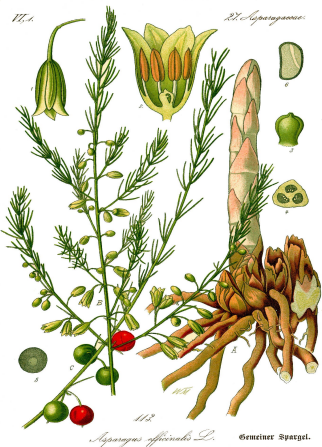


Asparagus Off cinalis(L) - Asparagus(en)



Asparagus is a member of the Lily family. Asparagus spears grow from a crown that is planted about a foot deep in sandy soils. Under ideal conditions, an asparagus spear can grow 10" in a 24-hour period. Each crown will send spears up for about 6-7 weeks during the spring and early summer.

The outdoor temperature determines how much time will be between each picking...early in the season, there may be 4-5 days between pickings and as the days and nights get warmer, a particular field may have to be picked every 24 hours. After harvesting is done the spears grow into ferns, which produce red berries and the food and nutrients necessary for a healthy and productive crop the next season. An asparagus planting is usually not harvested for the first 3 years after the crowns are planted allowing the crown to develop a strong fibrous root system.

A well cared for asparagus planting will generally produce for about 15 years without being replanted. The larger the diameter, the better the quality! Asparagus is a nutrient-dense food which is high in Folic Acid and is a good source of potassium, fiber, vitamin B6, vitamins A and C, and thiamin.

Asparagus has No Fat, contains No Cholesterol and is low in Sodium.

Borago Officinalis(L) – Borage, Bugloss(en)



Common Names: Borage, Bugloss

Latin Name: *Borago Officinalis*

Parts Used: Leaves

Cultivation: Borage is an annual that grows in rich, moist, light soil; it prefers full sun and a pH of 6.6.

Culinary Uses: Borage's cucumber-flavored leaves are used raw in salads or cooked like spinach. Eat the stems like celery. Candy the leaves and serve as dessert or as a garnish.

Magickal Properties: Courage, psychis powers. Borage is a masculine plant associated with Jupiter and the element of Air.

Magickal Uses: Carry borage blossoms to strengthen courage. Borage tea is said to help induce psychic powers.

Medicinal Properties: Anti-inflammatory, diaphoretic, expectorant, galactagogue, emollient, diuretic, tonic.

Medicinal Uses: Borage helps treat depression. It relieves fevers, bronchitis, and diarrhea. It's an adrenal tonic, an anti-inflammatory, and stimulates milk flow in nursing mothers.

<http://www.members.tripod.com/>

Fagopyrum Esculentum(L) - Buckwheat(en)



It is a native of Central Asia, cultivated in China and other Eastern countries as a bread-corn and was first brought to Europe from Asia by the Crusaders, and hence in France is called 'Saracen Corn.'

It is a herbaceous plant, with a knotted stem a foot or two in height, round and hollow, generally green, but sometimes tinged with red, lateral branches growing out of the joints, which give off alternately from opposite sides, heart-shaped, or somewhat arrowshaped leaves, and from July to September, spreading panicles of numerous light freshcoloured flowers, which are perfumed. They are dimorphic, i.e. there are two forms of flowers, one with long styles and short stamens, the other with short styles and long stamens and are very attractive to bees. It is frequently cultivated in the Middle United States of America and also in Brabant as food for bees, and an immense quantity of Buckwheat honey is also collected in Russia. It gives a particularly pleasant flavour to honey.

When grown by the preservers of game as a food for pheasants, it is often left standing, as it affords both food and shelter to the birds during the winter. With some farmers it is the practice to sow Buckwheat for the purpose only of ploughing it into the ground as a manure for the land. The best time for ploughing it in is when it is in full blossom, allowing the land to rest till it decomposes. Whilst green, it serves as food for sheep and oxen, and mixed with other provender it may also with advantage be given to horses. If sown in April, two green crops may be procured during the season. The best mode of harvesting this grain is said to be by pulling it out of the ground like flax, stripping off the seeds with the hand and collecting these into aprons or cloths tied round the waist.

