



HOME GROWN  
HEALING

# Herbal Immunity

FROM THE GARDEN

TIPS FOR

# Getting Started

1

## **GROW SOMETHING!**

Even just one plant can give so much medicine! Common herbs are easy to grow and are great starter plants for beginner gardeners.

2

## **USE CAUTION...**

Always talk to your doctor before trying new herbs or remedies. Even common herbs can affect the way medications are absorbed.

3

## **HOME GROWN HEALING**

Growing healing plants at home creates a deeper relationship with the magical, mystical, medicine from the earth.

4

## **KNOW YOUR SOURCES**

Know where your medicine comes from! If you can't grow your own, support local growers, farmers, and herbalists.

# How do herbs help the immune system?

## Anti-

### **INFECTION & PATHOGEN FIGHTING**

Intense aromatics & terpenes that display antimicrobial properties

## Strengthen & Nourish

### **LONG TERM RESISTANCE**

Polysaccharide & inulin rich herbs. Medicinal mushrooms, herbal foods, daily herbal infusions

## Stimulate

### **DIRECT IMMUNE ACTIVATION**

Plants that initiate an immune response. There are all varieties of pathways of this process

### **ONGOING LONG TERM SUPPORT**

By adding specific herbs and vegetables we can insure that the basic building blocks for healthy immunity are present for certain processes to take place

- Immunomodulating types of herbal plants help to regulate and support immunity & inflammation

- Plants nourish and "feed" our immune cells. This includes common foods such as mushrooms, carrots, broccoli, onion, sweet potatoes, and herbal broths.

### **ACUTE INFECTION**

- May not be appropriately treated at home unless by a skilled practitioner. Seek medical care in cases of severe illness or infection.

## RECIPE

# Herbal Broth for Immune System Support

MAKES 1 1/2 -2 QUARTS BROTH

1 onion (chopped)  
13 cloves garlic  
2 celery sticks (chopped)  
1-2 carrots (or 5-6 baby  
carrots)  
Herbs- Fresh is wonderful  
but dried can be great too. I  
love using Sage, Rosemary, &  
Oregano. You can also add  
Thyme, a bit of Parsley, Basil,  
etc.

2 quarts of water (I use a  
large size mason jar to  
measure...Fill it up twice for  
this recipe

SALT-

Optional- A few pieces of  
seaweed ( I like kombu for  
borths)

Optional- Chicken or beef  
bones (high quality!)

### INSTRUCTIONS

ADD ONION, GARLIC, CELERY AND CARROTS TO A BIG POT WITH  
THE 2 QUARTS OF WATER. BRING THE WATER TO A BOIL...REDUCE  
THE HEAT TO A SIMMER, ADD A LID AND LET SIMMER FOR AN  
HOUR TO AN HOUR AND A HALF. TURN OFF HEAT ADD A FEW  
SPRIGS (OR MORE) OF EACH HERB. STIR WITH GOOD INTENTIONS,  
ADD A LID AND LET SIT FOR ABOUT 20 MINUTES MORE. ADD SALT  
TO DESIRED TASTE. (FOR ME ABOUT A TEASPOON OR SO) STRAIN  
BROTH AND ENJOY!



## **SALVIA OFFICINALIS**

# **SAGE**

A powerful plant that is readily available, easy to grow, and provides many health benefits. Supports immunity, digestive health and overall wellbeing.

Contains a spectrum of volatile oils & terpenes that inhibit the growth of pathogenic microbes. *This is not the same as Sage essential oil. Do not ingest sage essential oil!* Being such strong plants, they are best used in small amounts in foods, teas, and broths on a regular basis. Can be added to teas, tinctures, syrups, herbal steams, baths, chest rubs, and dried for later use.

### **GARDEN TIPS**

Grows easily from seeds planted directly into the garden, and are easy to transplant. Grows well in pots, has lower water needs, and is forgiving of less than ideal growing conditions. A great starter plant for beginner growers. Pluck or clip leaves often to encourage growth, and trim back woody stems almost completely once or twice a year. Spread cut stems around the base of the plant or around garden plants.



