

Brahmi

Bacopa monnieri



When to Plant: March-June

When to Harvest: After September

Uses in Medicine: Has been used for centuries in Ayurvedic medicine to improve memory, boost brain function, alleviate stress, reduce anxiety, and treat epilepsy. Contains high amounts of antioxidants with anti-inflammatory properties.

Uses in Cooking: Steeped in teas, mixed with oils, ground into a paste, used in stews.

Fun Facts: This plant is said to help with hair loss and graying.