Calendula Off cinalis(L) - Pot Marigold(en)



Common Names: Calendula

Latin Name: Calendula Officinalis

Parts Used: Flower petals

Cultivation: Calendula prefers full sun, in average soil with a pH of about 6.6. It is a hardy annual, and reseeds readily, so plant it where you want lots of it!

Cosmetic Uses: Use an infusion of calendula blossoms to add highlights to your hair.

Culinary Uses: The flowers are edible. Use them as garnishes, in salads; or grind and use as a yellow coloring.

Magickal Properties: Prophecy, protection, psychic powers.

Magickal Uses: Calendula is used for protection and to induce prophetic dreams.

Medicinal Properties: Astringent, anti-inflammatory, cholagogue, emmenagogue, tonic, vulnerary.

Medicinal Uses: Use tinctures of calendula flower to treat amenorrhea, cramps, toothache, fever, flu, and stomachaches. Apply calendula ointment to sores, cuts, bruises, burns, and rashes. Taken internally it helps treat gastric and duodenal ulcers; and helps relieve gall bladder problems and indigestion.

Note: There is a big difference between **marigold** (tagetes spp.) and pot marigold (calendula officinalis) or calendula. Most entries referring to the magickal or medicinal uses of marigolds are actually referring to calendula. Check the Latin names before using any recipes.

<http://www.members.tripod.com/>

Anthemis Nobilis(L) - Chamomile, Common_(en)



- Common Names: Chamomile, Camomile
- Latin Names: Anthemis Nobile (Roman or English Chamomile); Matricaria Recutita (German Chamomile)
- Parts Used: Flowers and leaves
- Cultivation: Both chamomiles like sandy, well-drained soil, in full sun, with a pH of 6.7-7.0. Roman Chamomile is a perennial, low-growing, and semievergreen plant which makes a good groundcover; German Chamomile is taller and a reseeding annual.
- Cosmetic Uses: Use an infusion of chamomile to add golden highlight to brown hair, or in a steam facial to help open pores.
- Magickal Properties: Love, money, purification. Chamomile is a masculine plant associated with the Sun and the element of Water.
- Magickal Uses: Chamomile attracts money. Use it in sleep and meditation incenses. Take a chamomile bath to attract love. Sprinkle the herb around your property to remove curses and hexes.
- Medicinal Properties: Analgesic, antiseptic, anti-spasmodic, diaphoretic, emmenagogue, nervine, sedative.
- Medicinal Uses: The volatile oils are an antispasmodic which can be used for treating indigestion and menstrual cramps. It is also an anti-inflammatory and anti-infective useful for treating skin disorders. And who hasn't had a cup of chamomile tea to help her sleep at night!

<http://www.members.tripod.com/>

Viola Riviniana(L) - Common Dog Violet(e_n)



Common Names: Violet

Latin Name: *Viola odorata*

Parts Used: Flowers and leaves

Cultivation: Violets are perennial and hardy to zone 5. They prefer a rich, moist humous, acidic to neutral pH, in full to part shade. They are often found growing wild in wooded areas.

Culinary Uses: Candied violets are often used as garnishes for sweet desserts and fruit dishes. Violet water is used to flavor tea breads, jellies, jams, and cold soups.

Magickal Uses: Carry the flowers to protect against evil and bring good luck. Mix violets with lavender to make a powerful love or lust potion.

Medicinal Uses: Violet is a soothing expectorant useful in treating a wide range of respiratory infections. It is especially good in cough syrups for children. Apply violet poultices to relieve feverish or hang-over headaches, and to help heal sore, cracked nipples. The flowers have a slight sedative effect.

Caution: Roots and seeds on large doses may cause vomiting.