**MONARDA SPP.**

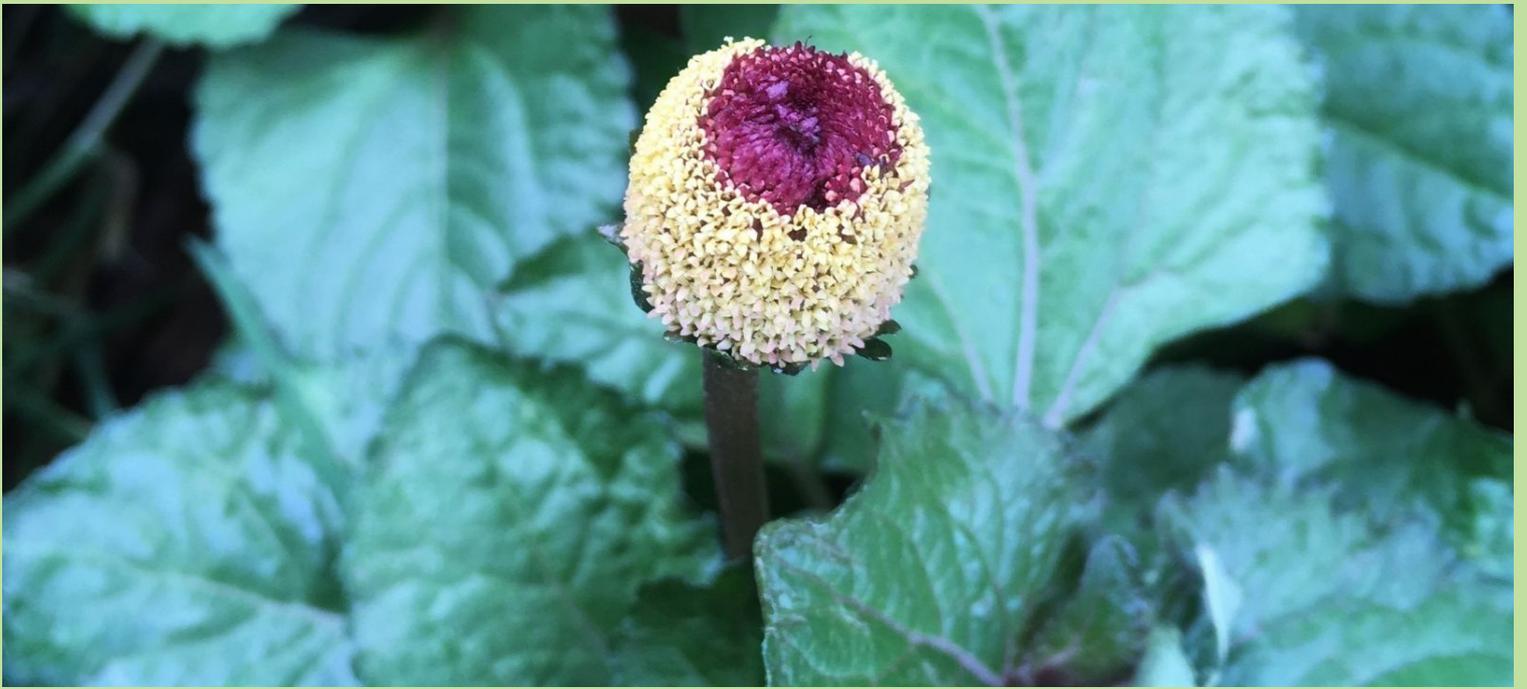
# Bee Balm

Resilient and resistant. Powerful medicine! Mint family, packs a punch!

Contains bunches of thymol, a monoterpene with strong antimicrobial\* properties. Great for herbal tea (in small amounts), infused honeys, herbal steams, cough syrups, etc.

## **GARDEN TIPS**

Grows a bit slowly at first, but quite resilient once established. Enjoys abundant water (needs good drainage!), but is quite drought resistant and potency can be increased with low water techniques. Harvest throughout growing season. Cut flowering stems to continue growth and flowering. Cut down woody growth seasonally. May die off during the summer of really hot climates, but usually returns once it starts cooling off.



**SPILANTHES SPP.**

# Spilanthes

Surprising & strange effects. The medicinal possibilities of this plant are quite incredible and uses include pain relief, fighting infections (often used for colds and flu), and modulating localized inflammation.

Contains a spectrum of Alkamides (Spilanthol) which have demonstrated properties that reduce inflammation and has bacterial and fungal inhibiting qualities. [\*]Can be added to tea blends, tinctured, & nibbled on. (Just start with a tiny taste, those alkylamides can have surprising effects!)

## **GARDEN TIPS**

Likes warm weather, with delicate succulent like leaves. Transplant delicately, adding a little seaweed solution to get them settled. Clip older leaves off to use throughout the season, the plant tops when in blossom, & the entire plant if temperatures are going to drop below freezing. Likes light, sandy soil, with a bit of richness. Needs good drainage and does well with abundant mulch, but be careful to keep soil off of the leaves.



**HIBISCUS SABDARIFFA**

# Hibiscus

A garden wonder! The leaves, flowers and calyxes  
all have healing benefits

Rich in vitamin C, immunomodulating polysaccharides, and other mucilaginous substances. Young leaves can be nibbled and added to salads. The flowers contain crazy high amounts of mucilaginous polysaccharides, indicated by their sliminess. Petals can be carefully removed (eat them!) but be delicate as this is where the calyxes will form. Calyxes are incredible additions to all kinds of foods and healing remedies!

