

FRONT GATE FLOWERS · JIMBOOMBA, QUEENSLAND

A GARDEN-TO-WELLNESS REFERENCE

Herbal Healing Handbook

From the garden, with love

A comprehensive guide to healing herbs, natural preparations, and everyday plant wisdom — curated by Donna from the Front Gate Flowers garden in Jimboomba, Queensland.

— *Donna x*

FRONTGATEFLOWERS.COM

A Note Before You Begin

Important health note: This handbook is for educational and inspirational purposes only. Herbs, essential oils, and natural preparations can be powerful — and they can interact with medications, pregnancy, breastfeeding, allergies, surgery, and existing medical conditions. For serious symptoms, ongoing illness, children, pregnancy, breastfeeding, or if you are taking any medication, please speak with a qualified health professional before using any remedy in this guide.

I put this handbook together because I believe in the quiet power of plants — the same plants that grow along my fence line, fill the buckets at the front gate, and find their way into kitchens and medicine cabinets across our little community.

This is not a replacement for medical care. It's a companion — a gentle, practical reference for those curious about what grows around them and how it has been used for centuries. Use it with curiosity, care, and common sense.

The wellness planner at the back is yours to fill in as you go. Note what you try, how your body responds, and what works best for you. Every person is different, and that's the beauty of it.

With warmth from the garden,

Donna x

SECTION ONE

Herb Profiles

Thirty-five herbs from the garden and beyond — their botanical names, properties, medicinal and traditional uses, preparation examples, and plant correspondences.

Aloe Vera

Aloe barbadensis miller

DESCRIPTION

A succulent with thick, fleshy green leaves arranged in a rosette pattern, edged with small spiny teeth and filled with a clear, cooling gel. Native to the arid regions of Africa and the Arabian Peninsula, aloe vera is now grown in gardens and windowsills worldwide.

FLOWERING

Typically blooms in summer, producing tall spikes of tubular yellow or orange flowers.

PROPERTIES

Cooling, moisturising, anti-inflammatory. Antibacterial, antioxidant, and deeply skin-healing. The gel contains vitamins C and E, enzymes, and polysaccharides.

MEDICINAL USE

Most commonly applied topically for minor burns, cuts, sunburn, and skin irritations. The gel soothes and promotes healing. Internally, aloe has been used to support digestion and gastrointestinal comfort, though internal preparations should be used with guidance.

MAGICAL & TRADITIONAL USE

Associated with protection, healing, and luck. Traditionally kept in homes to ward off negative energy and promote a safe, healthy household. Used in rituals for health and wellbeing.

ESSENTIAL OIL

Not widely available as a true essential oil due to the gel's high water content. Aloe-infused carrier oils are used in skincare formulations.

PREPARATION: ALOE GEL FOR SUNBURN

1. Harvest a small leaf from the base of the plant.
2. Slice it open lengthways to expose the gel.
3. Scoop out the clear gel and apply a thin layer to clean, affected skin.
4. Allow to dry. Repeat as needed for cooling relief.

CORRESPONDENCES

Element: Water

Zodiac: Cancer

Planet: Moon

Bach Flower: Rescue
Remedy

Chakra: Anahata (Heart)

Deity: Isis

Angelica

Angelica sylvestris

DESCRIPTION

A tall, aromatic biennial herb with large feathery leaves and a hollow, ridged stem that can reach up to 2 metres. Produces umbrella-like clusters of small white or greenish flowers. Native to Europe and Asia; the roots, stems, and seeds are all used medicinally.

FLOWERING

June to August.

PROPERTIES

Carminative, diaphoretic, expectorant. Aids digestion, alleviates respiratory issues, stimulates appetite. Warming and invigorating in nature.

MEDICINAL USE

Traditionally used to support digestion, ease bloating and gas, and alleviate respiratory congestion. Has a warming, invigorating effect that makes it useful during colds and fatigue. Roots are most commonly used in teas and tinctures.

MAGICAL & TRADITIONAL USE

Associated with protection, purification, and luck. Used in protection rituals and carried as a talisman. Historically believed to ward off evil and bring blessings.

ESSENTIAL OIL

Extracted from roots or seeds. Used in aromatherapy for grounding, calming, and detoxifying effects. Helpful for stress, anxiety, and fatigue.

PREPARATION: DIGESTIVE INFUSION

1. Add 1 teaspoon dried angelica root to a cup or small pot.
2. Pour 250ml boiling water over the root.
3. Infuse for 10–15 minutes, then strain.
4. Drink warm after meals to support digestion.

CORRESPONDENCES

Element: Fire

Zodiac: Leo

Planet: Sun

Bach Flower: Walnut

Chakra: Manipura-
Anahata

Deity: Apollo

Arnica

Arnica montana

DESCRIPTION

A perennial herb with bright yellow, daisy-like flowers and aromatic leaves. Grows up to 60cm tall. Native to the mountainous regions of Europe and North America, where it thrives in alpine meadows and rocky slopes.

FLOWERING

June to August.

