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.