

EARTHSONG
seeds

Your guide to
Earthsong Seeds



Who Are We?

- × We are a small group of herbal enthusiasts who want to share the joy of growing healing herbs. Our mission is to empower you to take greater control of your own health and wellbeing by growing your own herbs and making your own herbal preparations.



Our Collections

The Earthsong Seed Collections are a range of medicinal and culinary herb seeds carefully selected for their wide range of health and ecological benefits. With twelve collections to choose from, there are herbs for sleep, digestion, herbal teas, massage and much more.

All our seeds are certified organic or in conversion with the Soil Association. We are committed to the principles of agroecology and strive to improve the health of local ecosystems by increasing diversity of plants, trees and wildlife on our land.

Scan below to find out more...





What's inside the box?

Each box contains a card with information on how to use the herbs, and there is a wealth of information available on our website and social media.



@earthsongseeds



Earthsong Seeds



Collection Pricelist



✕ Herbal Tea Garden 6 Packs of Seeds £14.99	Seed Packs Included: Catnip (<i>Nepeta cataria</i>), German Chamomile (<i>Matricaria chamomilla</i>), Fennel (<i>Foeniculum vulgare</i>), Lemon Balm (<i>Melissa officinalis</i>), Licorice Mint (<i>Agastache foeniculum</i>), Tulsi (<i>Ocimum tenuiflorum</i>)
Digestive Tea Garden 6 Packs of Seeds £14.99	Seed Packs Included: German Chamomile (<i>Matricaria chamomilla</i>), Fennel (<i>Foeniculum vulgare</i>), Licorice Mint (<i>Agastache foeniculum</i>), Marshmallow (<i>Althaea officinalis</i>), Meadowsweet (<i>Filipendula ulmaria</i>), Vervain (<i>Verbena officinalis</i>)
Garden of Happiness 6 Packs of Seeds £14.99	Seed Packs Included: Lavender (<i>Lavandula angustifolia</i>), Lemon Balm (<i>Melissa officinalis</i>), Clary Sage (<i>Salvia sclarea</i>), St. John's Wort (<i>Hypericum perforatum</i>), Tulsi (<i>Ocimum tenuiflorum</i>), Blue Vervain (<i>Verbena hastata</i>)
Bee Herbal Garden 6 Packs of Seeds £14.99	Seed Packs Included: Bee Balm (<i>Monarda fistulosa</i>), Echinacea (<i>Echinacea purpurea</i>), Goldenrod (<i>Solidago virgurea</i>), Licorice Mint (<i>Agastache foeniculum</i>), Motherwort (<i>Leonurus cardiaca</i>), Thyme (<i>Thymus vulgaris</i>)
✕ Herbal Kitchen Garden 6 Packs of Seeds £14.99	Seed Packs Included: Basil, Genovese (<i>Ocimum basilicum</i>), Fennel (<i>Foeniculum vulgare</i>), Lovage (<i>Levisticum officinale</i>), Oregano (<i>Origanum vulgare</i>), Garden Sage (<i>Salvia officinalis</i>), Thyme (<i>Thymus vulgaris</i>)
First Aid Herbal Garden 9 Packs of Seeds £19.99	Seed Packs Included: Meadow Arnica (<i>Arnica chamissonis</i>), Calendula (<i>Calendula officinalis</i>), German Chamomile (<i>Matricaria chamomilla</i>), Echinacea (<i>Echinacea purpurea</i>), Mullein (<i>Verbascum thapsus</i>), Electric Daisy (<i>Spilanthes oleracea</i>), St John's Wort (<i>Hypericum perforatum</i>), Valerian (<i>Valeriana officinalis</i>), Yarrow (<i>Achillea millefolium</i>)