PROPERTIES

Anti-inflammatory, analgesic, antiseptic. Reduces pain, swelling, and bruising. Popular in topical treatments for muscle soreness, sprains, and strains.

MEDICINAL USE

Used externally for bruises, muscle pain, joint inflammation, and sprains. Available in creams, gels, and ointments.

Important: should NOT be applied to open wounds or taken internally – arnica can be toxic when ingested.

MAGICAL & TRADITIONAL USE

Associated with protection and healing. Believed to ward off negative energy and protect against physical harm. Used in protective amulets and charms.

ESSENTIAL OIL

Rare and highly concentrated; requires significant dilution. Prized for its anti-inflammatory and pain-relieving effects. Used in massage oils for sore muscles.

PREPARATION: ARNICA INFUSED OIL

1. Loosely fill a clean jar with dried arnica flowers.
2. Cover completely with olive oil.
3. Seal and infuse in a warm spot for 4–6 weeks, shaking occasionally.
4. Strain through muslin. To make a salve, melt 1 tbsp beeswax into ¼ cup infused oil, pour into tins, and allow to harden.
5. Apply to bruises, sore muscles, and sprains. Do not apply to broken skin.

CORRESPONDENCES

Element: Fire

Zodiac: Leo

Planet: Sun

Bach Flower: Star of
Bethlehem

Chakra: Anahata

Deity: Apollo

Ashwagandha

Withania somnifera

DESCRIPTION

A small shrub (also called Indian ginseng or winter cherry) with ovate dark green leaves and small red berries. Known for its powerful adaptogenic properties and widely used in traditional Ayurvedic medicine for thousands of years.

FLOWERING

July to September.

PROPERTIES

Adaptogenic — helps the body cope with stress and balance physiological processes. Anti-inflammatory, antioxidant, supports immune function, promotes rejuvenation and vitality.

MEDICINAL USE

Reduces stress and anxiety, improves sleep quality, enhances cognitive function, supports adrenal health, boosts immune system, and increases stamina and vitality. One of the most well-researched adaptogens available.

MAGICAL & TRADITIONAL USE

Used to enhance physical and mental strength, promote deep relaxation, and support spiritual growth. Believed to help with grounding and balancing energy.

ESSENTIAL OIL

Not commonly used or available as an essential oil. Medicinal benefits are primarily derived from root extract or powder.

PREPARATION: ASHWAGANDHA STRESS-RELIEF TEA

1. Add 1–2 teaspoons ashwagandha root powder to a small pot.
2. Add 1 cup water and bring to a gentle simmer.
3. Simmer for 10–15 minutes, stirring occasionally.
4. Strain into a mug. Add honey and a pinch of cinnamon if desired.
5. Drink in the evening to support stress relief and improved sleep.

CORRESPONDENCES

Element: Earth

Zodiac: Capricorn

Planet: Saturn

Bach Flower: Hornbeam

Chakra: Muladhara (Root)

Deity: Durga

Astragalus

Astragalus membranaceus

DESCRIPTION

A perennial herb native to China and Mongolia, valued for its medicinal roots. Has feathery leaves and yellow flowers, growing up to 1 metre tall. The roots are typically harvested after 4–5 years when their medicinal compounds are most concentrated.

FLOWERING

Late spring to early summer, May to June.

PROPERTIES

Adaptogenic, immune-boosting, anti-inflammatory, antioxidant. Supports cardiovascular health, enhances vitality, and helps the body resist physical, emotional, and environmental stress.

MEDICINAL USE

A cornerstone of traditional Chinese medicine – used to strengthen the immune system, particularly during cold and flu seasons. Supports cardiovascular health, improves energy levels, and aids in managing stress and fatigue.

MAGICAL & TRADITIONAL USE

Associated with protection and promoting longevity. Believed to safeguard health and enhance personal resilience. Used in spells and rituals to strengthen endurance and vitality.

ESSENTIAL OIL

Rare due to the difficulty and expense of distilling the root. Used in small amounts for immune-boosting and anti-inflammatory effects in specialised preparations.

PREPARATION: ASTRAGALUS IMMUNE DECOCTION

1. Add 1–2 tablespoons dried astragalus root slices to a pot.
2. Cover with 2 cups of cold water.
3. Bring to a boil, then reduce heat and simmer for 20–30 minutes.
4. Strain and drink warm. Can be added to soups or broths for a gentle daily tonic.

CORRESPONDENCES

Element: Earth

Zodiac: Taurus

Planet: Saturn

Bach Flower: Olive

Chakra: Muladhara (Root)

Deity: Gaia

Echinacea

Echinacea purpurea

DESCRIPTION

Known for its striking purple-pink, daisy-like flowers with prominent cone-shaped centres that are often orange or dark brown. The plant grows up to 1.5 metres tall, with rough, lance-shaped leaves and a sturdy, hairy stem. One of the most recognisable medicinal herbs in the world.

FLOWERING

From late spring to early autumn, with flowers appearing from June to September.

PROPERTIES

Immune-boosting, anti-inflammatory, antiviral. Celebrated as an adaptogen that helps the body resist stress and supports overall wellness by enhancing the immune system's response to infections.

