and it has traditionally been used in childbirth, postpartum, bleeding times, and menopause although it is best avoided in pregnancy or menstruation with excessive bleeding as it may stimulate blood flow. Use with care with decreased thyroid function.





# Farming & Harvest

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- Farm virtues: Another easy to grow perennial loved by bees! Self seeds.
- How to grow: Motherwort likes well drained soils and partial shade to full sun. It should be top dressed yearly with compost. Sow in the fall or early spring. Barely cover seed with soil, tamp securely and keep evenly moist until germination, which occurs in 1 to 3 weeks. Direct seed in garden or work up in pots. Harvest when in full bloom, wearing gloves as it can be a bit prickly. Remove woody parts before processing. The first harvest will be the largest, but second harvests are quite possible.



Latin name  
meaning "lion  
hearted" &  
common name  
meaning "mother  
herb."



# California poppy

ESCHSCHOLZIA CALIFORNICA



- Part used: Above ground (aerial) parts
- Tincture: 1:2 in 150 proof. 15-60 drops as needed for insomnia
- Tea: 1 cup before bed



# Herbal Virtues

California poppy is in the same family as the opium poppy and has sedative and pain relieving properties without a narcotic effect. In my experience this is one of the stronger sedatives (along with valerian) and we add it to our sleep formula for tougher cases. Even though I would consider it a fairly strong sedative herb it is considered safe for most ages (although I would try other herbs first most of the time). I would start at lower doses with this herb. It can help ease nervous tension and pain by having an effect on the GABA receptors in the brain. Avoid during pregnancy.



# Farming & Harvest

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- Farm virtues: It is beautiful! It grows and flowers early so can be interplanted with later flowering plants. Early food for bees/ pollinators.
- How to grow: Plant prefers full sun and nutrient-poor, dry to mesic soils. Best method of growing these is to strew the seed on the surface of disturbed soil in the fall to early spring. It requires cool soil to germinate. Very easy to establish when direct sown, but does not transplant well. Thinning not necessary. Cool nights are required to flower freely. It does not love the Alabama heat but does well through spring & early summer. Harvest above ground parts when flowering. It is desirable for some nearly matured seed pods to be on the plant when processing.



California poppies  
open during the  
day and close back  
up at night.



# Passionflower

PASSIFLORA INCARNATA



- Part used: Above ground (aerial) parts, woody stems removed
- Tincture: fresh preferred 1:2 in 190 or folk. 1-2 droppers full 2-5 times per day.
- Tea: a few fresh or dried leaves



# Herbal Virtues

Cooling and relaxing. Passionflower is my favorite herb for the "monkey mind." Whether you just can't stop thinking and thought patterns are often circular (lead you back to the same place) or your brain won't shut up and let you sleep, passionflower is my go to. The beautiful flower reminds me of a mandala- a pattern one can stare into to quiet the mind. Passionflower slows the pulse and sedates. Combined with valerian, it can help bring on sleep and avoid the bad dreams sometimes associated with valerian. Passionflower can lessen feelings of nervous restlessness and exhaustion and can ease muscle spasms and twitches.



# Farming & Harvest

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- Farm virtues: Grows well in harsh soils. Perennial vine that can occupy niche places (climbing tree crops or fences). Host plant for gulf fritillary (so make sure to share!).
- Growth/ harvest: Keep an eye out- passionflower may already be growing near you! It germinates when and how it wants to in our experiences, but spreads both by seed and underground runners once established and happy. We've paid way too much for passionflower seed only to have them not even germinate. Our preferred method of propagation is to harvest fruits and smash them into a pot before covering lightly with soil and keeping watered. We've also had success just throwing fruit into wooded areas. You can propagate by cutting. Optimal harvest time is early flowering stage. Leave some growth and leaves to encourage the plant to come back next year. Leave some to share with the gulf fritillary and be mindful of caterpillars when harvesting.



The fact that colonizers named this plant to be associated with Christ means it was probably powerful medicine for the natives.



# Blue vervain

VERBENA BRASILIENSIS OR OTHER SPECIES



- Part used: Aerial parts that are not woody
- Tincture 1:2-3 in 120-150 proof, 5-30 drops up to 4 times daily
- Tea is often so bitter it can make people nauseous





# Herbal Virtues

Blue vervain is an herb that helps to relax the nerves, combat anxiety, and relieve stress that seems to work particularly well for the hard working, driven, tight necked, type A personality who can often feel tied up in knots. This one is for the person who carries their stress in their neck and shoulders. It can be helpful for tension headaches and for women who feel tight and tense just before their period. It is often helpful for people who get facial muscle ticks under extreme stress. It is extremely bitter and will stimulate digestion. Not to be used in pregnancy. Cooling, drying, and relaxing.



# Farming & Harvest

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- Farm virtues: Perennial that attracts both bees and butterflies. Song birds eat the seed. Does well in poor soils.
- Growth/ harvesting: This is probably already growing near you. Be conscious of powdery mildew with this one. If you grow from seed you can inoculate with trichoderma to help prevent powdery mildew. If harvesting in our region the plant often gets powdery mildew as the summer goes on. Harvest early to avoid this, although it is most desirable to harvest in flower. Plants often have black spots on the stem that are NOT indicative of any disease.



Blue vervain has historically been used to protect against negative energy.