Collection Pricelist



Beginner's Herb Garden 6 Packs of Seeds £14.99	Seed Packs Included: Basil, Genovese (<i>Ocimum basilicum</i>), Calendula (<i>Calendula officinalis</i>), German Chamomile (<i>Matricaria chamomilla</i>), Echinacea (<i>Echinacea purpurea</i>), Oregano (<i>Origanum vulgare</i>), Valerian (<i>Valeriana officinalis</i>)	×
The Peace Garden 6 Packs of Seeds £14.99	Seed Packs Included: Lemon Balm (<i>Melissa officinalis</i>), Marshmallow (<i>Althaea officinalis</i>), Motherwort (<i>Leonurus cardiaca</i>), Skullcap (<i>Scutellaria lateriflora</i>), St John's Wort (<i>Hypericum perforatum</i>), Wood Betony (<i>Betonica officinalis</i>)	
The Breathing Garden 6 Packs of Seeds £14.99	Seed Packs Included: Echinacea (<i>Echinacea purpurea</i>), Elecampane (<i>Inula helenium</i>), Gumweed (<i>Grindelia integrifolia</i>), Hyssop (<i>Hyssopus officinalis</i>), Marshmallow (<i>Althaea officinalis</i>), Mullein (<i>Verbascum thapsus</i>)	
Sweet Dreams Garden 6 Packs of Seeds £14.99	Seed Packs Included: German Chamomile (<i>Matricaria chamomilla</i>), Motherwort (<i>Leonurus cardiaca</i>), California Poppy (<i>Eschscholzia californica</i>), Skullcap (<i>Scutellaria lateriflora</i>), Valerian (<i>Valeriana officinalis</i>), Wood Betony (<i>Stachys officinalis</i>)	
Massage Oil Garden 3 Packs of Seeds £7.99	Seed Packs Included: Meadow Arnica (<i>Arnica chamissonis</i>) Calendula (<i>Calendula officinalis</i>) St John's Wort (<i>Hypericum perforatum</i>)	×
The Scented Garden 3 Packs of Seeds £7.99	Seed Packs Included: Roman Chamomile (<i>Chamaemelum nobile</i>) Lavender (<i>Lavandula angustifolia</i>) Clary Sage (<i>Salvia sclarea</i>)	

Herbal Tea Garden

Relax with chamomile, uplift with lemon balm or transcend with tulsi; all the herbs in this collection can be enjoyed in a hot brew, straight from the garden into your cup.



Catnip



Chamomile



Fennel



Lemon Balm



Licorice Mint



Tulsi



Seed packs in this collection

Catnip (*Nepeta cataria*)
German Chamomile (*Matricaria chamomilla*)
Fennel (*Foeniculum vulgare*)
Lemon Balm (*Melissa officinalis*)
Licorice Mint (*Agastache foeniculum*)
Tulsi (*Ocimum tenuiflorum*)



How to use:

Pick a few fresh flowers or sprigs of leaf and infuse in boiled water in a covered cup or teapot for 10 minutes, strain and then enjoy. Keeping a lid over the cup allows the aromatic and delicious essential oils to be preserved in the tea.

You can also dry the herbs over the summer and store for warming winter moments. Normally a teaspoon of the dried herb is good for a cup of tea.

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Digestive Tea Garden

*Soften and cool with marshmallow,
relax with vervain, stimulate with
licorice mint; there is much to
digest in life and we need all the
help we can get.*



Chamomile



Fennel



Licorice Mint



Marshmallow



Meadowsweet



Vervain



Seed packs in this collection

German Chamomile (*Matricaria chamomilla*)

Fennel (*Foeniculum vulgare*)

Licorice Mint (*Agastache foeniculum*)

Marshmallow (*Althaea officinalis*)

Meadowsweet (*Filipendula ulmaria*)

Vervain (*Verbena officinalis*)



How to use:

All of the herbs in The Digestive Tea Garden can be enjoyed in a cup of herbal tea - fresh or dried. Some, such as chamomile and fennel are distinctively delicious; others such as vervain are quite bitter and can be sweetened with licorice mint or marshmallow.