MEDICINAL USE

Commonly used to prevent and reduce the duration of colds, flu, and other respiratory infections. The plant's roots, leaves, and flowers are used in teas, tinctures, and capsules to stimulate immune function, reduce inflammation, and promote wound healing.

MAGICAL & TRADITIONAL USE

Associated with strength, protection, and healing. Used in spells and rituals to enhance personal power, attract prosperity, and provide a protective aura.

ESSENTIAL OIL

Rare and not commonly produced, but when available, it is used for its antimicrobial and skin-soothing properties in aromatherapy and skincare products.

PREPARATION: IMMUNE-SUPPORT ECHINACEA TEA

1. Add 1-2 teaspoons dried echinacea (root or flowers) to a cup.
2. Pour hot (not boiling) water over the herb.
3. Steep for 10-15 minutes, then strain.
4. Add honey and a squeeze of lemon if desired.
5. Drink at the first sign of seasonal illness or during winter months.

Avoid if allergic to the daisy/ragweed plant family.

CORRESPONDENCES

Element: Water

Zodiac: Scorpio

Planet: Mars

Bach Flower: Crab Apple

Chakra: Manipura

Deity: Brigid

Elderflower

Sambucus nigra

DESCRIPTION

Derived from the European elder tree – a small, deciduous tree or shrub that grows up to 6 metres tall. Known for its clusters of tiny, creamy-white flowers that bloom in flat-topped umbels. The leaves are pinnate with serrated edges, and the plant produces dark purple berries later in the season.

FLOWERING

From late spring to early summer.

PROPERTIES

Anti-inflammatory, antiviral, diuretic, and antioxidant. Often used to support respiratory health, alleviate symptoms of colds and flu, and soothe allergies.

MEDICINAL USE

Commonly used in herbal medicine to treat colds, flu, and sinusitis. Helps to reduce fevers, relieve congestion, and support the immune system. Elderflower tea or tincture can promote sweating and detoxification, and soothe skin irritations.

MAGICAL & TRADITIONAL USE

Associated with protection, healing, and spiritual growth. Used in rituals to ward off negative energy, enhance psychic abilities, and promote harmony.

ESSENTIAL OIL

Rarely available as a true essential oil, but prized for its calming and skin-nourishing properties. Elderflower water or infused oil is more commonly used in skincare for soothing and anti-inflammatory effects.

PREPARATION: ELDERFLOWER TEA

1. Take a handful of fresh elderflowers (or 2 teaspoons dried).
2. Place in a cup and pour hot water over them.
3. Steep for about 10 minutes, then strain.
4. Add honey and lemon to taste. Drink warm for cold and flu support.

CORRESPONDENCES

Element: Air

Zodiac: Gemini

Planet: Venus

Bach Flower: Olive

Chakra: Sahasrara
(Crown)

Deity: Freya

Eucalyptus

Eucalyptus spp.

DESCRIPTION

A fast-growing evergreen tree native to Australia — a familiar sight in Queensland gardens and bushland. Known for its distinctive aromatic leaves and tall, straight trunk. The leaves are long, narrow, and bluish-green, often covered with a waxy coating. Produces small white or pale yellow flowers that attract pollinators.

FLOWERING

From late winter to early spring.

PROPERTIES

Antiseptic, decongestant, anti-inflammatory, expectorant. Commonly used to clear respiratory congestion, reduce inflammation, and as a natural insect repellent.

MEDICINAL USE

Leaves and essential oil are widely used to treat respiratory conditions like colds, coughs, and sinusitis. The oil is often inhaled in steam or applied in diluted form to relieve congestion. Also has antimicrobial properties, making it useful in wound care and as a surface disinfectant.

MAGICAL & TRADITIONAL USE

Associated with protection, healing, and purification. Used in rituals to cleanse spaces of negative energies and to promote health and wellbeing. Eucalyptus leaves are often burned for cleansing or added to baths for purification.

ESSENTIAL OIL

Extracted from the leaves and commonly used in aromatherapy to clear nasal passages and support respiratory health. One of the most versatile and widely available essential oils.

PREPARATION: EUCALYPTUS STEAM INHALATION

1. Boil a kettle and pour hot water into a large bowl.
2. Add 3–5 drops of eucalyptus essential oil (or a handful of fresh leaves).

3. Lean over the bowl with a towel draped over your head to trap the steam.

4. Inhale deeply for 5-10 minutes. Take care to avoid burns from the steam.

CORRESPONDENCES

Element: Air

Zodiac: Libra, Gemini

Planet: Mercury

Bach Flower: Crab Apple

Chakra: Vishuddha
(Throat)

Deity: Apollo

Fennel

Foeniculum vulgare

DESCRIPTION

A perennial herb with feathery leaves and bright yellow, umbrella-shaped flowers. Has a sweet, anise-like flavour and scent. Native to the Mediterranean, fennel is widely cultivated for its edible bulb, seeds, and leaves, which are used in cooking and traditional medicine.

FLOWERING

Late summer to early autumn.

