**Thirteen Herbs For a Witch's Cupboard**

Armed with these thirteen herbs, you will easily be able to handle most situations that arise, from disease to magickal needs. This will give you a nice foundation to build on, or it can stand alone as a fully functional Witch's Pharmacopoeia or apothecary. Following in the tradition of permaculture, each herb has been selected for its multi-faceted uses. They can each be used medicinally and magically; they can all be grown easily; and many of them can be used in cooking. Each herb description will be expanded as time permits.

The "Add-ons" at the end of the list of thirteen herbs are to help you develop your herbal in specific areas. A sampling of particularly helpful herbs in specific areas are listed such as those for healers, general magickal practitioners, love Spell workers, etc.

The Thirteen Herbs

1) Comfrey - Comfrey leaf is a herb of strength, healing, and transformation. Its deep connection to the earth and its nurturing energy make it a versatile tool in magickal practices. For protection, comfrey leaf is a powerful ally. Its strong, grounding energy can be used to create protective barriers around your home or sacred space. Scatter the leaves near doorways or windows, or carry them in a mojo bag to shield against negative influences and harm. Comfrey leaf is also a herb of prosperity and abundance. Its rapid growth and resilience symbolise thriving energy, making it a perfect addition to money-drawing spells. Place comfrey leaves in your wallet, cash box, or under a green candle to attract financial stability and growth. When it comes to cleansing, comfrey leaf’s purifying energy can help clear stagnant or negative vibrations. Add it to a ritual bath or burn it as an incense to cleanse your aura and create space for positive energy to flow.

2) German Chamomile or Roman Chamomile - Chamomile (German) can be used in magic for: appearances, first impressions, hidden depths, character, inner beauty, superficiality, serenity, externals versus internals. Chamomile is a popular ingredient for many magical rituals and spells. Both Roman and German Chamomile are used for similar magical uses though they vary slightly in characteristics.  Chamomile is used for purposes of purification and protection. It can be used in incense to help sleep and meditate. Planted around a home it can ward the inhabitants against psychic and magical attacks. If you like to gamble, wash your hands with chamomile tea in order to promote good luck! In many folk traditions chamomile is known as a flower of luck. Make a garland of chamomile flowers to wear around your neck or in your hair to attract a lover or carry some in your pocket for good fortune.  For a banishing ritual, steep chamomile flowers in hot water and sprinkle it around the ritual space to provide a protective metaphysical barrier. You can also wash yourself with the chamomile after the water has cooled to keep negative energies away from yourself.  Planting chamomile near doors and windows to prevent negativity from entering a home. Blend chamomile into a sachet to carry daily to protect yourself from physical or magical danger.  Dry chamomile flowers can be crushed and ground in a mortar and pestle can be used in incense to promote relaxation and meditation. This is especially useful when needing to be calm and centered. Blended with lavender can ensure a restful night of sleep and calming dreams.  For candle magic, crushed dried flowers can be used to anoint and dress a green candle for money magic and black candle for banishing magic.

3) Red Raspberry - Raspberry Leaf holds potent magickal properties in the realms of love affairs, sex magick, and fertility! With its historical association with childbirth preparation among Native American and European women, raspberry leaves carry  a deep connection to feminine energies and empowerment.  Its association with the divine feminine and its purported ability to connect individuals with the energies of the Earth make it a popular choice among practitioners of witchcraft for herbal concoctions, teas, and charms aimed at harnessing its spiritual properties.

Utilized in rituals and spells, it can be incorporated into bath rituals to enhance love life, worn as a fertility charm to promote conception, or carried as a talisman to attract luck and blessings to one's marriage. Whether enjoyed as a soothing tea or incorporated into magickal practices, raspberry leaf serves as a powerful tool for invoking and harnessing the mystical energies surrounding matters of love, sensuality, and feminine vitality.

4) Fennel - Plant fennel around your home to provide all-around protection. Place fennel seeds near windows to keep away unwanted visitors and malevolent energies. Burn fennel seeds to clear negativity from your home. Use the smoke from the seeds to purify any tools you want to use for your magickal practice.  You could also use dried flowers or stalks for smoke cleansing. If you feel like you’ve had a run of bad luck, roll a candle in olive oil and then cover it with ground (or whole, they just don’t stick as well) fennel seeds. Light the candle and let it burn to nothing then bury the remaining wax away from your home to break the streak of bad luck. Make a sachet filled with fennel seeds, a cinnamon quill and some rose petals to invigorate your love life. Keep this under your bed for nights filled with passion. Chew fennel seeds before a presentation to give you courage and to help you to express yourself clearly and concisely. Fennel seeds have the added bonus of freshening your breath. Chewing the seeds will also give your memory a boost and help you to maintain your focus during the presentation.