## **GARDEN TIPS**

Loves warm weather and needs a very long growing season. Grows slowly at first, and then explodes in growth and abundance! Likes to be around other plants, but gets quite large so leave some space for them to grow. Likes deep, abundant water, and a bit of richness to the soil. Add mulch especially when weather starts turning really hot to cool the soil and hold in moisture. Harvest calyxes as they become ready, as the plant will continue to produce them over the span of a few weeks.



**OPUNTIA SPP.**

# Nopal Cactus

Food as well as medicine. Hybrid “thornless” variety easy to use and easy to grow. Cousin to Prickly Pear, which are also incredibly medicinal and beneficial for the immune system.

Contains abundant polysaccharides, specifically arabinogalactans, which have a direct effect on the functioning of the immune system and support inflammation reduction in the body. They are an abundant source of important minerals, fiber and amino acids, and they can be added into all kinds of recipes.

## **GARDEN TIPS**

Grows with minimal care in the right conditions. Plant in alkaline, sandy soil, that is not too rich in compost or organic matter. Water occasionally to get the plant established, but be careful not to overwater while roots are still forming. Can get enormous and can be difficult to keep under control (in AZ) if you aren't vigilant. Harvest bright green young pads before they start to harden and the glochids form. Cut back old growth occasionally to keep under control.



**MELISSA OFFICINALIS**  
**Lemon Balm**

A delightful addition to the garden. Safe for young and old. Provides unique and potent benefits for multiple aspects of the immune system. Important for calming and soothing the nervous system and promoting deep rest to both prevent and recover from illness.

Contains an anti-oxidant called rosmarinic acid and is a rich source of luteolin which displays a wide variety benefits including calming inflammatory processes and protecting against infection. Bright lemony taste is enjoyable in all kinds of herbal infusion/tea blends and drink mixtures (think herbal lemonade), syrups, tinctures, salads, sorbets or anything else you can dream up!

**GARDEN TIPS**

Likes cooler weather, and deep consistent water. Transplants can be kind of finicky so give a little seaweed solution at planting. They will do best in already established soil that is rich in organic matter and microbial life. Mulch well and clip back stems often to encourage new growth. Can also be planted by seed right out into the garden.



**CALENDULA OFFICINALIS**

# Calendula

Calms the nervous system, soothes inflammatory tissues and frazzled states of being. Mends and heals the gut lining, and strengthens immunity on many levels. Increases the body's ability to respond to infection and illness.

Contains Carotenes which have been shown to have immune-modulating effects and polysaccharides, which soothe inflamed tissues (inside and out) and are known to stimulate and support certain immune system functions. Great as a daily herbal infusion/ tea, syrups, tinctures, and used in a variety of foods. All kinds of topical remedies can be made to promote healing and prevent infection.

## **GARDEN TIPS**

Grows easily from seed when planted at the right time. Grows quite easily in most soils, is somewhat drought tolerant but likes consistent moisture. Harvest young leaves and pluck blossoms when in flower to encourage more growth. Give these plants a little room to spread out. Grows well as a little patch or row that will fill in and provide abundant blossoms.



**POGOSTEMON CABLIN**  
**Patchouli**

An unexpectedly amazing plant to have around. Contains a plethora of unique plant compounds that benefit immunity in many ways.

Commonly used for colds & flu, fungal issues (including candida), digestive issues, nausea, promoting deep relaxation and so much more! The flavor is quite strong but not unpleasant. Often added to soups and stews and a variety of foods. Delicious blended with Tulsi (Holy Basil) in an herbal infusion/tea. May also be infused into an oil and used for soothing skin and as a preventative measure against illnesses.

**GARDEN TIPS**

Likes warm weather. Has delicate, succulent leaves, yet this is a super tough plant with a vigorous will to live. Likes richness to the soil and may need supplemental nutrients (especially when grown in pots). Loves lots of sunshine and some humidity. Water deeply and consistently. Pinch back or clip the tops often to encourage bushy growth. Harvest flowering tops when scent is strong and vibrant.



# Thank You!



## Let's stay in touch

Please visit my website to learn more about growing medicinal herbs and how to bring them into your life!

Sign up for my email newsletter to get all the updates and hear about my upcoming classes. Find me on Facebook & Instagram, (@descendantbotanicals) and check out my blog to learn more about my approach to herbal medicine and natural healing.

Thank you so much for joining me for Herbal Immunity from the Garden. I am so grateful to be able to share this info with others and help support people on their healing journeys!

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[www.descendantbotanicals.com](http://www.descendantbotanicals.com)