

Medicinal Herbs for a Food Forest Garden

It is important that you know what you are planting, and that you label them well. Growing medicinal herbs and plants is a good way to become more self sufficient, but along with that you also need to know how to prepare and use the herbs safely.

To do this I recommend that you look in to some real in depth herbal medicine training.

Californian Poppy

Catnip

Chamomile

Dandelion

Dill

Echinacea

Feverfew

Garlic

Ginger

Gingko

Ginseng

Goldenseal

Milk thistle

Peppermint

Saint John's wort

Valerian

Yarrow

Bracken (rahurahu) *Pteridium esculentum*

Hoiheri (Lacebark) *Hoheria populnea*

Kahikatea (white pine) *Dacrycarpus dacrydiodes*

Karaka *Corynocarpus laevigatus*

Karamu *Coprosma spp.*

Kawakawa (Maori Pepper) *Macropiper excelsum*

Kiekie *Freycinetia banksii*

Kohekohe (native cedar) *Dysoxylum spectabile*

Koromiko (Hebe) *Hebe spp.*

Kowhai *Sophora microphylla*
Kumarahou (gumdiggers soap) *Pomaderris kumaraho*
Mahoe (whiteywood) *Melicytus ramiflorus*
Mairehau *Phebalium nudum*
Makomako (wineberry) *Aristotelia serrata*
Mangeao *Litsea calicaris*
Manuka (red tea tree) Kanuka (white tea tree) *Leptospermum scoparium*, *L. Ericoides*
Matai (black pine) *Prumnopitys taxifolia*
Matipo (Mapau) *Mysine australis*
Mingimingi *Cyathodes juniperina*
Miro (brown pine) *Prumnopitys ferruginea*
Nikau *Rhopalostylis sapida*
Piripiri (bidibid) *Acaena* spp.
Pirita (supplejack) *Ripogonum scandens*
Pohatu (wild turnip) *Brassica rapa*
Ponga (silver fern) *Cyathea dealbata*
Poroporo (native nightshade) *Solanum aviculare*
Puha (sow thistle) *Sonchus oleraceus*
Pukatea *Laurelia novae-zelandiae*
Puriri (NZ oak) *Vitex lucens*
Rangiora/pukapuka *Brachyglottis repanda*
Rata *Metrosideros robusta*
Raupo (bulrush) *Typha orientalis*
Rewareawa (honesuckle) *Knightia excelsa*
Rimurapa (bull kelp) *Durvillaea antarctica*
Tataramoa (bush lawyer) *Rubus* spp.
Titoki (NZ ash) *Alectyon excelus*
Toetoe *Cortaderia* spp
Toot/tutu/tupakihi *Coriaria arborea*
Totara *Podocarpus totora*
Towai *Winmannia silvicola*

Whau *Entelea arboescens*

If you are really serious about learning more about using herbal medicine, check out the [Herbal Academy](#).