<http://www.members.tripod.com/>

Taraxacum Officiale(L) - Dandelion(en)



Common Names: Dandelion, Blow Ball, Lion's Tooth, Wild Endive

Latin Name: Taraxacum Officinale

Parts Used: Roots, leaves, and flowers

Cultivation: Dandelion is a hardy perennial, which prefers full sun and just about any soil--especially the middle of your lawn!

Culinary Uses: Make dandelion wine from (unsprayed) dandelion flowers. Dandelion roots are roasted and used as a substitute for coffee. The young greens are more nutritious than spinach and are eaten fresh in salads. Mince the flowers and use as a garnish or to add color to spreads and butters.

Magickal Properties: Divination, psychic powers. Dandelion is a masculine plant associated with Jupiter and the element of Air.

Magickal Uses: The tea made from the root promotes psychic powers.

Medicinal Properties: Cholagogue, diuretic, hepatic, laxative.

Medicinal Uses: Dandelion is a powerful diuretic and a good source of potassium. It is specific for cases of congestive jaundice. It can be used to treat inflammation of the liver and gallbladder. Use dandelion as part of a treatment regime for muscular rheumatism.

<http://www.members.tripod.com/>

Beneficial but often unappreciated weed

The dandelion plant is a **beneficial weed**, with a wide range of uses, and is even a good **companion plant** for gardening, but is often thought of solely as "bad". It has been described as "a plant for which we once knew the use but we've forgotten it". Homeowners or hired **lawn-keepers** often control dandelions with **herbicides**, and counter-efforts against herbicide use can create social friction in residential neighborhoods. However, its ability to break up hard earth with its deep tap root, bringing up nutrients from below the reach of other plants, makes it a good companion for weaker or shallower-rooted crops. It is also known to attract pollinating insects and release **ethylene** gas which helps fruit to ripen.

<http://en.wikipedia.org/wiki/Taraxacum>

Anethum Graveolens(L) - Dill(en)



Common Names: Dill, Dilly Weed

Latin Name: Anethum Graveolens

Parts Used: Leaves and seeds

Cultivation: Dill is an annual that should be planted after danger of frost is past. It likes a pH of 6.0, full sun, and moderately rich, well-drained soil.

Culinary Uses: The leaves are used fresh in salads and as garnishes. Dill is used in the cuisines of Russia and Scandinavia, and is delicious with fish (especially salmon), potatoes, cabbage, green beans, and egg and cream dishes. The seeds are used in pickling and whenever a stronger flavor is desired.

Magickal Properties: Love, lust, money, protection. Dill is a masculine plant associated with Mercury and the element of Fire.

Magickal Uses: Place dill in the crib to protect babies and carry it in protective sachets. Use dill seeds in money spells. Take a dill bath to make yourself irresistible.

Medicinal Properties: Anti-emetic, anti-spasmodic, carminative, galactagogue.

Medicinal Uses: Dill dispels flatulence, settles the stomach, stimulates the appetite and relieves colic. It is useful to nursing mothers as it encourages milk flow and relieves breast congestion.

<http://www.members.tripod.com/>

Lupinus Regalis(L) - Lupin, Russell(en)

