

## HERBS TO CULTIVATE ON THE FARM

BIODIVERSITY is the key to a healthy farm. It is also the hallmark of a truly organic, sustainable and holistic farming operation. In the old days the wandering tribes, of particular note the Gypsies and the Bedoins were known to plant their favorite medicinal and culinary herbs along the way as they traveled. That way there was always a pharmacy and a kitchen garden within reach wherever “home” was. Another image to keep in mind is the classical medicinal herb garden of the Victorian days. These gardens were often known to grow every herb needed to build both an herbal pharmacy as well as a homeopathic pharmacy. Ideally, livestock would be able to have full access to all the plants they need to doctor themselves back to health.

Some of these plants are weather zone dependent and some of them are illegal to plant, cultivate or transport. Pay attention to your particular area. My thanks to Jerry Brunetti and Juliette de Bairicli Levy for the basis of these lists. You will also find a complete (and quite surprising) full nutritional analysis of 24 of these “weeds” in Jerry Brunetti’s Agri-Dynamics product catalog ([www.agri.dynamics.com](http://www.agri.dynamics.com)).

### HERBS TO BE PLANTED WHERE LIVESTOCK FORAGE:

- 1) AVENS (*Geum urbanum*. Rosaceae)
- 2) BRAMBLE OR BLACKBERRY (*Rubus fruticosus*. Rosaceae)
- 3) MILKWORT (*Polygala vulgaris*. Polygalaceae)
- 4) MINT (*Mentha aquatica*. Polygalaceae)
- 5) MOUNTAIN FLAX OR CATHARTIC FLAX (*Linum catharticum*. Linaceae)
- 6) THYME (*Thymus serpyllum*. Labiatea)
- 7) WATERCRESS (*Nasturtium officiale*. Cruciferae)

### HERBS TO CULTIVATE ON THE FARM:

- 1) AGRIMONY (*Agrimonia eupatoria*. roseaeae)
- 2) ANEMONE (*Anomone nemorosa* Ranunculaceae) Wind Flower
- 3) ANGELICA (*Angelica archangelica*. Umbeliferae)
- 4) ANISE (*Pimpinella anise*. Umbeliferae)
- 5) ASPARAGUS (*Asparagus officinaliis* Liliaceae)
- 6) BLUE FLAG IRIS (*Iris versicolor*. Iridaceae)
- 7) BORAGE (*Borago officinaliis*. Boraginaceae)
- 8) CHIVES (*Allium schoenoprasum* Liliaceae)
- 9) COMFREY (*Symphytum officinale*. Boraginaceae)
- 10) CURRANT (RED *Ribes rubrum*. Grossulariaceae)
- 11) DILL (*Anethum graveolens*. Umbeliferae)

- 12) FENNEL (*Foeniculum vulgare*. Umbeliferae)
- 13) FENUGREEK (*Trigonella foenum-graecum*. Leguminosae)
- 14) GARLIC (*Allium* sp. Liliaceae)
- 15) HOLLYHOCK (*Athea rosea*. Malvaceae)
- 16) HONEYSUCKLE (*Lonicera periclymenum*. Caprifoliaceae)
- 17) HORSERADISH (*Amoracia rusticana*. Cruciferae)
- 18) MARIGOLD (*Calendula officinalis*. Compositae)
- 19) RHUBARB OR WILD RHUBARB (*Rheum palmatum*. Polygonaceae)
- 20) ROSEMARY (*Rosmarinus officinalis*. Labiatae)
- 21) RUE (*Ruta graveolens*. Rutaceae)

### **USEFUL “WEEDS” TO EXPLORE:**

- 1) BINDWEED (*Convolvulus arvensis*. Convolvulaceae)
- 2) BUCKTHORN (*Rhamnus cantharticus* Rhamnaceae)
- 3) BURDOCK (*Arcticum lappa*. Compositae)
- 4) CHICKWEED (*Stellaria media*. Caryophyllaceae)
- 5) CLEAVERS (*Galium aparine*. Rubiaceae)
- 6) COUCH GRASS OR TWITCH (*Agopyron repens*. Graminaceae)
- 7) COWSLIP (*Primula veris*. Primulaceae)
- 8) DANDELION (*Taraxicum officinale*. Compositae)
- 9) DOCK (RED, *Rumex sanguineus*. Polygonaceae)
- 10) ELDER (*Sambucus nigra*. Caprifoliaceae)
- 11) GOLDEN ROD (*Solidago virgaurea*. Compositae)
- 12) HORSETAIL (*Equisetum arvense*. Equisetaceae)
- 13) LAMB’S QUARTERS (*Chenopodium album*. Chenopodaceae)
- 14) LILLY-OF-THE-VALLEY (*Convallanris majalis*. Lilaceae)
- 15) MULLEIN (*Verbascum thapsus*, Scrophulariaceae)
- 16) NETTLE, COMMON, (*Urtica dioica*. Urticaceae)
- 17) PLANTAIN (*Plantago major*. Plantaginaceae)
- 18) PURSLANE (*Portulaca oleracea*. Purtulaceae)
- 19) SHEEP SORREL (*Rumex acetosella*. Polygonaceae)
- 20) SOW THISTLE (*Sonchus arvensis*. Compositae)

### **MEDICINAL TREES TO CULTIVATE:**

- 1) ASH (*Fraxinus excelsior*. Oleaceae)
- 2) BEECH (*Fagus sylvatica*. Fagaceae)
- 3) BIRCH (*Betula pendula*. Betulaceae)
- 4) CHERRY OR BIRD CHERRY (*Prunis avium*. Rosaceae)
- 5) CRAB-APPLE (*Malus sylveteris*. Rosaceae)
- 6) ELM (*Ulmus procera*. Ulmaceae)

- 7) HAWTHORN (*Crataegus oxycantha*. Rosaceae)
- 8) HAZEL (*Corylus avellana*. Corylaceae)
- 9) JUNIPER (*Juniperus communis*. Cupressaceae)
- 10) LAUREL (*Laurus nobilis*. Lauraceae)
- 11) LEMON (*Citrus limonum*. Rutaceae)
- 12) LIME TREE (*Tilia x europeae*. Tilceae)
- 13) MULBERRY (*Morus alba, nigra, rubra*, Moraceae)
- 14) OAK (*Quercus robur*. Fagaceae)
- 15) PLUM TREE (*Prunus domestica*. Rosaceae)
- 16) POPLAR (BLACK *Populus nigra*. Silicaceae)
- 17) QUINCE (*Cydonia oblonga*. Rosaceae)
- 18) MOUNTAIN ASH (*Sorbus aucuparia*. Rosaceae)
- 19) SPRUCE, NORWAY (*Picea abies*. Pinaceae)
- 20) WALNUT (*Juglans nigra*. Juglandaceae)
- 21) WHITE WILLOW (*Salix alba*. Salicaceae)
- 22) YEW (*Taxus baccata*. Taxaceae)