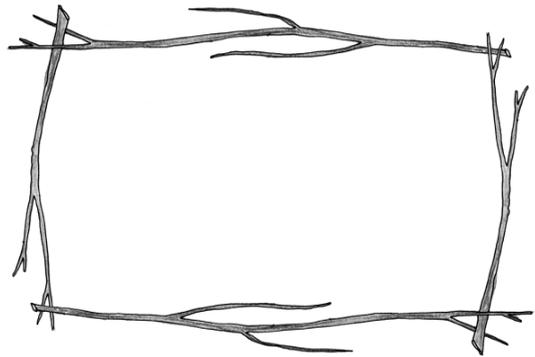


Botanical Name

Plant Family

Common Names



Circle the growing cycle:

- Annual
- Biennial
- Perennial
- Deciduous
- Evergreen

Native to...

Naturalized in...

**PARTS USED**

Drawing, Leaf Rubbing or Dried leaf and flower

### How Can it be Used?

(tincture, tea, compress, salve, food, etc.)



List the medicinal actions

### Circle the energetics

Sweet      Bitter

Pungent      Salty      Sour

Aromatic      Neutral

Cooling      **Warming**      

Cold      Hot

Drying

Moistening