PROPERTIES

Digestive, carminative, anti-inflammatory, antioxidant. Supports digestion, reduces bloating, and acts as a mild diuretic. Rich in vitamins A and C, and minerals including potassium and calcium.

MEDICINAL USE

Used to alleviate digestive issues such as indigestion, gas, and bloating. Also used to soothe colic in infants, promote lactation in nursing mothers, and relieve coughs and respiratory congestion. Seeds can be chewed, or the herb consumed as a tea or tincture.

MAGICAL & TRADITIONAL USE

Associated with protection, purification, and strength. Used in rituals to ward off negativity, cleanse spaces, and boost courage.

ESSENTIAL OIL

Extracted from the seeds. Used in aromatherapy for its digestive benefits, to relieve stress, and to promote mental clarity.

PREPARATION: FENNEL DIGESTIVE TEA

1. Crush 1 teaspoon fennel seeds using a spoon or mortar and pestle.
2. Add to a cup and pour hot water over them.
3. Steep for 8–10 minutes, then strain.
4. Optional: add a pinch of ginger for extra digestive support.
5. Drink warm after meals to ease bloating and indigestion.

Avoid large doses during pregnancy. Use caution if allergic to celery-family plants.

CORRESPONDENCES

Element: Fire

Zodiac: Virgo, Gemini

Planet: Mercury

Bach Flower: Sclerantus

Chakra: Manipura (Solar
Plexus)

Deity: Mercury

Fenugreek

Trigonella foenum-graecum

DESCRIPTION

An annual herb native to the Mediterranean region, southern Europe, and western Asia. Has light green, oval-shaped leaves and small white or yellow flowers. The seeds have a distinctive, slightly bitter, maple-like flavour and are used both as a spice and medicinally.

FLOWERING

From late spring to early summer.

PROPERTIES

Anti-inflammatory, antioxidant, digestive, and lactation-boosting. Rich in vitamins A, B, and C, and minerals including iron and calcium. Seeds are used to support hormonal balance, enhance metabolism, and manage blood sugar levels.

MEDICINAL USE

Widely used to support digestion, relieve constipation, and reduce inflammation. Also used to promote milk production in breastfeeding mothers and help regulate blood sugar levels. Can aid in reducing cholesterol and supporting cardiovascular health.

MAGICAL & TRADITIONAL USE

Associated with prosperity, abundance, and protection. Often used in money-drawing spells, prosperity sachets, or sprinkled around the home to attract wealth and security.

ESSENTIAL OIL

Extracted from the seeds and known for its warm, spicy aroma. Used in aromatherapy for calming effects, and in skincare for antioxidant properties that help soothe irritated skin.

PREPARATION: FENUGREEK TEA

1. Add 1 teaspoon fenugreek seeds to a small pot.
2. Cover with 1 cup of water and bring to a boil.
3. Reduce heat and simmer for 5–10 minutes.
4. Strain into a mug. Add honey if desired.

Check with a clinician if pregnant, diabetic, or taking blood sugar medications.

CORRESPONDENCES

Element: Fire

Zodiac: Capricorn

Planet: Mercury

Bach Flower: Hornbeam

Chakra: Manipura

Deity: Hathor

Feverfew

Tanacetum parthenium

DESCRIPTION

A short, bushy perennial herb with small, daisy-like flowers featuring white petals and yellow centres. Has aromatic, deeply cut green leaves. Native to Southeastern Europe, it is commonly found in gardens and wild spaces, thriving in sunny locations.

FLOWERING

From early summer to late autumn.

PROPERTIES

Anti-inflammatory, antipyretic, analgesic. Known for its ability to relieve migraines, reduce fever, and alleviate pain associated with arthritis.

MEDICINAL USE

Traditionally used to prevent and reduce the frequency of migraines. Can also be used to alleviate fevers, headaches, and menstrual discomfort. The leaves can be consumed fresh, dried, or as a tea, tincture, or capsule.

MAGICAL & TRADITIONAL USE

Associated with protection and healing. Used in spells to ward off illness and negativity, and to promote overall health and wellbeing. Can also be carried as a talisman for personal protection.

ESSENTIAL OIL

Rare but valued for its anti-inflammatory and analgesic effects. Not commonly available commercially.

PREPARATION: FEVERFEW MIGRAINE TEA

1. Add 1 teaspoon dried feverfew leaves to a cup.
2. Pour hot (not boiling) water over the leaves.
3. Steep for 10 minutes, then strain.
4. Drink regularly as a preventative, or at the onset of a headache.

CORRESPONDENCES

Element: Air

Zodiac: Sagittarius

Planet: Venus

Bach Flower: Rock Rose

Chakra: Sahasrara

Deity: Apollo

Garlic

Allium sativum

DESCRIPTION

A bulbous perennial plant belonging to the onion family. Has long, flat green leaves and grows from a cluster of bulbs, each comprising multiple cloves wrapped in a papery skin. Native to Central Asia, garlic is cultivated worldwide for its culinary and medicinal uses.

FLOWERING

In late spring or early summer.