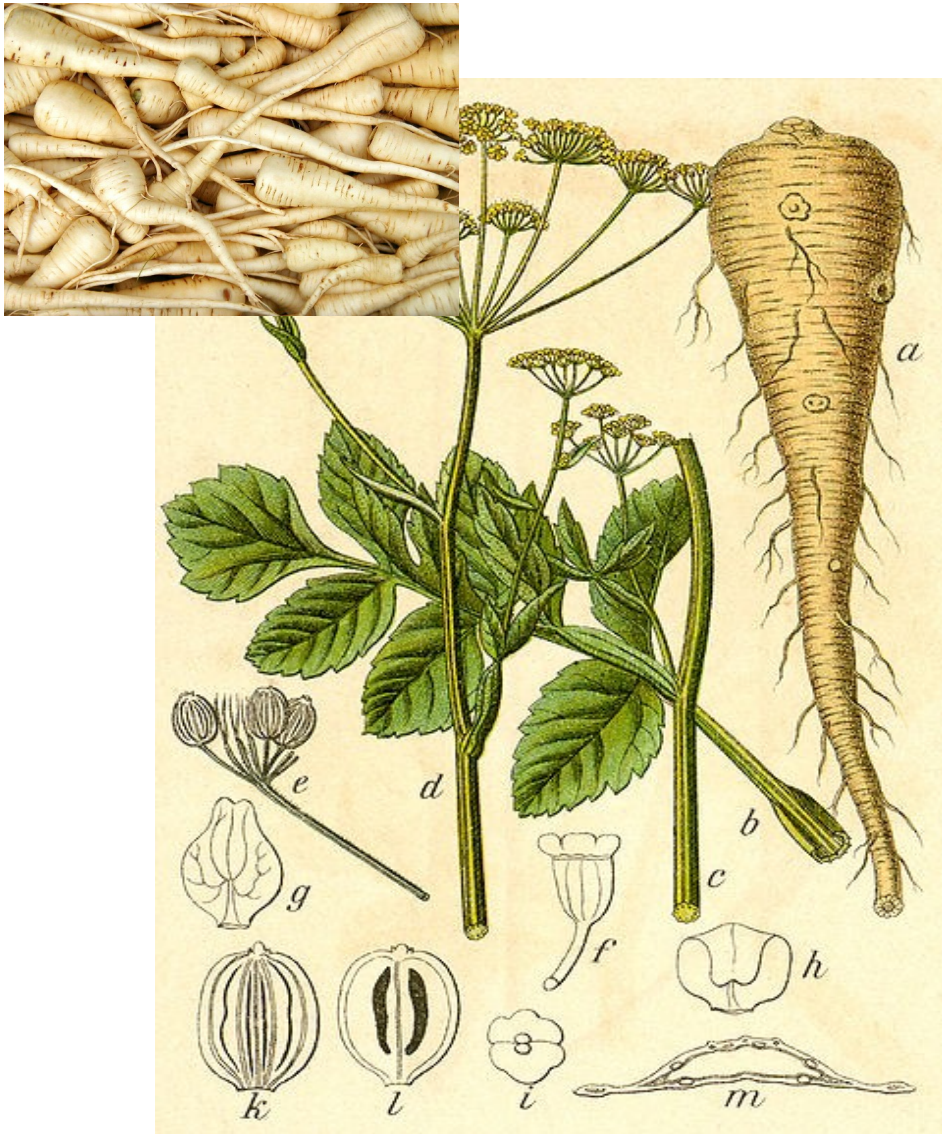


- Lupinus, commonly known as Lupins or lupines, is a genus in the legume family(Fabaceae). The genus comprises between 200 and 600 species, with major centers of diversity in South and western North America and in the Mediterranean region and Africa. The species are mostly herbaceous perennial plant 0.3-1.5 m tall. But some are annual plant and a few are shrubs up to 3 m (10 ft) tall - see also bush lupin -, with one species a tree up to 8 m high with a trunk 20 cm (8 in) in diameter. Like most members of their family, lupins can fix nitrogen from the atmosphere into ammonia via a rhizobium-root nodule symbiosis, fertilizing the soil for other plants, this adaptation allows lupins to be tolerant of infertile soils and capable of pioneering change in barren and poor quality soils. The genus Lupinus is nodulated by Bradyrhizobium soil bacteria. Some species have a long central tap roots, or have proteoid roots. Lupins contain significant amounts of certain secondary compounds like isoflavones and toxic alkaloids, e.g.lupinine and sparteine.

Lupins make good companion plants for crops that need significant amounts of nitrogen in their soil and can be intercropped properly, like cucumbers, squash, broccoli, and spinach. On 22 December 2006, the European Commission submitted directive 2006/142/EC, which amends the EU foodstuff allergen list to include "lupin and products thereof".

