



Early Summer Harvest Plants

POULTICES, SALVES & SOAKS

Comfrey (*Symphytum officinale*); Zones (3a-9b) 4a-8b; full to partial sun; moderately fertile, moist soil; perennial; division of fleshy roots in Spring, root cuttings in early winter, seed; can be invasive; Cech, Buhner H AB

Mullein (*Verbascum olympicum, Verbascum thapsus*); Zones 3a-9b; full sun; alkaline, poor, well-drained soil, drought-tolerant; short-lived perennial/biennial; seed or division; non-invasive; Cech, Buhner H AB

Saint John`s Wort (*Hypericum perforatum*); Zones 3a-8b; full to partial sun; moist but well-drained soil; perennial; seed, division or softwood cuttings; can be invasive; Cech, Buhner H AB

(Purple-flowered) Oregano (*Origanum vulgare*); Zones 4a-10b; full to partial sun; well-drained (preferably alkaline) soil; perennial; seed, division; non-invasive; Cech

Garlic (*Allium sativum*); Zones 4a-9b; full sun; sheltered spot, fertile, well-drained soil; perennial grown as an annual; division (cloves); non-invasive; Cech, Buhner H AB

Onion (*Allium cepa*); Zones 5a-10b; NOTE: it is more important to pay attention to daylength and latitude than hardiness; Short-day Latitudes 25° to 35°, Intermediate-day Latitudes 32° to 42°, Long-day Latitudes 37° to 47°; full sun; sheltered spot, moist but well-drained soil; perennial grown as annual; seed or sets, or a perennial variety; non-invasive

Thyme (*Thymus vulgaris*); Zones 5a-9b; hot full sun; alkaline-neutral, well-drained soil, drought-tolerant; perennial; seed, division, basal stem cuttings in Spring; non-invasive; Cech, Buhner H AB

Tulsi, Indian Basil or Sacred Basil (*Ocimum sanctum, now Ocimum tenuiflorum*); Zones 10b-11; full sun; moist, sandy-loam, well-drained soil; perennial: can be grown in container or overwintered inside; seed, cuttings; non-invasive; Cech

Books: Cech = Rico Cech, "Making Plant Medicine"; "Buhner H AB= Stephen Buhner, "Herbal Antibiotics", Thomas J. Tracey, "The Forest Pharmacy: A Reference for the Home Herbalist".