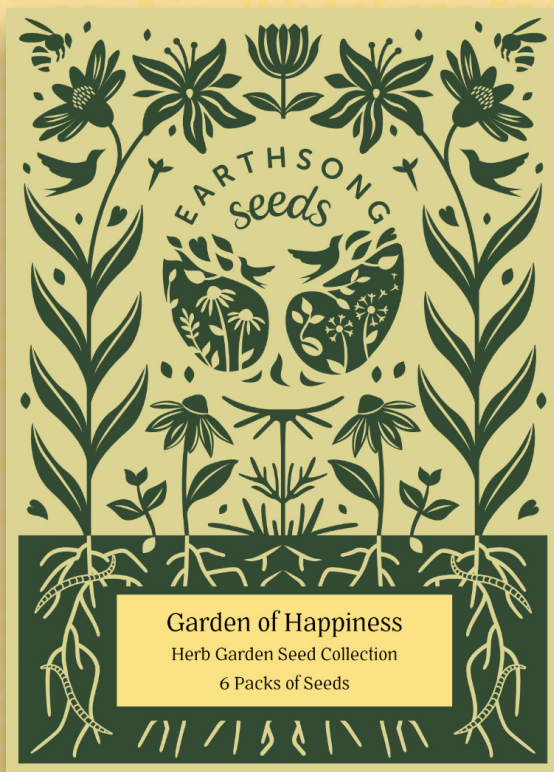
If you're feeling adventurous, you can also extract the goodness of the herbs by make a tincture using vodka or brandy, or by making a herbal honey or syrup.





Garden of Happiness

*Lift the spirits with herbs that help us
relax and feel good. These are herbs
to enjoy and connect with everyday.
Create massage oils, tinctures or
floral baths; they are all a joy.*





Lavender



Lemon Balm



Clary Sage



St. John's Wort



Tulsi



Blue Vervain



Seed packs in this collection

Lavender (*Lavandula angustifolia*)
Lemon Balm (*Melissa officinalis*)
Clary Sage (*Salvia sclarea*)
St. John's Wort (*Hypericum perforatum*)
Tulsi (*Ocimum tenuiflorum*)
Blue Vervain (*Verbena hastata*)



How to use:

The herbs in the Garden of Happiness are best enjoyed daily. Inhale their delicious scent or enjoy them as a cup of tea. And if you want to be more adventurous you can make a flower water or a tincture. Lemon balm and tulsi are delicious as a tea - fresh or dried - on their own. Clary sage and St John's Wort are best used as an aromatherapy massage oil.

However, our favourite is to infuse fresh herbs in a floral bath; lavender and lemon balm are a blissful combination. It's a great way to soak in your Garden of Happiness.





Bee Herbal Garden

A herb garden to be shared with the bees and butterflies. These are the herbs in our nursery that are most alive with the humming and buzzing of precious pollinators. Enjoy!



Bee Balm



Echinacea



Goldenrod



Licorice Mint



Motherwort



Thyme



Seed packs in this collection

Bee Balm (*Monarda fistulosa*)
Echinacea (*Echinacea purpurea*)
Goldenrod (*Solidago virgurea*)
Licorice Mint (*Agastache foeniculum*)
Motherwort (*Leonurus cardiaca*)
Thyme (*Thymus vulgaris*)



How to use:

You can use and benefit from the herbs in this garden in many different ways. Licorice mint makes a delicious herbal tea by just infusing a few leaves in a cup. Thyme is delicious in cooking and is a favourite in herbal honey and syrups. Bee balm tastes like a strong oregano - use sparingly! Echinacea can be used to support the immune system.

Most importantly, harvest mindfully and be sure to leave enough flowers for the bees.





Herbal Kitchen Garden

Enjoy the taste of health with these classic kitchen herbs. Dry them, infuse them in oil, or blend them into a six-herb super pesto. They are all delicious and good for you too.



Basil



Fennel



Lovage



Oregano



Garden Sage



Thyme



Seed packs in this collection

Basil, Genovese (*Ocimum basilicum*)

Fennel (*Foeniculum vulgare*)

Lovage (*Levisticum officinale*)

Oregano (*Origanum vulgare*)

Garden Sage (*Salvia officinalis*)

Thyme (*Thymus vulgaris*)



How to use:

Use the freshly picked herbs liberally in your food. Or you can blend them together with olive oil for a six-herb super-pesto. Making home-made herbal oils for the kitchen is delicious too. Use 1 part herbs : 4 parts oil and infuse for 2 weeks. If using fresh plants you should 'wilt' them for 6 hours first to remove some moisture and then strain to ensure no water remains. Fennel seed, oregano, sage and type all dry well to keep for your over winter supplies. And remember to take your herbs with every meal.

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First Aid Herbal Garden

Soothe a sting, ease an ache, calm a crisis, warm a chill and nip a sore throat in the bud; these heroes of the herb world are essentials of the herbal medicine chest.