<http://en.wikipedia.org/wiki/Lupinus>

Pastinaca Sativa(L) - Parsnip(en)



The **parsnip** (*Pastinaca sativa*) is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler than most carrots and have a sweeter taste, especially when cooked. The buttery, slightly spicy, sweet flavor of cooked mature (often picked after the first frost) parsnips is reminiscent of butterscotch, honey and subtle cardamom. Like carrots, parsnips are native to Eurasia and have been eaten there since ancient times. Zohary and Hopf note that the archeological evidence for the cultivation of the parsnip is "still rather limited," and that Greek and Roman literary sources are a major source about its early use, but warn "there are some difficulties in distinguishing between parsnip and carrot (which, in Roman times, were white or purple) in classical writings since both vegetables seem to have been sometimes called *pastinaca* yet each vegetable appears to be well under cultivation in Roman times."

The parsnip originated in the Mediterranean region and originally was the size of a baby carrot when fully grown. When the Roman Empire expanded north through Europe, the Romans brought the parsnip with them. They found that the parsnip grew bigger the farther north they went.

Until the potato arrived from the New World, its place in dishes was occupied by the parsnip and other root vegetables such as the turnip. While parsnips can be eaten raw, they are more commonly served cooked. Parsnips can be boiled, roasted or used in stews and soups.

<http://en.wikipedia.org/wiki/Pastinaca>

Valeriana Off cinalis(L) - Valerian(en)



Common Names: Valerian, All-Heal, Cat's Valerian, Garden Heliotrope

Latin Name: *Valeriana officinalis*

Parts Used: Root

Cultivation: Valerian grows in rich moist humous with a wide range of pH. It is a perennial, hardy to zone 4, and will grow in full sun to part shade.

Magickal Uses: Use valerian in protective sachets; place it under your pillow to help you fall asleep. Powdered valerian root is considered a valid substitute for "graveyard dust."

Medicinal Uses: Valerian is a tranquilizer useful in treating anxiety, insomnia, and nervous tension. It has fewer side effects than Valium and does not react synergistically with alcohol. Valerian also has a strengthening effect on the heart and may lower blood pressure. It's also an antispasmodic and can help alleviate stomach or menstrual cramps and irritable bowels. Tincture of valerian helps clear dandruff.

Cautions: Valerian may cause headaches, muscular spasms, and palpitations. It is not recommended for long-term use.

<http://www.members.tripod.com/>

<http://www.botanical.com/botanical/mgmh/v/valeri01.html>

Trifolium Repens(L) - White Clover(en)



Common Names: Clover

Latin Name: *Trifolium pratense* spp.

Parts Used: Flower heads

Cultivation: Grows wild!

Magickal Properties: Exorcism, fidelity, love, money, protection.

Clover is a masculine plant associated with Mercury and the element of Air.

Magickal uses: White clover is used against hexes; red can aid with finances. A 4-leaf clover protects against madness, strengthens psychic powers, and is thought to lead to gold or treasures. A 5-leaf clover is a very powerful charm for attracting money.

Medicinal Properties: Alterative, anti-spasmodic, expectorant, nervine, sedative, tonic.

Medicinal Uses: Clover can be used safely to treat skin disorders in children. It is also an expectorant and anti-spasmodic which can be used to treat whooping cough and bronchitis.

<http://www.members.tripod.com/>

Fragaria Vesca(L) – Woodland Strawberry(en)



- Typical habitat is along trails and roadsides, embankments, hillsides, stone and gravel laid paths and roads, meadows, young woodlands, sparse forest, woodland edges and clearings. Often plants can be found where they do not get sufficient light to form fruit. In the southern part of its range, it can only grow in shady areas; further north it tolerates more sun. It is tolerant of a variety of moisture levels (except very wet or dry conditions). It can survive mild fires and/or establish itself after fires.

Although *F. vesca* primarily propagates via runners, viable seeds are also found in soil seed banks and seem to germinate when the soil is disturbed (away from existing populations of *F. vesca*).

Its leaves serve as significant food source for a variety of ungulates, such as mule deer and elk, and the fruit are eaten by a variety of mammals and birds that also help to distribute the seeds in their droppings.

