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Aug. 10, 2016 Suncoast Tropical Fruit and Veg Club

Garden Medicine

Banana: contains minerals including magnesium and iron, potassium, serotonin, dopamine, antioxidants, fiber, alfa linolenic acid to decrease inflammation, and cancer while stimulating immunity and circulation, quercitin for tissue strength, rutin for strong flexible vessels. Helps heal ulcers, constipation or diarrhea, morning sickness, nicotine withdrawal, heartburn, blocks kidney stones, works as mild diuretic, lowers blood sugar, prevents asthma in child study and is antimicrobial. Increases melatonin 180%. Peel helps heal warts, poison ivy, psoriasis. Tea for potted plants, wrap tomato seedlings. Cook florets as veg or tea for bronchitis, ulcer, inflam.

Citrus: TCM mandarin peel for digest and resp systems for wet cough, bloat, increases motility. Dissolves gall stones. 1-2 tsp dry peel or 4-8 tsp fresh peel/d. lowers radiation tissue damage. limonene antimicrobial, anti inflam. hesperidin increases cancer cell death and inhibits growth. Orange oil sedative. Juice increases melatonin 47%, increases citrate in urine to prevent kidney stones. Pith pectin insol fiber feeds microbiome.

Hibiscus: heart tonic for BP and metabolic synd., liver protect, cough, skin repair, kills human stomach cancer, cooling diuretic, lowers BP like ACE inhibitor. Lower chol 8% in 1 month.

Mango: cancer breast and colon, eyes, diabetes, alkalizes, acne, iron, cooling, proteinase, kidney stones.

References: greenmedinfo.com, Gladstar Medicinal Herbs, Growing 101Herbs that Heal by Hartung.