5) Lavender - In the realm of magick, lavender emerges as a versatile ally: its enchanting aroma and gentle purple hues imbued with potent energies. Hailing from the Mediterranean, Northern and Eastern Africa, and parts of India, this esteemed member of the mint family has enchanted hearts since ancient Roman times. Revered for its association with love and attraction, lavender transcends its olfactory allure to offer practitioners a myriad of magical properties. While it indeed holds sway over matters of the heart, lavenders' powers extend far beyond romantic entanglements. This herb serves as a potent talisman for stress relief, enhancing mental clarity and fortifying one's spirit. Incorporating lavender into bathing rituals provides a soothing sanctuary, dissipating tensions and invoking tranquility.

For those seeking respite from the turmoil of the day, a simple  mojo bag  of dried lavender tucked beneath the pillow beckons forth restful slumber, guiding the weary mind into realms of rejuvenating dreams. Yet, lavender's magic does not end there. It can also be utilized in kitchen witchcraft including recipes or brewed in intention teas. By offering its fragrant petals to the flames, whether in a hearth or upon a sacred altar, one can forge a sacred connection with the divine, offering gratitude and seeking guidance from the gods and goddesses. And as a final flourish, the dried blooms can be added into your wash, weaving lavender's magickal properties into your clothes.

6) Garlic - Garlic is one of the earliest domesticated plants, and while its lineage is uncertain, its magical and healing abilities are anything but. In Talmudic literature, garlic is commonly described as protection against all manner of evils, including the Evil Eye, demons, witches, and, most famously, vampires. In one tale, garlic was given to a servant by their master after asking for the weaponry of a knight, suggesting that garlic is as powerful and protective as a sword. Odysseus used garlic to protect himself against Circe, who had turned his men into pigs. In India, garlic was believed to have originated from a drop of  *amrita* or divine ambrosia that was unintentionally left behind by the bird-like creature and Lord Vishnu's vehicle, Garuda. Garuda is known for driving away evil, negative spirits, and poison, further associating garlic with protection. In the Balkans, garlic was rubbed on the chest, soles of the feet, and armpits on Christmas and Easter to protect everyone, especially children, from being eaten by witches, who were said to feed the most on the holy days. While rubbing garlic on children, parents would recite the following charm: "When the witch has counted up all the blades of grass on the ground and all the leaves on the trees, then let her kill my child!" On St. Thomas's Day, October 19th, garlic bulbs were hung in windows to keep witches away from the house all year while during the middle ages, it was worn around the neck to protect against werewolves and hung in doorways for the same purposes. Most famously, however, garlic was used as protection against vampires.

7) Wormwood - Wormwood is often associated with enhancing psychic abilities and divination, making it a key ingredient in rituals and spells. According to legend, burning wormwood in a graveyard is thought to evoke the spirits of the departed. Wormwood's ability to evoke spirits makes it a particularly useful witchcraft herb during Samhain, when the distance between the physical world and the spiritual world is at its closest. As a protective charm, carrying wormwood in a sachet or mojo bag is believed to guard against bewitchment, accidents and harmful spirits. This baneful herb, sacred to deities Artemis, Pan, and Diana, is a crucial element in protection sachets, shielding practitioners from accidents. When combined with Mugwort, wormwood becomes especially potent in rituals related to, clairvoyance, and astral projection. In well-ventilated spaces, burning wormwood over charcoal is said to summon spirits or enhance psychic powers in spell work. However, caution is advised, as high doses of thujone can be toxic, and the herb should be used with care both in magickal and medicinal contexts. Its versatile nature extends to spells of divination, love, and binding, making wormwood an essential and revered herb in the realm of magick and ritual practices.

8) Rose - Roses possess profound magickal properties deeply intertwined with themes of love, passion, and beauty, spanning cultures and traditions for over 5000 years. In the realm of magick, roses serve as potent guardians against negativity, particularly the evil eye, when worn as adornments. Carrying a sachet or mojo bag filled with delicate rosebuds or rose petals not only acts as a magnet for love but also fosters an atmosphere of affection and attraction wherever one ventures. Placing these fragrant buds beneath one's pillow before drifting into slumber invokes dreams infused with romance and tenderness. Roses also hold sacred significance in the realms of love deities like Aphrodite, Eros, and Adonis, making them essential offerings on altars dedicated to these entities, thus amplifying their magickal energies and blessings.

9) Catnip - Catnip is often used in magick associated with love, but it’s generally less used for romantic love and more used for the love of friends, family and animals. In order to cement a friendship with someone, hold catnip in your hand until you have warmed it through and then hold the hand of the person you want to be friends with. Keep the catnip in a safe place and as long as the catnip is safe and sound, that person will stay your friend. Hanging catnip in your home or growing it in your garden will call helpful spirits to you and will help to bring you luck. If you want to increase your courage and protect yourself, chew a couple of catnip leaves. If you want to create a strong bond between yourself and your cat, give the cat some catnip while you drink a cup of catnip tea. If you’re worried about your cat staying away from home too often, soak some catnip leaves in a bowl of milk under the full moon. Leave this bowl on your doorstep for your cat to find when it comes home and it should entice it to stop straying so much (but you know cats, they’ll make up their own minds). Add catnip, cinnamon, rose petals and rose quartz to a pink sachet to make a simple love or friendship charm.

