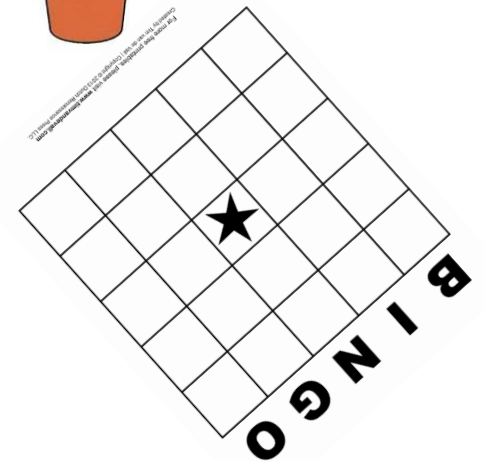
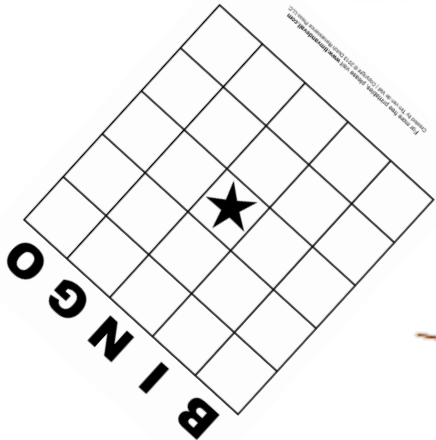
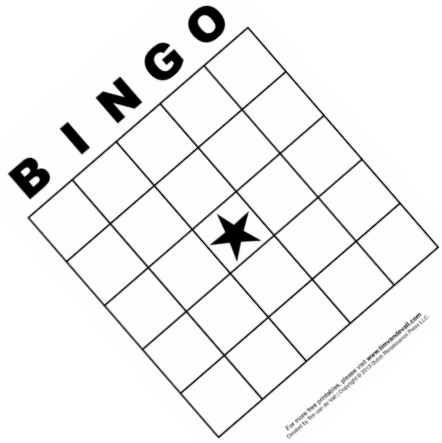




PERSIAN SHIELD

- Tropical Evergreen Shrub
- Can grow up to 3ft tall and wide
- Thrives in warm, humid conditions in good light.
- Can be full sun but for best leaf color, plant in partial/full shade
- Easy to propagate
- Garden pests like deer and rabbits tend to leave this plant alone.
- It is non-toxic, making it safe for homes with curious pets, or to be used in terrariums.
- This plant can be dramatic when soil goes dry. The plant will wilt quickly but usually perks right back up shortly after a good watering.



New England Aster

- ❖ A medicinal native plant that can be used to treat colds, flus, and multiple respiratory issues.
- ❖ It can be harvested in the fall.
- ❖ Found in open and sunny fields that are moist, as well as wetlands, streambeds and ditches.
- ❖ It can be made into a tea or tincture.
 - ❖ Tea
 - ❖ Infusion
 - ❖ ¼ cup as needed
 - ❖ Tincture
 - ❖ 1 part chopped fresh flowers and leaves to 2 parts menstruum (95% alcohol-5% distilled water)
 - ❖ 10-15 drops as needed
 - ❖ Infused honey
 - ❖ 1 part chopped fresh flowers and leaves to 3 parts raw, unpasteurized honey
 - ❖ Use as needed

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PINEAPPLE

- Plant in direct sun, plant prefers temps at 75 degrees or above.
- Plant will produce 1 fruit, then let ratoon suckers take over or repot shoots into new pot and dispose of already fruited plant.
- It takes about 18-36 months for a single pineapple plant to produce a fully grown fruit.
- A single pineapple is actually a collections of many individual berries that fuse together around a central stalk.



Blue Vervain

- ❖ This plant can be used to treat stomach issues related to stress and tension, and well as computer related head and neck tension.
- ❖ It can be found in rich well drained soil in sunny locations.
- ❖ Streambeds, low lying fields and wetlands.
- ❖ You can harvest this plant from late July to early August and possibly into early September.
- ❖ It can be used as a tea or tincture
 - ❖ Tea
 - ❖ Cold infusion
 - ❖ ¼ cup as needed
 - ❖ Tincture
 - ❖ 1 part chopped fresh flowers and leaves to 2 parts menstruum (50% alcohol 50% distilled water)
 - ❖ OR
 - ❖ 1 part chopped dry flowers and leaves to 4 parts menstruum
 - ❖ Take 25-30 drops as needed



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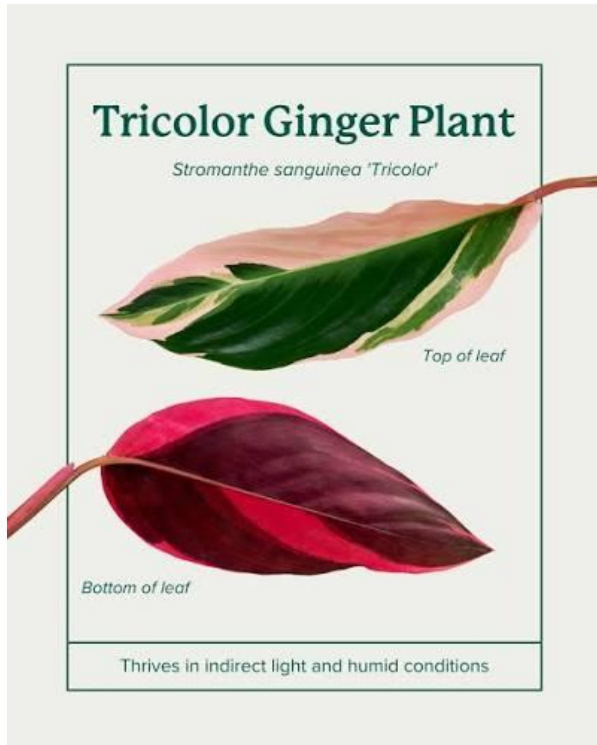