PROPERTIES

Antibacterial, antiviral, antifungal, antioxidant. Supports cardiovascular health, boosts the immune system, and has powerful anti-inflammatory effects. The active compound allicin is released when garlic is crushed or chopped.

MEDICINAL USE

Widely used to reduce high blood pressure, lower cholesterol levels, and enhance immune function. Also used as a natural remedy for colds, flu, and infections due to its antimicrobial properties. Can be consumed raw, cooked, or as a supplement.

MAGICAL & TRADITIONAL USE

Associated with protection, purification, and banishing negativity. Traditionally hung in homes to ward off evil spirits and negative energies, and used in rituals for cleansing and protection.

ESSENTIAL OIL

Highly potent and used sparingly due to its strong odour and potential for skin irritation. Used in aromatherapy for its antimicrobial benefits.

PREPARATION: GARLIC HONEY FOR SORE THROAT

1. Peel 2-3 garlic cloves and crush lightly.
2. Let sit for 10 minutes to activate the allicin.
3. Place in a small clean jar and pour raw honey over the cloves until covered.
4. Let infuse overnight at room temperature.
5. Take 1 teaspoon as needed during cold or flu. Use within 1-2 weeks.

Avoid raw garlic for children. Do not give honey to children under 1 year of age.

CORRESPONDENCES

Element: Fire

Zodiac: Aries

Planet: Mars

Bach Flower: Crab Apple

Chakra: Manipura

Deity: Hecate

Ginger

Zingiber officinale

DESCRIPTION

A flowering plant with thick, aromatic rhizomes used as a spice and in medicine. Has narrow, green leaves and produces small, yellow-green flowers. Native to Southeast Asia, ginger is now grown in tropical regions worldwide, including Queensland.

FLOWERING

In tropical climates; flowers are produced on separate stems from the leaves.

PROPERTIES

Anti-inflammatory, antioxidant, digestive. Aids digestion, reduces nausea, and alleviates pain and inflammation. Also recognised for boosting circulation and immune function.

MEDICINAL USE

Widely used to treat nausea, including motion sickness and morning sickness, and to alleviate indigestion and bloating. Also helps reduce muscle pain, menstrual discomfort, and symptoms of colds and flu. Can be consumed fresh, dried, as a tea, extract, or supplement.

MAGICAL & TRADITIONAL USE

Associated with power, success, and prosperity. Used in spells to boost energy, attract love, and enhance manifestation. Its spicy nature is thought to "heat up" spells, speeding up results.

ESSENTIAL OIL

Extracted from the rhizome and valued for its warming, stimulating, and anti-inflammatory properties. Used in aromatherapy for digestive issues, to ease muscle pain, and to uplift mood.

PREPARATION: GINGER TEA FOR NAUSEA

1. Slice 1-2 inches of fresh ginger root.
2. Add to a cup and pour boiling water over it.
3. Steep for 10 minutes, then strain slowly.
4. Add honey and lemon if desired. Sip slowly.

May cause heartburn in some people. Use caution with blood-thinning medications.

CORRESPONDENCES

Element: Fire

Zodiac: Sagittarius

Planet: Mars

Bach Flower: Mustard

Chakra: Manipura

Deity: Sekhmet

Ginkgo Biloba

Ginkgo biloba

DESCRIPTION

A resilient, ancient tree with distinctive fan-shaped leaves that turn golden in autumn. Can grow up to 35 metres tall and is one of the oldest living tree species on Earth, often called a "living fossil." Native to China, it has been cultivated for centuries for its medicinal properties.

FLOWERING

Male trees produce catkin-like cones; female trees produce ovules that turn into plum-like seeds.

PROPERTIES

Enhances blood circulation, supports cognitive function, and has antioxidant and anti-inflammatory properties. One of the most studied herbal supplements in the world.

MEDICINAL USE

Used to support cognitive health, improve memory, and enhance focus, particularly in the elderly. Also used to alleviate symptoms of dementia and tinnitus. Supports cardiovascular health by improving blood flow and reducing inflammation.

MAGICAL & TRADITIONAL USE

Associated with longevity, resilience, and wisdom. Used in magical practices to promote mental clarity, protect against negativity, and strengthen one's spiritual path. Leaves can be used in rituals or carried as a talisman for protection and good fortune.

ESSENTIAL OIL

Not commonly available. However, extracts from the leaves are widely used in supplements and skincare products for their antioxidant benefits.

PREPARATION: GINKGO BILOBA TEA

1. Add 1 teaspoon dried ginkgo biloba leaves to a cup.
2. Pour hot water over the leaves.
3. Steep for 5–10 minutes, then strain.
4. Drink once daily for cognitive support.

Can interact with blood thinners and surgery. Consult a clinician before use.

CORRESPONDENCES

Element: Air

Zodiac: Gemini

Planet: Mercury

Bach Flower: Chestnut
Bud

Chakra: Sahasrara

Deity: Thoth

Goldenseal

Hydrastis canadensis

DESCRIPTION

A perennial herb native to North America with a distinctive yellow root, hairy stems, and large, toothed leaves. Grows up to 30–50 cm and produces small, greenish-white flowers and red, berry-like fruits. The yellow root is the most valued medicinal part.