Meadow Arnica



Calendula



Chamomile



Echinacea



Mullein



Electric Daisy



St John's Wort



Valerian



Yarrow



Seed packs in this collection

Meadow Arnica (*Arnica chamissonis*)
Calendula (*Calendula officinalis*)
German Chamomile (*Matricaria chamomilla*)
Echinacea (*Echinacea purpurea*)
Mullein (*Verbascum thapsus*)
Electric Daisy (*Spilanthes oleracea*)
St John's Wort (*Hypericum perforatum*)
Valerian (*Valeriana officinalis*)
Yarrow (*Achillea millefolium*)



How to use:

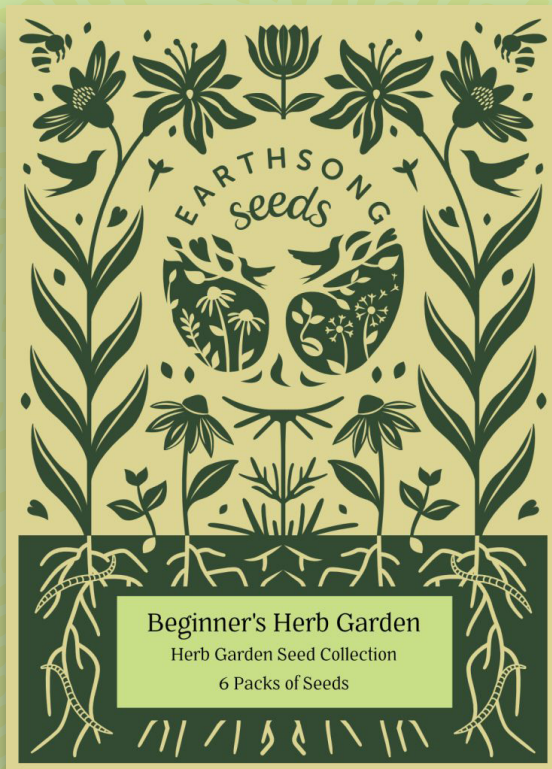
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Whilst you can dry all of these herbs, arnica and St John's Wort are especially good as a freshly infused oil; calendula and yarrow as a fresh poultice; chamomile as a fresh tea; electric daisy as a fresh lozenge. You can make syrups, salves, steam baths or tinctures from any of these herbs.

To dry the herbs lay them in a well ventilated, warm area for 12-24 hours. A dehydrator or airing cupboard are perfect for drying the highest quality herbs. Store them in an airtight jar and enjoy at your leisure.

Beginner's Herb Garden

Take your first steps on the path of the herbal gardener with these iconic medicinal and culinary herbs, selected both for ease of growing and ease of use.





Basil



Calendula



Chamomile



Echinacea



Oregano



Valerian



Seed packs in this collection

Basil, Genovese (*Ocimum basilicum*)
Calendula (*Calendula officinalis*)
German Chamomile (*Matricaria chamomilla*)
Echinacea (*Echinacea purpurea*)
Oregano (*Origanum vulgare*)
Valerian (*Valeriana officinalis*)



How to use:

You can use the herbs fresh in teas or dry them to use later. And you can make culinary or massage oils by infusing the dried herbs in olive oil; salves by blending the herbal oils with beeswax; tinctures through infusing in alcohol.

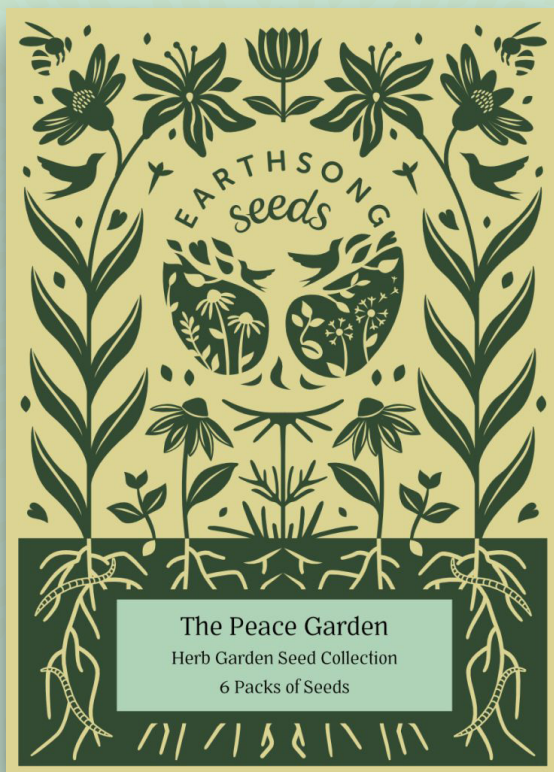
To dry the herbs lay them in a well ventilated, warm area for a few days. A dehydrator or airing cupboard are perfect for drying the highest quality herbs. Store them in an airtight jar and enjoy at your leisure.





