

Name: _____

Date: _____

HEALTHFUL HERBS A-Z

L R D N J F S I S L U T X L E Y I K I M F S E H
X Q Z F X H O R E E V A Q W W E N W N Q E R W W
O X E M E W Z N U U Z H O V S V S C V L W W M Q
F P U P M U J Y N N H O J X A N I L D H M B E O
D W O N C C Q B D E M J C Z H I N E C Z R B Z R
V E O Z M N F K V E U A M P Y I R V F Q M S M C
G Z W T A D H P U O L L W X Z B S K U L L C A P
W T I O V U A Q Q N L R Z R E Q G Q T D M G Z P
L E R F P E N N Z A E A I R O M K J N W U Q D K
S M C P E L P Z D G I X R F D S M Q C P A R E I
U Y R A O D E Z S E N Y S H F R E Q F S O E E F
M Y Y G W H Z E H R L N N N U A C M H N S L W I
F N A J H N T K Z O B I W O J E K W A Y T T K U
F R Z R Y K H R I T C P O V V T A I E R D S C P
E E H C R I O A A W B W J N V G R E S N Y I I B
V D M U Z O Q I I Z I B J Z A E M B G W Y H H J
E N X O J R W X X V W Y A N L F N L B G Y T C P
R E H O R E H O U N D V D A T F F Y C I L D E B
F V N D O O W M R O W H V C J W W P K E H E L T
E A Z F E G D C A J A M D O R N E D L O G S T Z
W L H W O V G U R S C C X J F D F Y T K Z S T R
U P V E L N G J W J M J S U G Y J X L J H E E Q
J U K S C Z J D R H D R D Q Z K Q S X Z T L N W
C E A L R U M P O A K P D Y P P O P K Q C B U N

Blessed Thistle
Elderberry
Dandelion
Rosemary
Mullein
Tulsi

Johnny Jump Up
Skull Cap
Chickweed
Lavender
Yarrow
Poppy

Ashwagandha
Horehound
Wormwood
Zedoary
Nettle

Golden Rod
Fever Few
Valerian
Oregano
Kaffir