FLOWERING

Flowers in early spring, typically April to May.

PROPERTIES

Antimicrobial, anti-inflammatory, astringent. Known for boosting immunity, soothing mucous membranes, and supporting respiratory and digestive health.

MEDICINAL USE

Commonly used to treat respiratory and digestive issues such as colds, sinus infections, sore throats, and gastrointestinal problems. Often combined with echinacea to boost immune function. Topically applied to wounds, rashes, and skin conditions due to its antiseptic properties.

MAGICAL & TRADITIONAL USE

Associated with healing, protection, and prosperity. Used in rituals and spells to safeguard against negative energies and attract abundance. The yellow root symbolises success and wealth.

ESSENTIAL OIL

Rarely available; tinctures and powders of the root are more common and practical forms.

PREPARATION: GOLDENSEAL TINCTURE

1. Chop dried goldenseal root into small pieces.
2. Place in a clean glass jar and cover with food-grade alcohol (vodka works well).
3. Seal and store in a cool, dark place for 4–6 weeks, shaking daily.
4. Strain through muslin and bottle in dark glass dropper bottles.

5. Use in small doses for immune support as directed.

CORRESPONDENCES

Element: Earth

Zodiac: Scorpio

Planet: Mars

Bach Flower: Centaury

Chakra: Vishuddha

Deity: Hermes

Goldenrod

Solidago spp.

DESCRIPTION

A tall, perennial herb with bright yellow, plume-like flowers that bloom on upright stems with narrow, lance-shaped leaves. Native to North America and Europe, commonly found in meadows, fields, and along roadsides. A cheerful, late-season bloomer.

FLOWERING

From late summer to early autumn, usually between August and October.

PROPERTIES

Anti-inflammatory, diuretic, astringent, antioxidant. Known for supporting urinary tract health, reducing inflammation, and promoting skin healing.

MEDICINAL USE

Traditionally used to treat urinary tract infections, kidney stones, and bladder issues. Also helps with respiratory conditions like colds and allergies. When applied topically, can aid in wound healing and reduce skin irritations.

MAGICAL & TRADITIONAL USE

Associated with divination, luck, and prosperity. Used in spells and rituals to attract abundance, enhance intuition, and bring good fortune. Its bright yellow flowers symbolise joy and positive energy.

ESSENTIAL OIL

Rare; goldenrod is typically used in dried or tincture form for medicinal purposes.

PREPARATION: GOLDENROD TEA

1. Add 1–2 teaspoons dried goldenrod flowers and leaves to a cup.
2. Pour hot water over the herb.
3. Steep for 10 minutes, then strain.
4. Drink 2–3 cups daily to support urinary health and alleviate seasonal allergies.

CORRESPONDENCES

Element: Air

Zodiac: Leo

Planet: Venus

Bach Flower: Walnut

Chakra: Manipura

Deity: Demeter

Gotu Kola

Centella asiatica

DESCRIPTION

A small, herbaceous plant native to Asia with fan-shaped, green leaves with serrated edges and long stems. Grows close to the ground and thrives in wet, marshy areas. A staple of Ayurvedic and traditional Chinese medicine for thousands of years.

FLOWERING

Throughout the warmer months.

PROPERTIES

Adaptogenic, anti-inflammatory, wound-healing, cognitive-enhancing. Supports skin health, improves circulation, and has antioxidant effects.

MEDICINAL USE

Widely used to promote wound healing, treat varicose veins, and improve skin elasticity. Also taken to enhance cognitive function, reduce anxiety, and support overall mental clarity. Can be consumed as a tea, used in topical ointments, or taken as a supplement.

MAGICAL & TRADITIONAL USE

Associated with healing, protection, and mental clarity. Used in rituals to enhance meditation, improve memory, and strengthen psychic abilities.

ESSENTIAL OIL

Not commonly produced as an essential oil, but extracts from the plant are used in skincare for their healing and anti-ageing benefits.

PREPARATION: GOTU KOLA INFUSION

1. Add 1–2 teaspoons dried gotu kola leaves to a cup.
2. Pour hot water over the leaves.
3. Steep for 10–15 minutes, then strain.
4. Drink once daily to improve cognitive function, reduce anxiety, and promote wellbeing.

CORRESPONDENCES

Element: Water

Zodiac: Cancer, Aquarius

Planet: Mercury

Bach Flower: White
Chestnut

Chakra: Ajna (Third Eye)

Deity: Saraswati

SECTION TWO

Quick Reference

A condensed reference table covering all herbs in this handbook — their key benefits, easiest ways to use them, and important safety notes at a glance.