The common idea that the word Strawberry is derived from the habit of placing straw under the cultivated plants when the berries are ripening is quite erroneous. The name is older than this custom, and preserves the obsolete preterit 'straw' of the verb 'to strew,' referring to the tangle of vines with which the Strawberry covers the ground.

http://en.wikipedia.org/wiki/Woodland_Strawberry

<http://botanical.com/botanical/mgmh/s/strawb95.html>

Artemisia Absinthium(L) - Woormwood (en)



Common Names: Wormwood, Absinthe, Old Woman

Latin Name: *Artemisia absinthium*

Parts Used: Roots, leaves, and seeds

Cultivation: Wormwood is a hardy perennial, growing in well-drained clay loam in sun to part shade.

Culinary Uses: Wormwood was the active ingredient in the alcoholic drink absinthe, now banned almost everywhere. Absinthe led to serious mental disturbances, seizures, paralysis, and death. It was addictive. Vincent van Gogh was reputedly under the influence of absinthe when he hacked off his ear.

Magickal Uses: Burn wormwood as an incense to aid in developing psychic powers, or with sandalwood to raise spirits. Carry it to protect yourself from evil spells and the bite of sea serpents. It is one of the bitter herbs of the Bible, and supposedly grew up along the trail left by the Serpent as it slithered out of the Garden of Eden.

Medicinal Uses: Wormwood has been used as a vermifuge and digestive tonic. Apply a poultice of leaves or root for bruises, ulcers, and skin inflammations, especially acne.

Caution: I CAN'T SAY ENOUGH ABOUT HOW DANGEROUS THE INTERNAL USE OF THIS HERB IS!!! It is an addictive, narcotic, convulsive poison which will affect your brain. Do not use it internally under any circumstances.

<http://www.members.tripod.com/>

Achillea Millefolium(L) - Yarrow(en)



Common Names: Yarrow, Nosebleed, Milfoil, Wound Wort

Latin Name: *Achillea millefolium*

Parts Used: Leaves, stems, and flowers

Cultivation: Yarrow is a very hardy perennial. It likes moderately rich soil in full sun, and can often be found growing wild along the road.

Cosmetic Uses: Yarrow is an astringent cleanser good for use in facial lotions.

Magickal Uses: Use yarrow in your wedding decorations to ensure your love will last at least seven years. Carry yarrow to make people sit up and notice you. Yarrow tea improves psychic powers.

Medicinal Uses: Yarrow contains salicylic acid derivatives and is good for treating fevers. It helps lower blood pressure, clear blood clots, and slow the heartbeat. It is an anti-inflammatory and is useful in treating nosebleeds, bleeding piles, and, conversely, amenorrhea.

Caution: Excessive internal consumption can cause photosensitivity.

<http://www.members.tripod.com/>

Daucus Carota(L) - Wild Carrot(en)



The carrot is a root vegetable, usually orange in colour, though purple, red, white, and yellow varieties exist. It has a crisp texture when fresh. The most commonly eaten part of a carrot is a taproot, although the greens are edible as well. It is a domesticated form of the wild carrot *Daucus carota*, native to Europe and southwestern Asia. The domestic carrot has been selectively bred for its greatly enlarged and more palatable, less woody-textured edible taproot. It is a biennial plant which grows a rosette of leaves in the spring and summer, while building up the stout taproot, which stores large amounts of sugars for the plant to flower in the second year. Carrots are useful companion plants for gardeners. There is experimental evidence that growing it intercropped with tomatoes increases tomato production. If left to flower, it (like any umbellifer) attracts predatory wasps which kill many garden pests. The wild ancestors of the carrot are likely to have come from Iran and Afghanistan, which remains the centre of diversity of *D. carota*, the wild carrot. Selective breeding over the centuries of a naturally occurring subspecies of the wild carrot, *Daucus carota* subsp. *sativus*, to reduce bitterness, increase sweetness and minimise the woody core, has produced the familiar garden vegetable

http://en.wikipedia.org/wiki/Daucus_Carota