

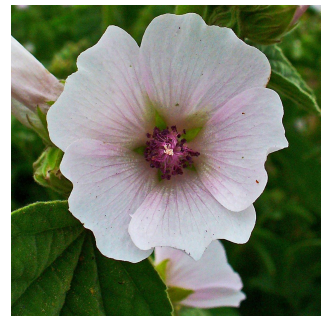
RECAO (culantro)

Main flavor ingredient in Boricua (Puerto Rican) cooking and seasonings, and is a critical part of making sofrito with a powerful cilantro-esque flavor. Native to Central America.



MARSHMALLOW ROOT

Belonging to the mallow family, related to hibiscus, slippery elm, and cotton, this is a mucilaginous plant that hydrates and supports all mucous membranes in the body—oral, stomach, vaginal, etc. Flowers, leaves, and roots are all medicinal.



YARROW

North American Native flower that tones and supports the muscles of the womb. White Yarrow is the medicinal native variety, but it has been adopted to be different ornamental colors. When brewed in tea or used in a tincture, effective against menstrual cramps.



HUACATAY

A Peruvian black mint native to the Andes, this herb has a cooling nature when brewed in teas, and is the main ingredient in Huacatay sauce.



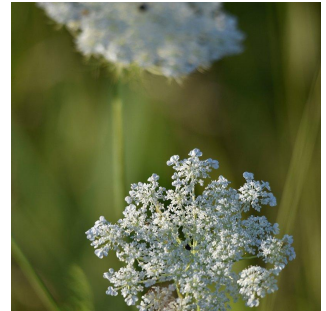
MOTHERWORT

The *mother* herb supports all ailments of the heart. From sadness from a broken heart, to physical cardiac issues, an infusion with motherwort is extremely powerful. Also aids in menstrual cramps.



WILD CARROT FLOWER

Also called Queen Anne's Lace, when this wild carrot flower goes to seed, medicine for the reproductive system can be made. The seeds are progesterone inhibitors, either when chewed or brewed into an infusion, which can help prevent unwanted pregnancy.



LAVENDER

A calming, sleepy time, toning herb.



ANISE HYSSOP

A licorice-tasting native and cooling herb that is an absolute treat for bumblebees and delicious in an iced tea.



MULLEIN

Although considered an invasive, Mullein is a medicinal commonly found growing wild in disturbed soils. The leaves have expectorant properties and, when smoked, coat the lungs and relieve cough. The flowers have pain-relief properties, and are often mixed in an oil with garlic to create ear drops for infection.



SAGE

A traditional energy clearing plant, often dried and smudged with toning and drying properties.



SHIRAZI TOBACCO

A Lebanese variety of tobacco. Tobacco, native to the Americas, is an important spirit to carry with you in order to give offerings to the Earth wherever you go. It has strong protective qualities when brewed into a protection spray or tincture.



RED RASPBERRY LEAF

A part of the plant that is often overlooked, the leaves of your raspberries are toning to the uterus and, overtime, help lessen menstrual cramps when drunk regularly.



ECHINACEA

Also known as cone-flower, this native perennial's roots are powerful immune-system aids when dehydrated and used in teas, jams, or syrups.

