



Oshala Farm 2023 Grow List

Angelica	<i>Angelica archangelica</i>	Root
Artichoke	<i>Cynara scolymus</i>	Leaf
Ashwagandha	<i>Withania somnifera</i>	Root
Astragalus	<i>A. Membranaceus</i>	Root
Basil	<i>Ocimum basilicum</i>	Herb
Black Walnut	<i>Juglans nigra</i>	Leaf
Blue Vervain	<i>Verbena hastata</i>	Herb
Boneset	<i>Eupatorium perfoliatum</i>	Herb
Borage	<i>Borago officinalis</i>	Herb
Bugleweed	<i>Lycopus americanus</i>	Herb
Burdock	<i>Arctium lappa</i>	Root
Calendula	<i>Calendula officinalis</i>	Flower
California Poppy	<i>Eschscholzia californica</i>	Whole Plant
Catnip	<i>Nepeta cataria</i>	Herb
Cayenne Pepper	<i>Capsicum annum</i>	Fruit
Chamomile	<i>Matricaria recutita</i>	Flower
Chamomile	<i>Matricaria recutita</i>	Fines
Chicory	<i>Cichorium intybus</i>	Root
Cilantro	<i>Coriandrum sativum</i>	Leaf
Comfrey	<i>Symphytum officinale</i>	Leaf
Comfrey	<i>Symphytum officinale</i>	Root
Dandelion	<i>Taraxacum officinale</i>	Leaf
Dandelion	<i>Taraxacum officinale</i>	Root
Echinacea	<i>Echinacea purpurea</i>	Herb
Echinacea	<i>Echinacea purpurea</i>	Root
Elderberry	<i>Sambucus nigra</i>	Berry
Elecampane	<i>Inula helenium</i>	Root
Feverfew	<i>Tanacetum parthenium</i>	Herb
Garlic	<i>Allium sativum</i>	Bulbs, fresh
Hawthorn Berries	<i>Crataegus monogyna</i>	Berry/Leaf
Hemp	<i>Cannabis sativa</i>	Flower
Hops	<i>Humulus lupulus</i>	Flower

Hyssop	<i>Hyssopus officinalis</i>	Herb
Lavender	<i>Lavandula angustifolia</i>	Flower
Lemon Balm	<i>Melissa officinalis</i>	Herb
Marjoram	<i>Origanum majorana</i>	Herb
Marshmallow	<i>Althaea officinalis</i>	Leaf
Marshmallow	<i>Althaea officinalis</i>	Root
Motherwort	<i>Leonurus cardiaca</i>	Herb
Mugwort	<i>Artemisia vulgaris</i>	Herb
Mullein	<i>Verbascum thapsus</i>	Leaf
Mullein	<i>Verbascum thapsus</i>	Root
Nettle	<i>Urtica dioica</i>	Leaf
Nettle	<i>Urtica dioica</i>	Seed w calyx
Oat Tops	<i>Avena sativa</i>	Milky tops
Oatstraw	<i>Avena sativa</i>	Green stage cut
Oregano	<i>Origanum vulgare</i>	Leaf
Parsley	<i>Petroselinum crispum</i>	Leaf
Parsley	<i>Petroselinum crispum</i>	Root
Pedicularis	<i>Pedicularis densiflora</i>	Herb
Peppermint	<i>Mentha piperita</i>	Leaf
Plantain	<i>Plantago major</i>	Leaf
Pleurisy Root	<i>Asclepias tuberosa</i>	Root
Rosemary	<i>Rosmarinus officinalis</i>	Leaf
Rue	<i>Ruta graveolens</i>	Herb
Sage	<i>Salvia officinalis</i>	Leaf
Saint John's Wort	<i>Hypericum perforatum</i>	Herb
Skullcap	<i>Scutellaria lateriflora</i>	Herb
Spearmint	<i>Mentha spicata</i>	Leaf
Spilanthes	<i>Spilanthes acmella</i>	Herb
Summer Savory	<i>Satureja hortensis</i>	Herb
Sweet Annie	<i>Artemesia annua</i>	Herb
Thyme	<i>Thymus vulgaris</i>	Leaf
Tulsi-Kapoor (Holy Basil)	<i>Ocimum sanctum</i>	Leaf
Valerian	<i>Valeriana officinalis</i>	Root
Vitex	<i>Vitex agnus-castus</i>	Berry
White Sage (Cultivated)	<i>Salvia apiana</i>	Herb
Wild Bergamot/Bee Balm	<i>Monarda fistulosa</i>	Herb
Wormwood	<i>Artemisia absinthium</i>	Herb
Yarrow	<i>Achillea millefolium</i>	Herb
Yellow Dock	<i>Rumex crispus</i>	Root