

Common edible medicinal plants

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Turmeric

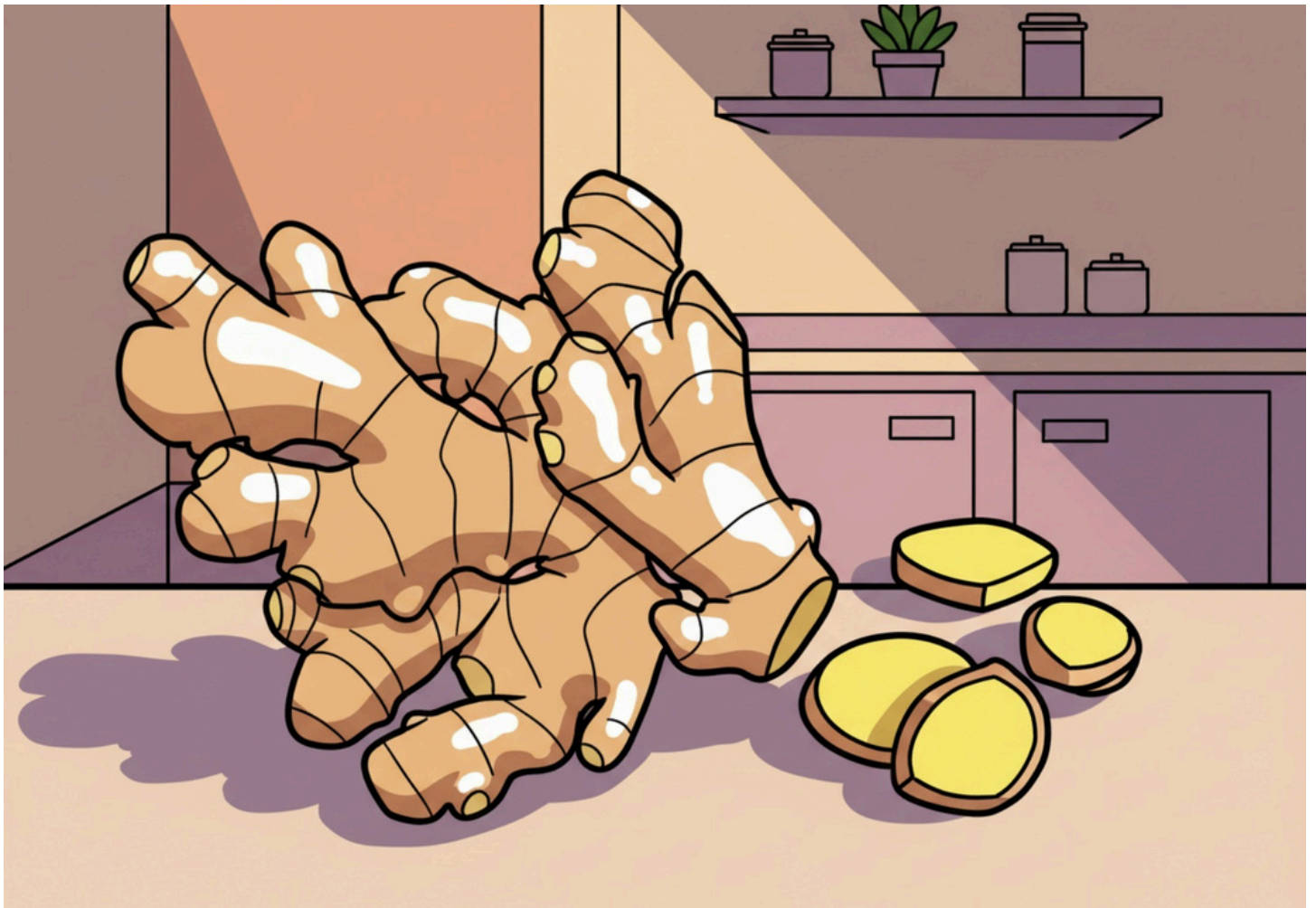


anti-inflammatory properties. It may help arthritis, digestive issues, respiratory infections, allergies, liver disease, depression

Plant: Early spring (late February–April) from fresh grocery root “fingers.”

Depth/spacing: 2–3 inches deep, 12–18 inches apart, in rich, well-drained soil in partial to full sun.

Ginger



Unlike some of the other medicinal plants, ginger has been extensively researched. The results show that ginger may help pregnant women with mild nausea and vomiting. A few studies have also suggested that ginger may ease menstrual cramps

Plant: Same window as turmeric; use fresh root with growth buds.

Depth/spacing: 2–3 inches deep, 8–12 inches apart, part shade works well.

Calendula

Calendula has also been valued by some for its therapeutic use in a salve for burns and cuts, or for generally hydrating the skin.

Plant: Early spring (direct-sow seeds after last frost). More blooms if you “pinch” spent flowers.

Chamomile



its anti-inflammatory, antioxidant, and sedative properties, offering benefits for mental well-being, digestive health, and skin care

Plant: Sow seeds in early spring in full sun, light soil.

Lemon balm & Holy Basil (Tulsi)



Lemon balm (*Melissa officinalis*) offers calming, sedative, and antioxidant effects, primarily due to active compounds like rosmarinic acid. It is widely used to reduce anxiety and stress, improve sleep quality, and alleviate digestive issues such as bloating and indigestion.



Holy basil, also known as Tulsi, is an adaptogenic herb revered in Ayurvedic medicine for its ability to help the body manage stress, balance hormones, and support overall vitality.

Plant: Start from seed or small starts in spring after last frost, full sun to light shade.

Oregano & Peppermint



Oregano provides several potential health benefits, primarily driven by its high concentration of antioxidants like carvacrol and thymol, which help neutralize free radicals and reduce oxidative stress.



Peppermint offers significant health benefits primarily due to its menthol content, which acts as a natural muscle relaxant and anti-inflammatory agent. Key advantages include improving digestion by relieving symptoms of irritable bowel syndrome (IBS), such as bloating and gas, and alleviating headaches when applied topically to the temples.

Plant: Start from cuttings or nursery plants in spring; oregano likes full sun, peppermint tolerates partial shade.

Dandelion



Dandelion (*Taraxacum officinale*) is a nutrient-dense plant rich in vitamins A, C, K, and minerals like potassium, iron, and zinc, offering several potential health benefits. Research, primarily from animal and test-tube studies, suggests it may support liver health, aid digestion, regulate blood sugar, and reduce inflammation.

Plant: Easy to forage; if planting, sow in early spring or fall in loose soil.

Moringa



Moringa oleifera is a nutrient-dense plant—often called the "miracle tree"—rich in antioxidants, vitamins, and minerals. Key benefits include reducing inflammation, lowering blood sugar, promoting healthy skin, boosting immunity, and aiding in weight management. It may also protect against arsenic toxicity and support heart health

Ideal for Planting: In South Florida but can still be managed according to zone a planting season. Plant in warm seasons (spring–summer) in full sun and well-drained soil. ❖

Harvest on dry, sunny days; hang small bundles upside-down in a cool, dark, ventilated room until crisp."

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