



Featured Herb



(Formerly "Herb of the Month")

I have heard from my mentors as well as many other teachers that the best way to learn is **ONE herb at a time**.

Every time you do anything with an herb you are learning. However, herbalism is about relationships. And the only way to establish relationships with anything or anyone is to spend time with that person, animal, plant, tree, etc.

To get started, download the [Home Study Guide](#) to get an idea what we are looking for you to do. You can then choose to design your own method of study if ours does not fit in your life style or time constraints.

The Featured Herb is a foundational component of HerbMentor.com, and we hope you participate in a way that works for you. Whether you use the Home Study Guide or not, you can participate in the Featured Herb. Whatever you choose to do, you are enhancing your knowledge and experience with plants.

2010 Featured Herbs

- January/February: **Cinnamon**
- March/April: **Violet**

- May/June: **Rose (petals)**
- July/August: **Yarrow**
- September/October: **Marshmallow**
- November/December: **Sage**

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Recent articles [September & October: Marshmallow](#) Aug 31, 2010



Marshmallow is very well known in the herbal world for being an incredibly mucilaginous herb. Because of its thick and slimy brew you can easily imagine that it is used to soothe and coat irritated tissues... [July & August: Yarrow](#) Jun 29, 2010



This time proven herb is excellent for wounds, fevers, pain relief, repelling insects and much more. Its complex nature and many uses make yarrow absolutely astounding. It grows everywhere... [May & June: Wild Rose](#) Apr 29, 2010



The exotic beauty and alluring smell of roses has enthralled humans for thousands of years. Roses have been found entombed with the ancient Egyptian pharaohs and were highly prized by the Greeks and Romans... [March & April 2010: Violet](#) Feb 28, 2010



Violet is a herald of springtime, which is why we are studying this powerful plant this March and April. Don't let violet's delicate nature fool you. This plant is a powerful ally in disguise. Violet is an important addition to your medicine chest...

[January & February 2010: Cinnamon](#) Dec 31, 2009



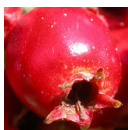
We begin 2010 with a bark that we have all enjoyed since we were kids. The dark of winter is the perfect time to learn about this warming spice that has more medicinal uses that you might have imagined....

[December 2009: Rosemary](#) Dec 1, 2009



Rosemary has a rich history that spans more than a millennium. It has been used in cooking for flavor and preservation, as a medicinal tea, as well as a token of loyalty, friendship, and remembrance.

[November 2009: Hawthorn](#) Oct 31, 2009



Hawthorn is said to normalize blood pressure, strengthen heart muscles, dilate blood vessels, improve circulation, and lower cholesterol. Spend time with Hawthorn berries this month, as there is much more to hawthorn than what is commonly thought...

[October 2009: Valerian](#) Sep 30, 2009



Valerian is an herb that has a long history of use around the world. Although the officinalis spp. was the official herb in the United States Pharmacopeia from 1820-1942, many other native Valerianas grow around the world and have been used medicinally... [September 2009: Yellow Dock](#) Sep 1, 2009



Yellow dock roots contain concentrated iron along with other vitamins and minerals. And these vitamins and minerals help with iron absorption. It is a blood-enriching tonic that eases digestive woes and helps eliminate constipation, indigestion and gas...

[August 2009: Mullein](#) Jul 31, 2009



Mullein is a soft and fuzzy medicinal plant that is widespread throughout North America. Mullein was one of the first medicinal herbs I ever met. However, I was not actually using it for medicinal purposes... [July 2009:](#)

[Chamomile](#) Jul 1, 2009



Chamomile is an extremely versatile herb. Chamomile relaxes, eases digestion, soothes teething, decongests, clears skins, brightens eyes and much more. You'll find more uses for that cup of chamomile tea than you ever thought possible.

[June 2009: St. Johnswort](#) May 31, 2009



St. Johnswort , one of our favorite herbs, is featured this month. Use the infused oil for sunburn, as a sun "screen," aches, cramps, nerve pain, herpes sores and much more... [May 2009: Lamb's Quarter](#) May 1, 2009



Lamb's Quarter is high in beta carotene, calcium, potassium and iron. It is also high in b-complex vitamins and vitamin C. We rank it really high on the "wild foods you must know about" list...

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