# Wild lettuce

LACTUCA CANADENSIS OR OTHER SPECIES



- Part Used: Aerial 2/3 of the plant when just about to flower
- Tincture of fresh herb 1:2 at 190, 1-2 droppers full 3-5 times per day
- Tincture of tar: We fill a stock pot full and simmer a few hours, strain, and return to pot and simmer until it is a thick black liquid. Preserve 1:2 with high proof alcohol. Start with a low dose.



# Herbal Virtues

Wild lettuce is a mild pain reliever and sedative when tinctured fresh or a strong pain reliever and moderate sedative when rendered down to tar. Wild lettuce is an antispasmodic that seems particularly suited for pain and spasm below the hips and is great support for issues such as sciatica and restless leg. It can also help ease a spasmodic cough. It is cooling, relaxing, and bitter.



# Farming & Harvest

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- Farm virtues: Easy self seeder, very abundant.
- Growth/ harvest: Its an impossible to kill hydra! Harvest just before flower buds open for the most potent medicine. Since the medicine is the latex you are hoping to harvest, harvesting after a period of rain can be helpful. Be aware of powdery mildew.



Lactuca , like lactation, refers to the milky white sap of these plants

# Rose

ROSA SPP.



- Part used: for purposes of this discussion, flower petals and buds
- Glycerite of fresh petals covered in 100% vegetable glycerine
- Herbal virtues: Uplifting, soothe stress, allow a safe space for the heart to open & soften
- Growth/ Harvest: Use any non sprayed aromatic petals





# Reishi

GANODERMA TSUGAE & OTHER SPP



- Part used: fruiting body
- Tea: long simmered 1+ hour, pairs well with a little maple syrup
- Dual extract tincture. Long simmer of mushroom in water, freeze water, tincture in 190 proof alcohol 4-6 weeks. Combine the 2 extracts.



# Herbal Virtues

Reishi is the "mushroom of immortality" in Chinese medicine and supports almost every system of the body. I consider this one a great adaptogen, helping the body handle stress when taken long term. This mushroom grounds and stabilizes us as we break down and release what needs to be composted in our life. It connects us in with an energetic web much larger than ourselves, helping us to focus on the big picture so that individual stressors don't feel as overwhelming. Reishi helps you feel big enough to tackle whatever comes your way.





# Farming & Harvest

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- Farm virtues: It may already be near you breaking down hardwoods! If you have to clear any hardwood trees you could inoculate them with reishi spawn as a way to utilize resources and minimize waste.
- Growth/ Harvest: Harvest fruiting bodies while still shiny and young. If you want to dry it for later use it is best cut up before drying as it becomes very tough once dried.



In Chinese medicine Lingzhi is said to grant eternal youth and revive the dead. *Ganoderma lucidum* meaning “shining one” is utilized.

# BACK TO THE NERVOUS SYSTEM... ARE HERBS ALL WE NEED?

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As much as I love herbs,  
they will work best when  
used in combination with  
health and lifestyle basics  
such as solid nutrition,  
sound sleep, and healthy  
lifestyle practices.



# Nutrition

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A rainbow of locally grown fresh fruits and vegetables, grass fed and free range meats, wild caught fish.

Avoid seed oils, artificial ingredients, and added sugars.

Nettle and alfalfa are great nutritive herbs.

Possible supplements for times of stress:  
Multivitamin/ mineral, B complex,  
Magnesium



# Sleep Hygiene

- Get some natural light early in the morning (regulates melatonin). No tech in the bedroom. Avoid screens, blue lights, or bright lights before bedtime. Turn off blue lights on devices or use blue light blocking glasses if you must use them within 2 hours of bedtime.
- Avoid caffeine after noon.
- Avoid alcohol before bed.
- Exercise- higher intensity before 2pm or low to moderate intensity in the evening.
- Keep your bedroom cool and dark.
- Chamomile tea about 2 hours before bed.
- My favorite herbs for sleep include higher doses of those talked about above plus valerian.



# Lifestyle

- Go offline. Have set hours for working on electronics and turn off notifications outside of these hours.
- Turn off the 24/ 7 news.
- Read a book instead of scrolling.
- Practice mindfulness, breathwork, yoga, meditation, prayer, singing, chanting.
- Heart brain coherence. Gratitude.
- Make art! Instead of engaging in consumer culture use your hands to make meaningful art and products.
- Spend time in person connecting in meaningful relationships.
- Spend time in the forest or nature.
- Cuddle a pet or loved one.
- Play.
- Get a massage.
- Exercise.





# Bonus!

## Herbs for livestock

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- Nutritive- alfalfa, nettle, oat, comfrey
- Worming- Lamb's quarter seed, garlic, wormwood, mugwort (avoid large doses in pregnancy)
- Herbs that lower worm load when used as feed- chicory, lespedoza
- Galactagogue- alfalfa, fenugreek, oat
- Herbs to prepare for and support through birth- nutritive herbs plus red raspberry leaf

# How to Reach Us

WALDEN FARMACY

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## Socials

Facebook @ Walden Farmacy, Instagram @waldenfarmacy,  
Tiktok @herbsaremedicine

## Email Address

waldenfarmsbham@gmail.com

## Website

[www.waldenfarmacy.com](http://www.waldenfarmacy.com)

