

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

Herbs of the Gardens

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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.



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.



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.



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.



THYME

Common Name: Thyme

Scientific Name: *Thymus sp*

Family: Lamiaceae

Origin: The Mediterranean

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



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.



SPINACH

Common Name: Spinach

Scientific Name: *Spinacia oleracea*

Family: Chenopodiaceae

Origin: Persia

MEDICINAL USES:

Treatment of stomach and intestinal complaints and fatigue.

