

Horehound

(Marrubium vulgare)

For centuries a cough remedy, horehound was used by Hippocrates to treat a variety of ailments.

Medicinal uses

For a cough syrup, boil $\frac{1}{4}$ cup dried horehound with 2 cups water for 10 minutes; strain. Combine one part of the mixture with two parts honey; stir until smooth.

Cultivation

Plant seeds in a sunny location in spring or late summer.