

## Yerba Buena -*Micromeria douglasii*



(Indian mint) Trailing mint-scented plant; excellent in hanging baskets, windowboxes and as a fragrant ground cover. Yerba buena is Spanish for 'good herb', and so it is. It is good for insomnia, colds, fever, and stomach problems. Delicious in tea, by itself or blended with other herbs, for everyday enjoyment. According to Native American lore it is also aphrodisiac, which may leave us a little less good sometimes! Perennial (hardy in zones 7-10)