Herb Quick Reference

A practical at-a-glance guide to the herbs in this handbook

HERB	KEY BENEFITS	EASIEST USE	SAFETY NOTES
Aloe Vera	Skin healing, sunburn, digestion	Fresh gel on skin	Patch test first; avoid on deep wounds
Angelica	Digestion, respiratory, appetite	Root tea after meals	Avoid in pregnancy
Arnica	Bruises, muscle pain, inflammation	Topical cream or salve	External use only; toxic if ingested
Ashwagandha	Stress, sleep, energy, immunity	Root powder in warm milk	Avoid in pregnancy without supervision
Astragalus	Immune support, energy, heart	Root decoction or in soups	Generally well tolerated
Echinacea	Immune support, colds, flu	Tea at first sign of illness	Avoid if allergic to daisy family
Elderflower	Colds, fever, congestion, skin	Flower tea	Use flowers only; berries require cooking
Eucalyptus	Respiratory, congestion, antiseptic	Steam inhalation	Dilute essential oil; keep away from children's faces
Fennel	Digestion, bloating, gas	Seed tea after meals	Avoid large doses in pregnancy
Fenugreek	Blood sugar, digestion, lactation	Seed tea	Check with clinician if diabetic or pregnant
Feverfew	Migraines, headaches, fever	Dried leaf tea	Avoid in pregnancy; may cause mouth ulcers if chewed fresh

HERB	KEY BENEFITS	EASIEST USE	SAFETY NOTES
Garlic	Immune, antimicrobial, heart	Raw in food or garlic honey	Avoid raw for young children; caution with blood thinners
Ginger	Nausea, digestion, inflammation	Fresh tea	May cause heartburn; caution with blood thinners
Ginkgo Biloba	Memory, circulation, cognition	Standardised supplement	Interacts with blood thinners; consult clinician
Goldenseal	Immune, antimicrobial, mucous membranes	Tincture in small doses	Avoid in pregnancy; short-term use only
Goldenrod	Urinary health, allergies, skin	Dried flower tea	Avoid if allergic to daisy family
Gotu Kola	Skin, cognition, wound healing	Leaf infusion	Avoid in pregnancy; may interact with sedatives

SECTION THREE

Simple Preparations

Step-by-step methods for the most useful everyday herbal preparations — from teas and steams to salves and infused oils.

Everyday Preparations

Simple methods you can make at home with herbs from the garden

Lavender Sleep Sachet

FOR: RELAXING BEDTIME ROUTINE · RESTFUL SLEEP

1. Add 2 tablespoons dried lavender buds to a small cloth pouch.
2. Add 1 teaspoon dried chamomile (optional, for extra calm).
3. Tie or sew the pouch closed securely.
4. Place inside your pillowcase or on your bedside table.
5. Variation: add lavender to honey, carrier oil, or bathwater for a relaxing soak.

Peppermint Digestive Tea

FOR: BLOATING · GAS · DIGESTIVE DISCOMFORT · TENSION HEADACHES

1. Place a small handful of fresh peppermint leaves (or 1 teaspoon dried) in a cup.
2. Pour boiling water over the leaves.
3. Steep for 7–10 minutes, then strain.
4. Add honey if desired. Sip warm after meals.

Thyme Steam for Congestion

FOR: COLDS · SINUS CONGESTION · SEASONAL ALLERGIES

1. Add 1–2 tablespoons dried thyme (or a generous handful of fresh) to a large bowl.

2. Pour hot (not boiling) water over the herb.
3. Lean over the bowl and drape a towel over your head to trap the steam.
4. Inhale deeply for 5–10 minutes. Take care to avoid burns from the steam.

Adults: 1–2 cups thyme tea daily is also effective for respiratory support.

Sage Throat Soothing Tea or Gargle

FOR: SORE THROAT · RESPIRATORY COMFORT · ANTIMICROBIAL SUPPORT

1. Add 1 teaspoon dried sage (or 2–3 fresh leaves) to a cup.
2. Pour hot (not boiling) water over the sage.
3. Steep for 7–8 minutes, then strain.
4. Drink warm, or allow to cool slightly and use as a gargle.

Avoid high doses during pregnancy. May reduce milk supply while breastfeeding.

Calming Lemon Balm Tea

FOR: STRESS · RESTLESSNESS · NERVOUS STOMACH · SLEEP SUPPORT

1. Add 1 tablespoon fresh lemon balm leaves (or 1–2 teaspoons dried) to a cup.
2. Pour hot water over the leaves.
3. Steep for 8–10 minutes, then strain.
4. Drink 1 cup in the evening for relaxation and sleep support.

Calendula Healing Salve

FOR: SKIN REPAIR · WOUND COMFORT · DRY OR IRRITATED SKIN

1. Add 1 cup dried calendula petals to a clean glass jar.
2. Cover completely with olive oil or jojoba oil.
3. Infuse for 3–4 weeks in a warm spot, OR warm gently in a double boiler for 2 hours.
4. Strain the oil through muslin, pressing the petals to extract all the goodness.
5. Melt 1 tablespoon beeswax into $\frac{1}{4}$ cup of the infused oil.
6. Pour into small tins or jars and allow to harden before sealing.

Patch test first. Avoid if allergic to the daisy/ragweed family. Do not use during pregnancy unless advised by a clinician.

