#### LAVENDER

Common Name: Lavender Scientific Name: Lavandula sp Family: Lamiaceae Origin: Europe

**MEDICINAL USES:** Treats headaches, nervous disorders, and exhaustion.





Ministry of Agriculture & Fisheries
PUBLIC GARDENS DIVISION



## Medicinal

#### **CONTACT:**

Public Gardens Division Ministry of Agriculture & Fisheries Hope Gardens, Kgn 6 Tel: 876-927-1731, Exts 2633, 2604 & 2605 CUG: 876-483-1483

© 2022 by the Ministry of Agriculture & Fisheries, Jamaica Designed by the Communication & Public Relations Unit

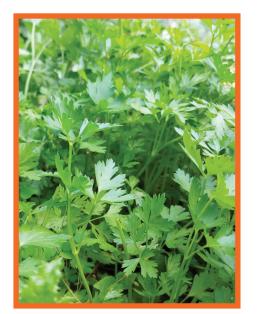
# **Herbs** of the Gardens

#### PARSLEY

Common Name: Parsley Scientific Name: Petroselinum crispum Family: Apiaceae Origin: Europe and the Mediterranean

#### **MEDICINAL USES:**

Bladder infections (UTIs), kidney stones (nephrolithiasis), gastrointestinal (GI) disorders, constipation, skin conditions, etc.



#### LEMON BALM

**Common Name:** Lemon Balm **Scientific Name:** *Melissa officinalis* **Family:** Lamiaceae **Origin:** Mediterranean Region and Central Asia

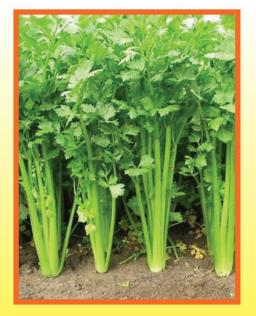
**MEDICINAL USES:** Reduces stress and anxiety, promotes sleep, improves appetite, and eases pain and discomfort from indigestion.



## CELERY

Common Name: Celery Scientific Name: Apium graveolens Family: Apiaceae Origin: The Mediterranean

**MEDICINAL USES:** Joint pain (rheumatism), gout, hysteria, nervousness, headache, weight loss due to malnutrition, loss of appetite, and exhaustion.



### **CHIVES**

Common Name: Chives Scientific Name: Allium schoenoprasum Family: Amaryllidaceae Origin: Europe and Asia

**MEDICINAL USES:** Helps prevent or fight against cancer.



### MARIGOLD

**Common Name:** Marigold **Scientific Name:** *Tagetes sp* **Family:** Asteraceae **Origin:** Mexico and Guatemala

**MEDICINAL USES:** Skin conditions of all kinds, including contusions, bruises and varicose veins.



## ROSEMARY

Common Name: Rosemary Scientific Name: Salvia rosmarinus Family: Lamiaceae Origin: The Mediterranean

**MEDICINAL USES:** Boosts the immune system and improves blood circulation.



## LEEKS

Common Name: Leeks Scientific Name: Allium porrum Family: Amaryllidaceae Origin: Central Asia

#### **MEDICINAL USES:**

Improves your digestion, promotes weight loss, reduces inflammation, fights heart disease, and combats cancer.



#### PANADOL PLANT

Common Name: Panadol plant Scientific Name: Plectranthus Caninus roth Family: Lamiaceae Origin: India

**MEDICINAL USES:** Colds, as well as teeth and gum diseases.



#### **SPEARMINT**

#### **Common Name:**

Spearmint Scientific Name: Mentha spicata Family: Lamiaceae Origin: Europe and Asia

#### **Medicinal Uses:**

Digestive disorders, including gas, indigestion, nausea, diarrhea, upper gastrointestinal tract spasms, irritable bowel syndrome (IBS), bile duct and gallbladder swelling (inflammation), and gallstones.



## **SCALLION**

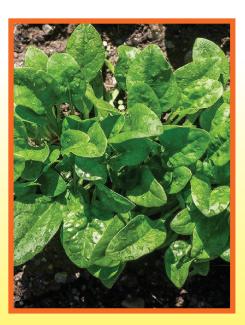
**Common Name:** Scallion **Scientific Name:** *Allium sp.* **Family:** Amaryllidaceae **Origin:** The Mediterranean

MEDICINAL USES: Reduces cholesterol levels, may lower your chances for diabetes, heart disease, and other conditions.



Common Name: Spinach Scientific Name: Spinacia oleracea Family: Chenopodiaceae Origin: Persia

MEDICINAL USES: Treatment of stomach and intestinal complaints and fatigue.



#### THYME

Common Name: Thyme Scientific Name: Thymus sp Family: Lamiaceae Origin: The Mediterranean

**Medicinal Uses:** Diarrhea, stomach ache, arthritis, and sore throat.

