June 10, 2019

Learn to Use Medicinal Herbs

By Lydia Holley, Master Gardener

Master Gardener Shannon Greene will present "Common Medicinal Herbs" on Tuesday, June 18, 5:30 p.m., Clint W. Murchison Memorial Library, Athens. This presentation is a part of Henderson County Master Gardener Association's "Learn at the Library" series, which is free and open to the public.

If you are interested in using herbs but are unsure where to start, this presentation is for you. Audience members will participate in making capsules, tinctures, decoctions, and topical applications. Greene will go over the most common herbs used for medicinal purposes, discussing how to grow the herbs, when to harvest, and whether to use the herb internally or topically.

Sampling of Herbs to Learn About:

Some common herbs are chamomile, Echinacea, lemon balm, plantain, St. John's wort, and thyme. Chamomile has been used as a medicinal herb for centuries. It has been used to treat stomach problems, anxiety, and other ailments. Echinacea, commonly called coneflower, has been used to treat flu and cold symptoms.

Add lemon balm to your garden to savor its scent, add it to teas, or use it to treat a variety of medical conditions. The type of plantain Greene will instruct you to use is not a banana, but a common weed with healing properties for cuts and stings.

Learn how to use the yellow-flowering St. John's wort, traditionally said to bloom around the birthday of John the Baptist. Thyme is often used in cooking, but it can also be used medicinally. These are a sampling of the herbs Greene will cover in her presentation.

Additionally, Greene will explain which herbs to use for certain ailments, dosage amounts, and the way in which to administer the herb. She will also go over side effects and drug interactions.

Come learn how you can grow your own herbs and be healthier for it.

For more information, call 903-675-6130, email hendersonCMGA@gmail.com, or visit txmg.org/hendersonmg.