The Peace Garden

*Take refuge in the calming presence
of these precious plants; allow them
to relax your nerves, lift your spirits
and quieten your mind. Essential
herbs for modern life.*



Lemon Balm



Marshmallow



Motherwort



Skullcap



St John's Wort



Wood Betony



Seed packs in this collection

Lemon Balm (*Melissa officinalis*)
Marshmallow (*Althaea officinalis*)
Motherwort (*Leonurus cardiaca*)
Skullcap (*Scutellaria lateriflora*)
St John's Wort (*Hypericum perforatum*)
Wood Betony (*Betonica officinalis*)



How to use:

All of the herbs in the Peace Garden can be infused in a cup of herbal tea - fresh or dried. Lemon balm and skullcap leaves are best drunk fresh. You can make a tea from marshmallow leaves, but the real treasure is in its roots, which can be harvested in the Autumn.

If you're feeling more adventurous you can try making your own tinctures or massage oils. St John's Wort makes a beautiful deep-red oil - easily made by infusing the flowering tops in olive oil and leaving in the sun for a few weeks.



The Breathing Garden

Breathe freely with herbal teas, steam baths, syrups and herbal honeys; these are all beautiful plants that have long been used to support the respiratory system.





Echinacea



Elecampane



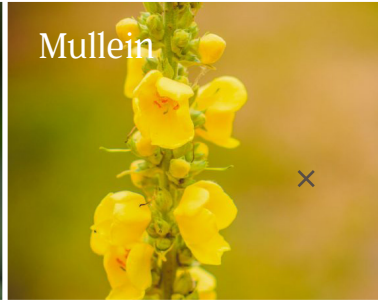
Gumweed



Hyssop



Marshmallow



Mullein



Seed packs in this collection

Echinacea (*Echinacea purpurea*)
 Elecampane (*Inula helenium*)
 Gumweed (*Grindelia integrifolia*)
 Hyssop (*Hyssopus officinalis*)
 Marshmallow (*Althaea officinalis*)
 Mullein (*Verbascum thapsus*)



How to use:

The herbs in The Breathing Garden are used as hot teas, or as steam baths, and are commonly found in syrups and herbal honeys as well.

To make a herbal tea, pick a few fresh flowers or leaves and infuse in boiled water for 10 minutes. You can also dry the herbs over the summer and store for warming winter moments.

A herbal steam bath can evaporate congestion. Add a handful of fresh herbs to a bowl of boiled water, cover your head and the bowl with a towel and breath the herbal-steam in for 5 minutes. It's pure herbal inspiration.



Sweet Dreams Garden

*Let go and unwind with skullcap, quieten
the mental chatter with wood betony, and
rest in the deep embrace of valerian root;
sleep well and sweet dreams.*



Chamomile



Motherwort



California Poppy



Skullcap



Valerian



Wood Betony



Seed packs in this collection

German Chamomile (*Matricaria chamomilla*)
Motherwort (*Leonurus cardiaca*)
California Poppy (*Eschscholzia californica*)
Skullcap (*Scutellaria lateriflora*)
Valerian (*Valeriana officinalis*)
Wood Betony (*Betonica officinalis*)



How to use:

They are best used throughout the day so that the system is well prepared before bed. They can all be experienced as a tea and drunk fresh or dried by infusing in hot water for 10 minutes.