10) Rosemary - Rosemary is hailed as one of the earliest herbs employed for medicinal, culinary, and magickal purposes, and holds a revered status in the realm of witchcraft. Revered for its association with memory and remembrance, it stands as an indispensable tool for practitioners, offering an array of applications! Its historical role in cleansing, protection, and purification rituals dates back to ancient times, making it a cornerstone in magickal practice. From spells aimed at safeguarding against malevolent forces to those fostering healing, love, and tranquility, rosemary's versatility knows no bounds. Whether burned for protective energies, hung above doorways to repel negativity, or nestled under pillows to induce peaceful slumber, its magickal properties are boundless. Symbolizing wisdom, focus, and memory, rosemary serves as a potent amplifier in spells, and its adaptability makes it a preferred substitute for other herbs. Its capacity to enhance memory, cleanse spaces, and shield against negative influences makes it an essential component of any witch's arsenal, ensuring clarity, protection, and serenity in magickal endeavors!

11) Cayenne - Cayenne pepper is a powerful ingredient in magic, with a long history of use in both folk and ceremonial traditions. It is associated with the element of fire primarily, though some traditions acknowledge a grounding earth element connection through its physical form, making its cayenne pepper spiritual benefits particularly potent for driving action, enforcing boundaries, and flat-out stimulating stagnant circumstances. Its fiery heat is said to stimulate energy and passion, acting almost like a spiritual jolt to awaken your inner power and quicken stagnant energies. Cayenne is also a powerful protector and can be used to ward off negative energy and entities, especially useful for deflecting ill will or breaking through energetic blockages. The cayenne pepper magical properties act like a shield, fiercely guarding your space, and it's a go-to for adding serious power to almost any spell. In ceremonial magic, cayenne pepper is often used in rituals involving fire. It can be added to incense or candles to increase the power of the ritual; its essence fueling the flames to amplify intent and carry prayers or commands with greater force. Or it can be used to create a sacred space. Cayenne can also be used to create talismans and amulets, which can be worn or carried to protect the wearer from harm or to imbue them with courage for a specific undertaking, a core aspect of its cayenne pepper magical properties. Cayenne pepper is a versatile and powerful ingredient in magic and can be used in a variety of ways. Whether you are looking for love (cautiously!), protection, a way to break a nasty hex, or simply to add a little heat to your life, cayenne pepper can be a valuable tool. Embracing cayenne pepper in witchcraft and spiritual practices is about tapping into its raw, invigorating essence.

12) Ginger - Use the magickal properties of ginger is to boost the strength of any other ingredients you’re working with. It has very strong energy though so don’t use it to enhance more delicate ingredients, and it may have unwanted effects or overpower the magickal properties of the other ingredients you are working with. prosperity spells are wonderful. The magickal properties of ginger have a particular affinity with manifesting abundance and warding away poverty. Invite good fortune into your home by keeping a small ginger plant in a pot. If you chew raw ginger or drink ginger tea before doing any magickal work, you will increase your own energy which will in turn make the spell more successful. Ginger is considered an aphrodisiac, so use it in love spells to do with passionate love. It will also help to increase your confidence so drink a little ginger tea before heading out on a date that you might be nervous about. If you want to smoke, cleanse your home or your tools, use dried ginger. It keeps away malevolent energy and drives out any negativity you may have been feeling. If you suffer from nightmares, place some ginger under your bed in order to ease the nightmares and make you feel calmer.

13) Peppermint - Peppermint, esteemed since ancient times for its therapeutic and mystical qualities, boasts a plethora of magickal properties deeply intertwined with various aspects of human existence. Revered by civilizations like the Egyptians, Greeks, and Romans, peppermint's magickal essence resonates with healing, purification, psychic empowerment, sleep, and love. In the realm of spells and rituals, peppermint serves as a versatile tool, facilitating endeavors ranging from cleansing and consecration to divination and protection! Its aromatic leaves are invoked for promoting happiness, prosperity, and success, while also aiding in matters of love and passion. Peppermint's magickal influence extends to realms of renewal, release, and transformation, offering solace during times of grieving and rejuvenation during periods of rest. Peppermint's uses span from dreamwork, spirit offerings, to energy realignment, making it a potent ally for seekers of mystic enlightenment and spiritual balance.

"Add-ons"

Additional Materials Recommended for the General Practitioner: Lemon Balm, Bee Balm, Elderberry, Sagebrush, horseradish

Additional Materials Recommended for the Healer: Echinacea, Thyme, Hyssop, Sage, Cranberry, White Willow Bark, Cannabis Sativa or Indica, Eucalyptus.