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TRI COLORED GINGER



- Variegated Ginger is native to the rainforests of Brazil.
- They will grow 3-4 ft, thrives in high humidity, its recommended to mist leaves.
- Plant in bright indirect light or shade. Too much sun will scorch leaves.
- Water when top inch of soil is dry, overwatering can cause root rot.
- This plant was bred and selected as an ornamental cultivar in the late 20th century to satisfy the booming global demand for brightly variegated tropical foliage.
- Not a true Ginger despite its common name. The tri colored ginger is actually a member of the prayer plant family.
- The daily dance- leaves lie flatter in the morning to collect sunlight, gradually curling and lifting upward as the day heats up. By evening the leaves will stretch vertically to display their striking purple undersides.



Butterfly Milkweed

- ❖ Also known as Butterfly Weed.
- ❖ Commonly found in sunny open fields with poor, damp soil.
- ❖ You can harvest this after it has finished blooming in early spring or in the fall.
- ❖ It can be used to treat damp and constrictive lung ailments by causing them to relax. It can also help release and remove excess mucus.
- ❖ It can be made into a tea or tincture.
 - ❖ Tea
 - ❖ Cold infusion
 - ❖ ¼ cup as needed.
 - ❖ Tincture
 - ❖ 1 part fresh chopped roots to 2 parts menstruum (50% alcohol, 50% distilled water)
 - ❖ OR
 - ❖ 1 part dried chopped roots to 4 parts menstruum.
 - ❖ Take 25 drops 3-5 times a day



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BORNEO GIANT

- Native to Southeast Asian Rainforest
- Best to plant in bright indirect light or partial shade to protect it from the extreme heat of the afternoon sun.
- Will grow up to 12-15 feet tall with leaves spanning 3-4 feet long/wide.
- Can not survive a frost, will need to overwinter above 60 degrees.
- Extremely toxic to pets. Contains calcium oxalate crystals that can cause swelling of the mouth, tongue, and upper respiratory.



Purple Coneflower

- ❖ Commonly found in found sunny open fields.
- ❖ You can harvest it throughout the growing season of early spring to late fall.
- ❖ It can be used to treat systemic and topical infections. It can also act as an immune booster.
- ❖ It can be made in to a tea or tincture.
 - ❖ Tea
 - ❖ Decoction
 - ❖ 1 cup 3-5 times a day
 - ❖ OR
 - ❖ Use as a skin wash
 - ❖ Tincture
 - ❖ 1 part chopped fresh flowers, leaves and roots to 2 parts menstruum (50% alcohol-50% distilled water.
 - ❖ OR
 - ❖ 1 part dried chopped flowers, leaves, and roots to 4 parts menstruum.
 - ❖ Take 25-30 drops 3-5 times a day for infections.



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CHINA DOLL

- Plant in bright indirect light, well drained soil.
- Very sensitive to under/over watering and drastic temperature changes. They don't like to be moved or exposed to sudden drafts. If this occurs the plant will drop all leaves then regrow them.
- In its native subtropical mountain regions of southern China and Taiwan, it grows into a large evergreen tree reaching heights of 25-30 feet (reported to sometimes reach 90 feet!)
- As a house plant it will stay compact and grow 4-6 feet tall.
- Also known as the Emerald Tree or Serpent Tree



Eastern Cottonwood

- ❖ The buds of this tree can be used to treat sore muscles.
- ❖ This tree prefers to grow in wetlands and along river banks.
- ❖ Harvest buds from late January to Early March.
- ❖ It can be made into an infused oil, tincture, or Balm of Gilead oil.
 - ❖ Infused Oil
 - ❖ 1 part fresh buds to 2 parts coconut/olive oil
 - ❖ Massage into sore muscles
 - ❖ Tincture
 - ❖ 1 part chopped fresh buds and twigs to 2 parts menstruum (95% alcohol-5% distilled water)
 - ❖ Take 15-20 drops as needed or use as topical liniment
 - ❖ Balm of Gilead Oil
 - ❖ Add 1 cup of fresh buds to mason jar.
 - ❖ Add coconut or olive oil until buds are completely covered.
 - ❖ Let mixture steep for 6 weeks and then strain for massage oil.
 - ❖ Add Goldenrod, St. John's Wort and Yarrow for soothing salve.



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COFFEE TREE

- Native to Tropical Southern Africa and Tropical Asia.
- Will grow 6-15 feet tall
- Grow in bright indirect light or partial shade.
- Coffee plant needs 3-4 years of growth before it bears its first fruit.
- Coffee tree can live up to 50 years with peak production happening between 7-20 years
- A single healthy, mature coffee tree can yield about 5-10 lbs of coffee cherries per year (roughly 1-2 lbs of roasted beans)
- Coffee plants produce caffeine in their leaves and fruit as a natural defense system that is poisonous to garden slugs and other pests.
- The outer pulp of the coffee cherry is sweet, packed with antioxidants and can be eaten fresh or used to make syrups.



Thank You for joining us today!!!



All information from the New England Aster, Blue Vervain, Butterfly Milkweed, Purple Coneflower, and Eastern Cottonwood slides was pulled from this book.

If you are interested in purchasing this book you can find it on Amazon.