Fresh chamomile flower tea tastes of a tranquil summer evening. Skullcap is light and herbaceous whilst valerian root is heavy and earthy. Motherwort, California poppy and wood betony are more bitter so blend with sweeter herbs. For a deeper alchemical experience, explore how to make a tincture.



Massage Oil Garden

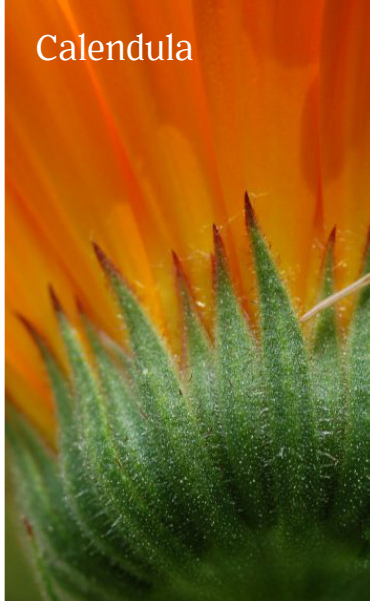
A trio of stunning yellow and orange flowers that can be infused into a deeply relaxing massage oil, a healing salve or cream; every gardener needs a massage every now and again.



Meadow Arnica



Calendula



St John's Wort



Seed packs in this collection

Meadow Arnica (*Arnica chamissonis*)
Calendula (*Calendula officinalis*)
St John's Wort (*Hypericum perforatum*)



How to use:

To make infused oils from your Massage Oil Garden immerse the chosen plant part (e.g. the flowers) in a carrier oil such as organic olive or sunflower oil. They are usually made at proportions of 1 part herb : 4 parts oil and infused for 2 weeks. If using fresh plants you should 'wilt' them for 6 hours first to remove some moisture and then strain, ensuring no water remains. The oil can be mixed with bees wax to make a salve (1 part bees wax melted into 10 parts oil) or blended into a cream.

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The Scented Garden

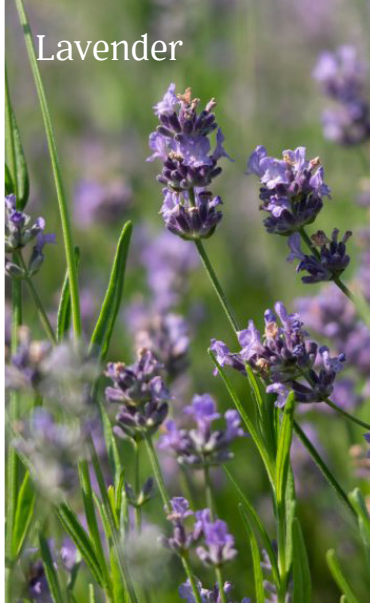
Walk barefoot on a lawn of Roman chamomile, lay your head on a lavender pillow or sit back against a tree and inhale the blissful aromas of clary sage flowers; inhale and enjoy.



Roman
Chamomile



Lavender



Clary Sage



Seed packs in this collection

Roman Chamomile (*Chamaemelum nobile*)

Lavender (*Lavandula angustifolia*)

Clary Sage (*Salvia sclarea*)



How to use:

Place your nose just above the flower - watch out for any buzzing bees - and take a deep inhalation and savour the scent. Then take a long exhalation and repeat a few times. Enjoy observing how you feel as you breathe the sublime fragrances in and out.

Roman chamomile and lavender both retain their aromas when dried. Clary sage loses some of its potency after drying, but can be preserved by freezing fresh flowers in an ice-cube; just melt when needed.

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We created
Earthsong Seeds
to share something
we truly love;

Sowing seeds

Watching them grow into
beautiful plants

Enjoying their health-giving
potential

And we especially want the seeds and plants we offer to encourage the tradition of the home apothecary; growing and making your own simple herbal health-remedies at home. Looking after ourselves takes many forms, and growing healing plants and then making them into various teas and potions, is something that we find thoroughly nourishing.

Whether you are a herbalist, gardening enthusiast, or simply enjoy herbal tea, we hope that the plants and seeds from our organic nursery will inspire you to add diversity into your garden, benefiting the birds and the bees, as well as your own health and wellbeing.



With thanks from
Earthsong Seeds

 @earthsongseeds

 Earthsong Seeds

www.earthsongseeds.co.uk

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