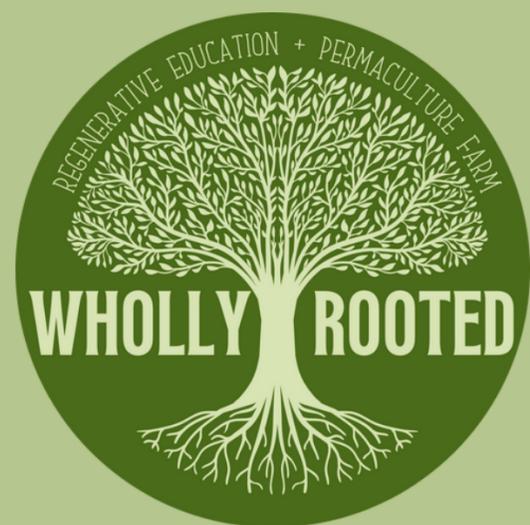


CHOOSING AROMATIC AND MEDICINAL PLANTS FOR YOUR SUSTAINABLE HERB GARDEN.



DENISE CUSACK, WHOLLY ROOTED



WHO AM I? DENISE CUSACK



- CLINICAL HERBALIST
- CERTIFIED AROMATHERAPIST
- CERTIFIED PERMACULTURE DESIGNER (PDC)
- EDUCATOR & WRITER
- HERBALISTS WITHOUT BORDERS SEED COORDINATOR
- WHOLLY ROOTED FARM IS A UNITED PLANT SAVERS BOTANICAL SANCTUARY
- WE GROW OVER 250 TYPES OF MEDICINAL HERBS
- WE GROW HERBS FOR OUR FAMILY + MUTUAL AID COMMUNITY WORK



WHAT IS SUSTAINABLE?

WORKING TO FULFILL THE NEEDS OF THE
CURRENT GENERATION WITHOUT
COMPROMISING THE NEEDS OF THE FUTURE
GENERATIONS.

USING PRACTICES THAT REDUCE OUR
CARBON FOOTPRINT & SAVE OUR
ENVIRONMENT FOR FUTURE GENERATIONS.



WHY GROW YOUR OWN?

- HERBS HARVESTED AT RIGHT TIME
- DEEPER CONNECTION TO THE PLANTS
- BIOREGIONAL HERBALISM PRACTICE
- MORE VARIETY OPTIONS
- PLANT CONSERVATION
- MAKE FRESH USE OF THE PLANTS
- CREATE BEAUTIFUL GARDEN SPACES





BENEFITS

- ◆ UTILIZE WHOLE PLANT COMPOUNDS
- ◆ MULTIPLE USES OF THE PLANTS
- ◆ MORE ECO-FRIENDLY, LOCAL
- ◆ LESS RESOURCES & LESS WASTE
- ◆ SAVE MONEY
- ◆ REDUCE RELIANCE ON SUPPLY CHAIN
- ◆ SELF-SUFFICIENT IS GOOD!

DO YOU NEED LAND?

ANYONE CAN GROW MEDICINAL AND AROMATIC PLANTS!

- ◆POTS ON THE DECK
- ◆SUBURBAN BACKYARD
- ◆URBAN PLOT
- ◆COMMUNITY GARDEN
- ◆ACRE OR MORE
- ◆FOR PERSONAL OR BUSINESS USE
- ◆COMMUNITY SHARES AND COOPS



EVALUATE SPACE

- ◆ ZONES
- ◆ SUN/SHADE/SOIL
- ◆ ARID, WETLAND, SHADE, SUN
- ◆ WATER AVAILABILITY & NEEDS
- ◆ LOCATION
- ◆ HOW MUCH SPACE
- ◆ CONSERVATION GOALS
- ◆ YOUR SPECIFIC NEEDS







MULTIFUNCTIONAL PLANTS

- CHOOSE PLANTS THAT HAVE MULTIPLE USES!



