

# Herbs for Healing

Blackberry/Raspberry (*Rubus spp.*)



Ginger (*Zingiber officinale*)



Tātaramoa/Bush lawyer (*indigenous Rubus spp.*)



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Apple (*Malus domestica*)



## Herb Awareness Week 2020

MARCH 2020

Contact your local Herb Group for events

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Herb Federation of New Zealand [www.herbs.org.nz](http://www.herbs.org.nz)