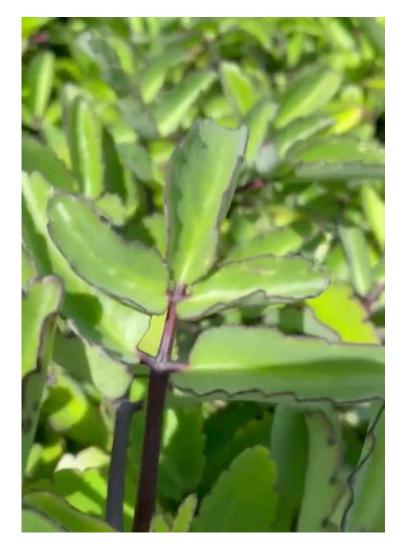
Siempre Viva



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