A couple more options for the Little Shop of Herbalism One Shot.

Option 1: Attack of the Townsfolk (or, a test of the characters moral fibre/conviction):

After 5 murders, Seymour, the big bad thing under the town, has acquired enough power to now manifest a few special powers in and around the town.

These stats maybe needed:

Townsfolk stats (these are townsfolk so they are not very tough or hardy):

Assume all abilities scores are 10

Modify Ability Scores by racial bonuses and give skills/abilities for each race as detailed in PHB/XGtE etc for variation).

AC: 10 or 11 HP: 3-4 Speed: 30ft.

Damage: 1pt bludgeoning if they use fists or by weapon type if they have a weapon.

Equipment: Clothing, some sort of farming implement or kitchen cutlery or a simple weapon (suggest keeping them to daggers, clubs or quarter staff).

First Power: Spore Possession.

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Seymour causes small buds of exotic looking flowers to start appearing around the town and into the surrounding area. If anyone picks one of the flowers or inhales the flowers scent, there is a 50% chance the spores will infect them and allow Seymour to possess them, the process of possession has an incubation period of 1 hour per point of constitution but can be cured by a lesser or greater restoration as the spores are classified as a minor disease/poison, during this period the person will detect as poisoned/diseased should medicine checks or spells be used on them.

Possessed people look normal aside from what looks like a very runny nose which steadily gets worse to the point that it is constantly streaming and flowing/oozing from the ear and nose over their lips and mouth, once the possession is complete, small amounts of moss/lichen develop and grow from the nose, mouth and ears and small flowers bud and grow from the hair. At this point the possessed individual becomes unreasoning, raving and incoherent and psychotic but they only attack those that are overtly hostile to them (approaching with weapons drawn, trying to restrain them etc). A greater restoration spell will end the possession as will killing Seymour.

At first only one or two people are affected but this escalates over a week or so to dozens being affected at the same time.

For Dramatic tension:

One night while the party are sleeping in the tavern/lodgings/camp, a large group of possessed townsfolk (25+) attack. They share a hive mind and operate as a mob/pack, trying to break down the doors to the players rooms, chase them down corridors etc. Assuming the party are of goodly alignments, this then becomes a test of the characters resolve to keep the townsfolk at bay, barricading doors (DC10 strength checks to break down, maybe higher if the players put some effort into it), trying to escape out windows (with appropriate Athletic and Acrobatic checks) etc rather than them just slaughtering the townsfolk and as it is at night then the party are likely not going to be in armour or have all their possessions to hand.

To heighten the tension: tell the players they only have 30 seconds for each of their turns and have an egg timer count it down, this is all the time the player has to say what actions their character is taking and reflects their characters slightly groggy state of mind having been woken mid slumber. If they go over the 30 seconds and procrastinate to much they forfeit their turn and d6 townsfolk get to act instead or one of the parties defenses/barricades starts to give way.

The mob lose interest in the party if they can get 200+ feet away from the mob and get out of sight. If the townsfolk capture any members of the party, then the captured characters are beaten unconscious and taken to Seymour's cavern area under the town. Surviving characters can follow/track the mob and mount a rescue, or if the whole party are captured it becomes a very interesting final encounter.

Second Power: Awaken Flora.

As Seymour's powers grow he can start to infect plant life with his aberration magic. Infected plants gain the Aberration sub-type and the benefits of the Awaken Spell. Stat wise use the stats for Awakened Shrub and Awakened Tree, Twig, Vine or Needle Blights, and the various Myconids or for higher level, use treants, shambling mounds etc. The actually animated plants are indistinguishable from normal plants when they are not moving and despite the stats you give them they can look however you want.

An odd refrain (and a nod to some LARPing friends and apologies to DM's, this will mean you have to do some singing):

Some plants develop into a strange sentient wheat like plant, these are called "Wheatus". They have small eyes and mouths on each stalk and emit a strange babble which sounds like a 100 different songs or pieces of music, all being sung/played at the same time but occasionally they all come into harmony. Wheatus have very short root structures and can grow in as little as 3 inches of soil.

The Wheatus are aware of Seymour and can be considered the "anti" Seymour from the Far Realm. If the players talk to the Wheatus they will get hints and clues about how to defeat Seymour....all through the DM's lovely singing (or prepared playlist of songs depending on the DM's style).

Wheatus Stats:

Creature type: Plant, Aberration

Alignment: Unaligned

AC: 1 HP: 1

Speed: 0 (these are stationary plants)

Size: Tiny

Languages: All spoken languages are known but they only speak by singing.

Special:

If someone eats a Wheatus they heal 1hp and gain enough nourishment to sustain them for one day. If a Wheatus is plucked from the ground it loses all its powers and abilities and becomes a shrivelled plant in 24 hours. Should anyone wish to transplant a Wheatus into a pot and keep it as a pet then they must succeed on a DC20 Nature check, otherwise the Wheatus dies and shrivels away after 24 hours. Actions:

Dis-Harmonic Harmony: One or more Wheatus emit a steam of chaotic noise that is targeted at one creature they can see within 60ft. The Target must make a Wisdom Saving throw (DC5) or be affected by a lvl1 Dissonant Whispers Spell.

The DC for this increase by 1 for each additional Wheatus within 60ft of the target.