St. John's Wort Infused Oil

FOR: EXTERNAL USE — BRUISES · NERVE DISCOMFORT · MUSCLE TENSION

1. Loosely fill a clean jar with fresh St. John's Wort flowers (harvested when just opening).

2. Cover completely with a light carrier oil such as olive or sunflower oil.
3. Seal and place in a sunny windowsill for 4–6 weeks. The oil will turn a deep red.
4. Strain through muslin and bottle in dark glass.
5. Apply externally to bruises, nerve pain, or areas of muscle tension.

For external use only. Consult a doctor before any internal use. Strong medication interactions possible.

Milk Thistle Support Tea

FOR: LIVER SUPPORT · DIGESTIVE HEALTH · ANTIOXIDANT PROTECTION

1. Crush 1–2 teaspoons milk thistle seeds using a mortar and pestle.
2. Add to 1 cup of water in a small pot.
3. Simmer gently for 10–15 minutes until fragrant.
4. Strain and enjoy before meals or before bed.

Not recommended in pregnancy unless under medical supervision.

Oregano Steam for Cold & Sinus Relief

FOR: COLDS · SINUS CONGESTION · SEASONAL ALLERGIES

1. Add 1 tablespoon dried oregano (or 2 tablespoons fresh) to a large bowl.
2. Pour hot (not boiling) water over the herb.
3. Lean over the bowl with a towel draped over your head.
4. Inhale deeply for 5–10 minutes.

Avoid internal use of oregano essential oil. Avoid high doses during pregnancy.

Tulsi Uplift & Calm Tea

FOR: STRESS SUPPORT · MENTAL CLARITY · GENTLE CALM

1. Crush 1 heaped teaspoon dried holy basil (tulsi) leaves.
2. Add to a cup and pour 240ml hot water over them.
3. Steep for 10–15 minutes, then strain.
4. Enjoy as needed throughout the day.

Immune Support Blend

FOR: WINTER WELLNESS · FIRST SIGN OF COLD · SEASONAL IMMUNE SUPPORT

1. Combine 1 teaspoon each of dried echinacea, ginger, and turmeric in a cup or pot.
2. Pour hot water over the herbs.
3. Steep for 10–12 minutes, then strain.
4. Add a squeeze of lemon and a teaspoon of raw honey.
5. Drink at the first sign of a cold, or daily during winter months.

Turmeric may stain. May interact with blood thinners – check if relevant to you.

Rosemary Focus Tea

FOR: MENTAL CLARITY · MEMORY SUPPORT · CIRCULATION

1. Add 1 teaspoon fresh or dried rosemary to a cup.
2. Pour hot water over the herb.
3. Steep for 5–7 minutes, then strain.
4. Drink 1–2 cups daily. Can also be used as a hair rinse for scalp circulation.

Safety & Precautions

Before using any herb, essential oil, or preparation, review these questions

ASK YOURSELF	WHY IT MATTERS
Am I pregnant, trying to conceive, or breastfeeding?	Several herbs and high-dose extracts may not be appropriate without medical supervision.
Am I taking blood thinners, diabetes medication, antidepressants, sedatives, thyroid medication, or heart medication?	Herbs such as garlic, turmeric, ginger, ginkgo, St. John's wort, ginseng, and others may interact with medicines.
Do I have allergies to ragweed, daisies, celery-family plants, or mint-family plants?	Echinacea, chamomile, calendula, fennel, oregano, and related herbs may trigger reactions in sensitive people.
Is this an essential oil?	Essential oils are concentrated and usually need dilution. Many should not be swallowed.
Is the symptom severe, worsening, or unusual?	Serious symptoms require medical evaluation rather than home treatment alone.
Am I using this for a child?	Children require extra caution. Honey is unsafe for infants under age 1. Strong essential oils and raw garlic may not be suitable.

The clearest theme across herbal traditions is that herbs, fruits, vegetables, and simple foods can support wellness when used wisely. The most useful everyday remedies are the ones that are easy to prepare, safe for your situation, and consistent with a balanced lifestyle that includes nutritious food, hydration, rest, movement, and medical care when needed.

SECTION FOUR

Wellness Planner

Your personal wellness journal for 2026. Note which herbs you try, how your body responds, and what works best for you. Small steps create big change.

January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES & OBSERVATIONS

February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

NOTES & OBSERVATIONS

March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTES & OBSERVATIONS

April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOTES & OBSERVATIONS

May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOTES & OBSERVATIONS

June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOTES & OBSERVATIONS

July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES & OBSERVATIONS

August 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOTES & OBSERVATIONS

September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NOTES & OBSERVATIONS

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES & OBSERVATIONS

November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOTES & OBSERVATIONS

December 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOTES & OBSERVATIONS

FRONT GATE FLOWERS

Thank you for growing with us.

This handbook was put together with love from the garden at Jimboomba, Queensland. I hope it inspires you to look at the plants around you a little differently — as quiet allies in everyday wellness.

Come and visit the stand. Fresh bunches, garden goods, and a friendly wave are always waiting at the front gate.

— *Donna x*

www.frontgateflowers.com · Jimboomba, QLD