

## **Hawthorn**

**MEDICINAL:** Hawthorn is effective for curing insomnia. Hawthorn is used to prevent miscarriage and for treating nervousness. Hawthorn has been used for centuries in treating heart disease, as regular use strengthens the heart muscles, and to prevent arteriosclerosis, angina, and poor heart action.

**GROWING:** Hawthorn is a deciduous tree or shrub, that can reach 40 feet tall. It grows throughout North America. It is tolerant of most soils, but prefers alkaline, rich, moist loam. Consult a nursery for the best species to use in your area. The fruit is the part used in healing.

The bright red berries of the hawthorn tree hang in clusters, from thorny branches, and remain on the tree until about September. It is used for its positive effects on the cardiovascular system, but can also be used to treat digestive problems, insomnia, and sore throat.

The flavonoids in hawthorn work to increase oxygen utilization by the heart. It also increases enzyme metabolism and acts as a mild dilator of the heart muscle. Hawthorn is a peripheral vasodilator and dilates blood vessels away from the heart. This lowers blood pressure and relieves the burden placed on the heart.

Hawthorn in combination with other drugs is given for cardiac problems such as palpitations, angina, and rapid heart beat. Components in hawthorn have been shown to lower cholesterol, and the amount of plaque in arteries.

## **Hazel**

**GROWING:** Hazelnut trees do best when planted in a well-drained, fertile, slightly acid soil. They do best where the winter temps are above -10.

## **Heather**

**MEDICINAL:** A tea made of heather blossoms is used to suppress coughing, and as an aid for sleeplessness.

**GROWING:** Heather prefers rocky or sandy soils and full sun. It is an evergreen shrub that grows 1-2 feet tall.

## **Henbane**

**MEDICINAL:** Henbane stops pain, and lessens perspiration. Henbane is very toxic, so it should not be used by pregnant women or the weak or children, and should be used in only extremely small amounts for external use only, and not on a regular basis. A poultice of leaves is used briefly to remove pain from wounds.

**GROWING:** Henbane grows wild throughout temperate North America. Due

to its toxic nature, it is not advisable to grow in the home garden.

## **Holly**

**GROWING:** Holly likes slightly acid soils, and can tolerate poor, sandy soil. It needs full sun, and grows to about 4 feet tall.

## **Hops**

**MEDICINAL:** Hops is a sedative. Therefore, it is useful in treating insomnia and nervous tension. It is mild and safe. It is used in brewing beer and ales. Hops is also used for treating coughs, bladder ailments, and liver ailments. Externally it is used to treat itching skin rashes and hives. It also removes poisons from the body.

**GROWING:** Hops prefers full sun, and will adapt to many soils. It is a perennial vine that reaches to 30 feet in height. The portion of the plant used in healing are the dried flowers.

## **Horehound**

**MEDICINAL:** Horehound is used in children's cough remedies, as it is a gentle but effective expectorant. It acts as a tonic for the respiratory system and stomach. In large doses it acts as a laxative.

**GROWING:** Horehound likes dry sandy soils and full sun. It is a perennial (except in very cold climates) that reaches to 3 feet tall. It is a vigorous grower and can become a pest if not carefully controlled. It needs little water, tolerates poor soils, and does best in full sun. It blooms during its second year.

## **Horsetail**

**MEDICINAL:** Horsetail is used in treating urinary tract infections. It aids in coagulation and decreases bleeding. It will also help broken bones heal faster, and will help brittle nails and hair, due to its high silica content. It has also been used as part of a treatment for rheumatoid arthritis. The plant alone, boiled in water, makes an effective foot soak for tired feet, or for the treatment of athlete's foot. Do not use if pregnant or nursing.

**GROWING:** Horsetail needs swamps and damp places to grow, in full sun to partial shade. It grows to 1 - 2 feet tall. The plant itself is used in healing.

## **Hyssop**

**MEDICINAL:** Hyssop is used in treating lung ailments. The leaves have been applied to wounds to aid in healing. The tea is also used to soothe sore throats. It has been used to inhibit the growth of the herpes simplex virus.

**GROWING:** Hyssop prefers dry conditions, tolerates most soils, and full sun. It is a member of the mint family. It is a perennial shrubby plant growing to 3 feet tall.