

Plants in the garden at Shirley Eustis

Anise Hyssop, *Agastache foeniculum*, cold sore throat, stomach problems, may cause allergic reaction, vomiting, seizures

Apothecary Rose, *R. gallica, Officinalis*, rose hips used to prevent colds, vitamin C, may cause nausea, heartburn, headaches, sleep issues

Blackberry Lily, *Iris domestica*, used for stomach aches, asthma, snakebite, slightly toxic, do not use during pregnancy

Chamomile, *Matricaria recutita*, clinical evidence of some impact on insomnia and anxiety, adverse interaction with prescription drugs, may worsen pollen allergies

Comfrey, *Symphytum*, knit bone, boneset, use topically only, can cause liver toxicity

Cone Flower, *Echinacea purpurea*, cold and cold symptoms, may cause nausea, fever, headache, dizziness

Ground Ivy, *Glechoma, hederacea*, Creeping Charlie, earache, sinus infection, headache, may cause liver damage, miscarriage

Lady's Mantel, *Alchemilla mollis*, used for stomach ailments, possible liver damage

St John's Wort, *Hypericum perforatum*, used for depression and mood disorders, can react with dietary supplements

Valerian, *Valeriana officinalis*, used as a sedative, possible toxicity, use discouraged during pregnancy.

Wall Germander, *Teucrium chamaedrys*, used for gout, gallbladder, digestive problems, unsafe, cause liver damage

