



WELCOME TO THE MEDICINE CHEST

Presented on November 10th, 2020

WILLIAMSON COUNTY TENNESSEE MASTER GARDENER INTERN PROJECT

CARTER HOUSE GARDENS 2020







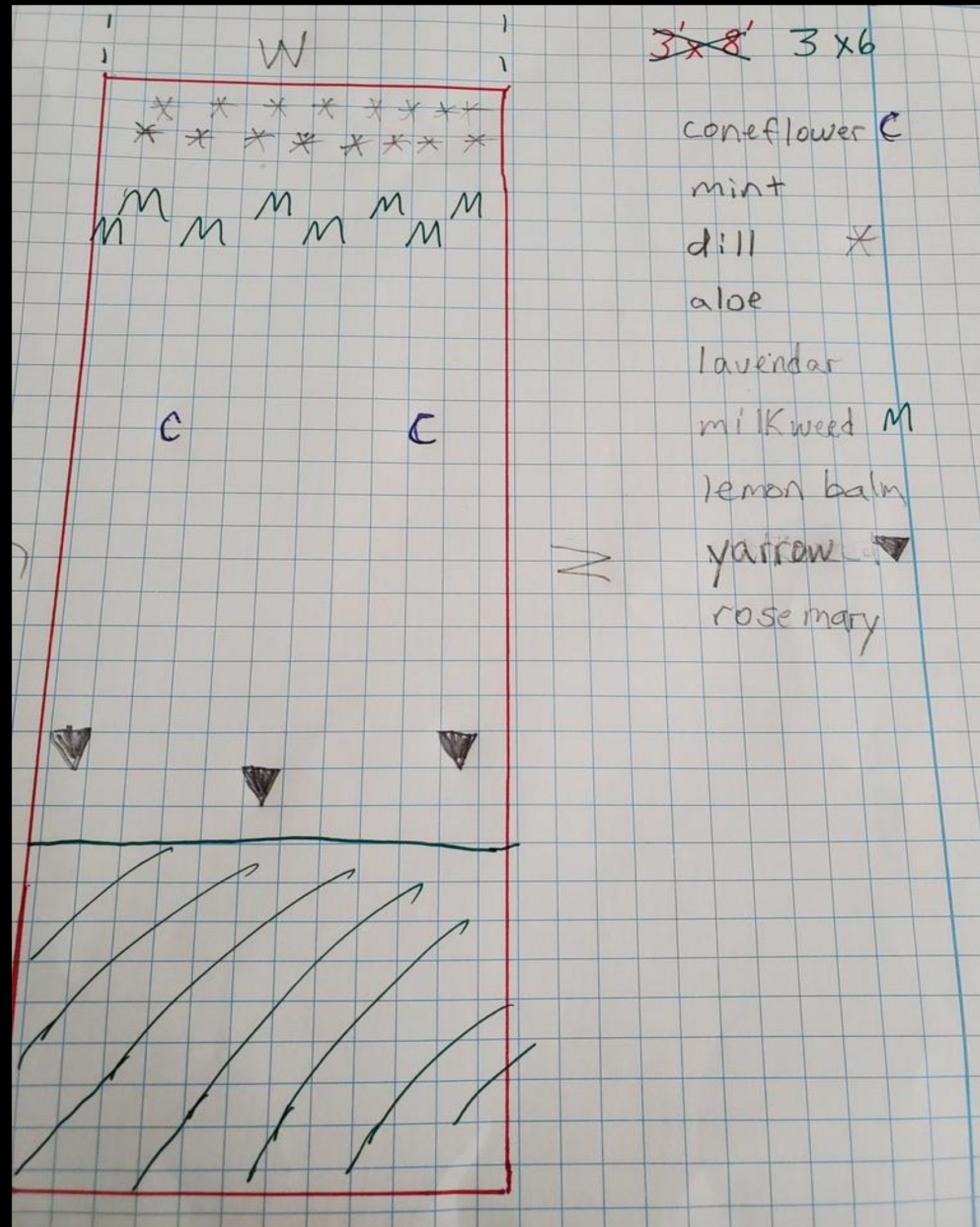
MEDICINAL USES OF GARDEN PLANTS

- Aloe - Parts used is the gel within the leaves. Internally, it can be used as a laxative, and external application for arthritis.
- Chamomile - Parts used is primarily the flowers. The flowers make a tea that is soothing for the nervous system.
- Comfrey (AKA Knitbone) - Parts used are leaves and roots. It can be used in salves for torn ligaments, strains, bruises, and injuries to bones and joints.
- Echinacea- Parts used are roots. Taken in tea or tincture from to boost immunity for bronchial infections, sore throats, & inflammations.
- Ginger- Parts used are roots. Grated ginger makes a delicious tea to be used as a digestive, reproductive and respiratory aid.
- Peppermint & Spearmint - Parts used are leaves and flowers. Eat raw or prepare as an infusion for sluggish digestion or clearing the mouth of foul tastes.
- Yarrow - Parts used are the whole plant. The powdered plant is a useful aid in disinfecting wounds and helping stop bleeding.
- *** Sources: “Herbs for Common Ailments”, Rosemary Gladstar, 1999, pub. by Storey Publishing.
- *** “Herbs For You, Build Better Health Naturally, Why How, When & Where to Use Herbs”, by Dr. A. B Howard, 2005, pub. by The Blue Goose Press.

SOURCES, COST, ACKNOWLEDGEMENTS

- Aloe - Loaned by Linda Horton
- Chamomile - Cutting given by Carter House Kitchen Garden
- Comfrey (AKA Knitbone) - Cutting given by Carter House Kitchen Garden
- Dill - Seeds donated from Wmson Co Library Seed Library
- Echinacea- Plants dug & given by Beth
- Ginger - Donated by Margie
- Marigold - 6 plants purchased by Donna - \$6.
- Peppermint-Spearmint - Plants given to Margie from Carnton Plantation cuttings
- Yarrow - Cutting donated by Carnton Plantation Garden.
- Sweet Potato - Donated by Tim.
- *SPECIAL THANKS TO THE FOLLOWING MASTER GARDNERS:*
- Wally Hoffman: For hand crafted plant signs
- Ron Novak: Endless garden mentoring, educating and support

IN THE BEGINNING THERE WAS A PLAN.....



And the plan was good.....
hoping and praying the whole
time

APRIL 2020....Just Getting Started.....



Wait for it.....

**It is May.....we are seeing
some exciting changes!**



June Progress.....



THE USUAL SUSPECTS HARD AT WORK



JUNE 2020



THREE HOES AND A RAKE



- Hoe #1 Carol Murphy
- Tim “the Rake” Blake
- Hoe #2 Donna Westbrook
- Hoe # 3 Margie Naftel

