

## **Medicinal Plants Resources**

### **Medicinal Plants Research**

#### [Albuquerque Herbalism](#)

- This website shows classes on medicinal plants and allows students to gain a relationship and knowledge of these plants and the indigenous history and roots. Provides a gateway for students to learn and connect with these practices.

#### [Los Ranchos NM Healers Garden](#)

- The Healers Garden aims to empower community members with a season-long, land-based educational program on growing medicinal plants locally. They also offer classes on medicinal plants and membership in their program.

### **Books**

#### ***Southwest Medicinal Plants: Identify, Harvest, and Use 112 Wild Herbs for Health and Wellness - By John Slattery***

- This book provides you with information on medicinal plants within the Southwest of the US and how to safely forage and incorporate them into herbal medicines. This book is found on Amazon.

#### ***Wild Edible Plants of New Mexico: Volume 1: The Essential Forages - By Charles W Kane***

- This book in medicinal plants specifically found in New Mexico and how they can be incorporated into your life. This book is found on Amazon.

### **Medicinal Plants of the Southwest**

These plants have historically been used in different ways to medicinally aid people for as many years as they have been around. Each plant grows throughout the Southwestern region of the United States and some even originate from the Americas as well. Traditionally, these plants have been used to enhance and or sustain people in multiple ways, and still offer us a variety of benefits to this day.

#### [Hollyhock](#)

or *Althaea rosea*, is more commonly known for its beautiful blooms and variety of colors. But did you know it can also be used in a relaxing tea to help with inflammation? Medicinally Hollyhock can also be used as a poultice or skin wash to aid in irritation or dry skin, and the leaves and flower petals can be a great addition to salads to add color and nutrients.



### [Prickly Pear](#)

Opuntia, or Prickly Pear Cactus, can seem harsh and unforgiving at first, until we realize how many uses it has along with how sweet it can be to utilize it. It has a long history of use by local Indigenous tribes in dishes and desserts, as well as being part of many modern and innovative cuisines of today. It can be used to make jams, jelly's, and even delicious and refreshing sodas. Some of the Medicinal uses of Prickly Pear are, it is great for skin hair and nails, it is a powerful antioxidant and anti-inflammatory, and it even helps with diabetes and high cholesterol.



### [Piñon Tree](#)

Or Pinus edulis Engelm, is a wonderful evergreen that produces nuts that are not only nutrient rich but they are also high in protein. Indigenous tribes of the Southwest have used it medicinally for many years as an antiseptic, to help with digestion, and even to aid in respiratory issues when made into a tea or when used as an essential oil.



### [Greenthread](#)

Or *Thelesperma*, is more commonly known as [Navajo Tea](#), Indian Tea, or even Mormon Tea depending on where you are from. No matter what you call it, its benefits are as beautiful as the flowers that grow from it. Medicinally speaking, it is mostly used in tea for general health and well being, though more specifically, it is an amazing diuretic, has anti inflammatory properties, it is a great antioxidant, and is good for your kidneys.



### [Mesquite](#)

*Neltuma Laevigata*, is mostly known to make some of the best BBQ in the United States, yet it also has a variety of medicinal uses and properties that go beyond just making great food. Its leaves and roots can be used to make a soothing tea for your tummy, and the powdered bark can even be used as an antiseptic.



## **Seed Ball Recipe**



A basic recipe for [seed balls](#) that can be used with traditional medicinal plants from the greater southwestern United States and for seed balls from/for UNM.

1:2 Organic Clay Matter mix, [“produces the best combination of structural integrity and water absorption”](#). In combination with some of the plants already mentioned, organic clay matter seed balls have the potential to; aid in relieving anxiety and depression, promote water conservation, can help revitalize pollinator populations, and help provide people with a healthy array of herbs and spices that have wonderful medicinal benefits.