

Herbs-Who Are You?/ Written by Tome Shaaltiel, presented by Joan Plisko

Herb	ID pointers	Medicinal value	Fun fact!	Food recommendations
Lovage	Perennial edible herb originally from Mediterranean region, In the carrot family, leaves look like celery, grows up to 6ft tall, foliage is in an umbrella form with yellow flowers, roots are greyish pink.	Some people take lovage by mouth as "irrigation therapy" for pain and swelling (inflammation) of the lower urinary tract, for preventing of kidney stones, and to increase the flow of urine during urinary tract infections. But there is no good scientific research to support the use of lovage for these or other conditions. The oil can cause irritation to skin in a pure form.	Likely unsafe to consume during pregnancy.	In foods and beverages, lovage is used for flavoring.
Thyme	Perennial, woody stems with tiny green leaves on opposite sides of the stem, purple or white flower depends on the variety, grow in a bush.	essential oils in thyme are packed with anti-septic, anti-viral, anti-rheumatic, anti-parasitic and anti-fungal properties, great immune system booster. The oil can cause irritation to skin in a pure form.	Can help you're your snoring problems!	Lemon thyme is great in a lemon cur or lemon pie. French or Italian Thyme is great in quiches and lasagna.
Comfrey	Perennial, big furry leaves, that can stick to clothes, all	If chewing it up with your teeth or with a grinder into a paste or	Comfrey has deep roots that reach the aquifer	Don't eat please!

	grow from one stem, purple flowers, not edible. (**you can present the leaf by taking a piece of leaf and sticking it to your clothes, we call it here badge honor of comfrey)	wrapping the leaves around fractures, traditional medicine says it will help mend bone fractures. And heal cuts (not to stop bleeding, for lacerations)	bringing energy and water from deep under the earth to their leaves and share with the plants around them.	
Chives	Perennial, in the onion family, long hollow thin green edible leaves, pink-purplish edible flowers, base of the plants and the roots are white. Grows in clumps.	Source of vitamin k, beneficial for sleep and mood, some studies say the allium family has anticancer benefits, benefits the eyesight as well.	If you don't harvest the plant from the roots can grow back quickly and be used throughout the growing season!	Great to add fresh to Greek yogurt or sour cream dips for latkes and lentil patties or salads!
Lemon Balm (Melissa)	Perennial, in the mint family (square stem, leaves are opposite and every other couple of opposite leaves alternate), leaves edges are serrated in the shape of a heart, smells like lemon, when rubbing the leaves between your fingers, with white tiny flowers.	Upset stomach, bloating, toothache, headache, soars, anxiety, vomiting, insect's bites. Can make tincture, salves, tea.	Great to make into an essential oil. The oil can cause irritation to skin in a pure form.	Incredible lemony tea, use as a lemony herb for flavor and in salads, freshening lemonade.

Resources:

<https://www.webmd.com/vitamins/ai/ingredientmono-725/lovage>

<https://www.medicalnewstoday.com/articles/275009>

<http://cdn.diaperchamp.com/wp-content/uploads/2014/07/lemon-balm-is-great-for-all-over-nourishing-for-the-entire-body.jpg>

<https://naturalsociety.com/health-benefits-of-thyme-medicinal-herb/>