MULTIPLE USES

- HERBAL MEDICINE
- AROMATIC MEDICINE
- FOOD, SEASONING
- POLLINATOR SUPPORT
 - NATIVE BEES
 - BUTTERFLIES
 - HUMMINGBIRDS



MULTIPLE USES

- FERTILIZER
- COMPOST
- PEST DETERRENT
- COMPANION PLANTING
- PLANT CONSERVATION
 - AT-RISK PLANTS
 - ENDANGERED SPECIES
- CLIENT NEEDS/FAMILY NEEDS



MULTIPLE USES

- FLOWER ESSENCES
- DYE
- WEAVING/ART
- +NATIVE PLANTS
- CULTURALLY RELEVANT
- BEAUTIFUL SPACE
- CUT FLOWERS





NOT JUST ANNUALS

CONSIDER OTHER TYPES OF
MEDICINAL AND AROMATIC PLANTS:

- TREES
- BUSHES
- CANE
- HERBS
- NATIVES

PERENNIAL = LESS WORK!



IDEAS...BY CLIMATE

ARID

- LAVENDER
- ROSEMARY
- BAY LAUREL

WET

- MONARDA
- ELDERBERRY
- MEADOWSWEEP

WOODLAND

- WILD GERANIUM
- WINTERGREEN
- SPIKENARD

SHADE

- ANGELICA
- LEMON BALM
- PEPPERMINT

SUN

- TULSI
- THYME
- SAGE/SALVIA

SUB-TROPICAL

- CINNAMON
- HIBISCUS
- LEMONGRASS



A FEW FAVORITES



THYME

TINCTURE/TEA
TOPICALLY, WOUNDS
HYDROSOL
FOOD/SPICE
STEAMS/INHALATION
GARGLE/MOUTHWASH
DROUGHT TOLERANT
POLLINATOR FRIENDLY
INSECT REPELLENT
DYE



ROSE

SKIN SUPPORT
HYDROSOL
INFUSED OILS
TEA/TINCTURE
FOOD
KRAFT
CUT FLOWER
PERFUMERY
ROSEHIPS AS FOOD/NUTRITIVE



YARROW

SKIN HEALING/WOUNDS/BLEEDING
NATIVE
DYE
POLLINATOR FRIENDLY
COMPOST ACCELERATOR
DROUGHT TOLERANT
FERTILIZER TEA
COMPANION PLANT
INSECT REPELLANT

A FEW FAVORITES



MONARDA

TEA, TINCTURE
SALVE/TOPICAL
HERBAL STEAMS/INHALATION
POULTICE, MOUTH WASH
FOOD
POLLINATOR FRIENDLY
COMPANION PLANT
DEER RESISTENT
ADAPTS TO MANY TYPES OF SOIL



PEPPERMINT

TEA/TINCTURE
HERBAL STEAM/INHALATION
FOOD
HYDROSOL
POLLINATOR FRIENDLY
MINT MULCH
COMPANION PLANT
EASY TO GROW



TULSI

TEA/TINCTURE
HYDROSOL
SKIN/HAIR SUPPORT
ADAPTOGEN
POLLINATOR FRIENDLY
FOOD/SPICE
REPEL INSECTS
CUT FLOWER

A FEW FAVORITES



ANISE HYSSOP

TEA, TINCTURE
SALVE/TOPICAL
HERBAL STEAMS/INHALATION
POULTICE, MOUTH WASH
FOOD
POLLINATOR FRIENDLY
COMPANION PLANT
DEER RESISTANT
DROUGHT TOLERANT



AGRIMONY

TEA/TINCTURE
HERBAL STEAM/INHALATION
HYDROSOL
FLOWER ESSENCE
GARGLE/MOUTHWASH
DYE
POLLINATOR FRIENDLY



CATNIP

TEA/TINCTURE
INSECT REPELLENT
HYDROSOL
POLLINATOR FRIENDLY
DEER RESISTANT

OTHER CONSIDERATIONS...

- CHILD-FRIENDLY
- SUPPORT YOUR ART/CRAFT
- PLANTS YOU USE MOST FOR FAMILY OR CLIENTS
- PLANTS THAT ARE MORE EXPENSIVE
- PLANTS BETTER USED FRESH
- EXPLORE SOMETHING NEW



START GROWING!

- START SMALL
- GROW WHAT YOU USE & LOVE
- ADD NEW PLANTS EVERY YEAR
- INCORPORATE NATIVES
- GROWING EVEN JUST A FEW PLANTS CAN MAKE AN IMPACT & EXPAND YOUR PLANT EXPERIENCE
- MOST IMPORTANTLY, ENJOY!





USING VIBRANT
HERBS FROM
YOUR OWN
GARDEN IS
SATISFYING!



FIND US ONLINE!

www.whollyrooted.com/growyourown.html