

PLANTS @ CEDERKLOOF: GARDEN MEDICINALS



SAGES: *Blue and white sages bloom in late winter to early summer, fragrant leaves and flowers*



WILD WORMWOOD: *leaves are used in teas for respiratory and gut ailments*



GERANIUMS: *Rose, mint and many others, all of them suitable for beverages and teas*



WILDE DAGGA: *leaves and flowers used for various skin diseases and headaches*



ALOE FEROX: *Bitter aloe is famous for skin and gut healing*



RENOSTERBOS: *used in incense and as tea*



WILD ROSEMARY: *great in dishes as a herb, incense and medicinal tea*



MPHEPO spp: *leaves are used in teas for respiratory and gut ailments and as a ceremonial incense*



BULBINE: *very well known as a skin healer and beautiful in the garden*