

# Siempre Viva



**When to plant:** Fall

**When to harvest:** Between 65 to 90 days after planting

**Uses in cooking:** Used to prepare seat omiero (brew prepared with plants used in the initiation ceremony)

**Uses in Medicine:** Treats high blood pressure, prevents cardiac problems, relieves respiratory ailments

# Seaside Golden rod



**When to plant:** Fall or Spring

**When to harvest:** Late Fall

**Uses in cooking:** Garnish salads, can be used in tea, can be cooked like spinach, and added to soups, stews, casseroles

**Uses in Medicine:** Arthritis and gout, Allergies, Colds and flu, Inflammation of the bladder or urinary tract, Kidney stones, Eczema (applied to the skin), Minor wounds (applied to the skin)

# Chiggery Grapes (*tournefortia hirsutissima*)



**When to plant:** Year round

**When to harvest:** N/A, they flower all year

**Uses in cooking:** N/A, these berries are not poisonous, but they are not tasty

**Uses in Medicine:** When one has poor circulation/swelling