

Herbs for Everyone

Totara (*Podocarpus totara*)

Willow (*Salix alba*)



Sweet Bay (*Laurus nobilis*)

Lemon Verbena (*Aloysia citriodora*)



Herb Awareness Week March 8-15 2009

Herb Federation of New Zealand, Inc. PO Box 42 Katikati 3166

www.herbs.org.nz

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NZAMH
New Zealand Association of
Medical Herbalists