Common Name (include a picture or add a drawing)

*Latin Name*
Family:
Parts Used:

Actions and Properties:

* List the action or energetic of the herb such as anti-inflammatory, cooling, etc.

Medicinal Uses:

* List uses

Methods of Use:

* List all the ways you can prepare and use the herb

Care and Harvesting:

* List how to cultivate and care for the plant in the garden or where to look for it in the wild
* List how and when to harvest the plant and what parts can be harvested

Caution:

* Include if the plant has any cautions when using