BASIL



BASIL IS ONE OF THE MOST COMMONLY USED HERBS. IT IS USED FOR GARNISHES AND SEASONING IN MANY CULTURES AROUND THE WORLD AND OFFERS MANY BENEFITS TO OUR MIND AND BODY.

HEALTH BENEFITS:

FIGHTS STRESS
NATURAL ANTI-INFLAMMATORY
PROMOTES HEALTHY DIGESTION
IMPROVES SKIN HEALTH
PACKED WITH NUTRITIONAL BENEFITS

SOWING:

IF PLANTING IN SOIL, PLANT SEEDS ABOUT 6-8 WEEKS BEFORE THE LAST FROST.
PLANT ¼ INCH BELOW SOIL SURFACE.
BASIL IS A GREAT COMPANION PLANT AND GROWS WELL WITH OTHER HERBS, LEAFY GREENS, PEPPERS, AND TOMATOES.

NEEDS:

BASIL LIKE SUN, WATER, AND WELL DRAINING SOIL. IF PLANTING IN SOIL, PLANT SEEDS ABOUT 10-12 INCHES APART AND IN SUNNY LOCATIONS.

GERMINATION AND GROWING:

BASIL TAKES ABOUT 5-14 DAYS TO GERMINATE.
PRUNE FREQUENTLY. REMOVE FLOWER HEADS WHEN THEY APPEAR TO HELP ENCOURAGE CONTINUAL GROWTH.

HARVEST:

LEAVES. PINCH OFF LEAVES OR CUT OFF ENTIRE STEMS, LEAVING A FEW LEAVES ON THE PLANT.

INFUSED WATER:

ALMOST ANY FRUIT CAN BE ADDED WITH BASIL TO INFUSE WATER.

FRUITS THAT PAIR WELL WITH BASIL:

APPLES, BERRIES (BLACKBERRY, BLUEBERRY), CUCUMBERS, GRAPEFRUIT, MELONS, PEACHES, PINEAPPLE, POMEGRANATE SEEDS, TRY EXPERIMENTING WITH DIFFERENT COMBINATIONS (OR MAKING FRUIT AND BASIL ICE CUBES)

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CHAMOMILE



CHAMOMILE CAN HELP PROMOTE OVERALL HEALTH AS WELL AS AID IN TREATING ISSUES LIKE INFLAMMATION, INSOMNIA, FEVERS AND MORE.
CHAMOMILE HAS BEEN USED IN HERBAL MEDICINE FOR CENTURIES FOR ITS SOOTHING, THERAPEUTIC PROPERTIES.

HEALTH BENEFITS:

- CONTAINS ANTI-INFLAMMATORY PROPERTIES
- SOOTHES COLD SYMPTOMS
- GOOD FOR YOUR HEART
- HELPS WITH DIGESTION
- GOOD FOR SLEEP
- REDUCES ANXIETY
- SOOTHES SORE THROATS
- GOOD FOR YOUR IMMUNE SYSTEM

SOWING:

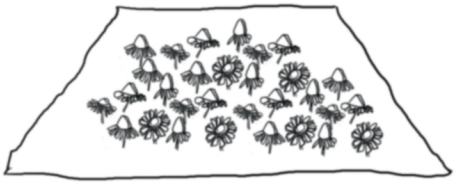
CHAMOMILE CAN BE GROWN INDOORS OR DIRECTLY OUTDOORS. PLANT 6-8 WEEKS BEFORE THE LAST FROST BY SCATTERING THE SEED ON THE SURFACE OF THE SOIL. DO NOT COVER WITH SOIL. CHAMOMILE LIKES DIRECT LIGHT. IT CAN STAY INDOORS IN A LARGE POT OR TRANSPLANTED OUTDOORS WHEN THE WEATHER IS WARM.

GERMINATION AND GROWTH:

SEEDS TAKE ANYWHERE FROM 17-14 DAYS TO GERMINATE. THE PLANTS CAN GROW UP TO 20 INCHES. EACH PLANT SHOULD BE SPACED 8-10 INCHES APART OR IN INDIVIDUAL POTS.

HARVEST:

BLOOMS





TEAS AND INFUSIONS:

GO-TO METHOD, QUICK AND EASY

- TAKE DRIED OR FRESH LEAVES/FLOWERS
- PUT IN CUP
- POUR HOT WATER OVER IT
- STEEP FOR A FEW MOMENTS

QUANTITY:

CUP - 1 TSP. DRIED HERBS OR 2 TSPS FRESH HERBS
POT - ¼ - ½ CUP DRIED HERBS OR 2 CUPS FRESH HERBS
(STORE IN FRIDGE OR DARK COOL SPACE NO MORE THAN A DAY OR 2)

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CILANTRO



CILANTRO IS A POPULAR HERB USED ALL AROUND THE WORLD. IT IS USED IN CUISINES IN THE MEDITERRANEAN, MEXICO, INDIA, AND MUCH OF ASIA AND SOUTH AMERICA. CILANTRO IS LOADED WITH VITAMINS, NUTRIENTS, AND ANTIOXIDANTS.

HEALTH BENEFITS:

PACKED WITH ANTIOXIDANTS
HELPS REDUCE ANXIETY
LOWERS BLOOD SUGAR LEVELS
SUPPORTS HEART HEALTH
PREVENTS URINARY TRACT INFECTIONS
SETTLES UNEASY STOMACHS
HELPS DETOX THE BODY

SOWING:

IF PLANTING IN SOIL, PLANT IN EARLY SPRING OR EARLY FALL.
SEEDS NEED TO BE BETWEEN 1/4-1/2 INCH DEEP AND ABOUT 2-6 INCHES APART.
PLANT DIRECTLY IN THE SOIL AS CILANTRO IS SENSITIVE TO TRANSPLANTING.

NEEDS:

CILANTRO PREFERS FULL SUN/PARTIAL SHADE, AND WELL DRAINING SOIL. IT THRIVES IN COOLER WEATHER AND WILL BOLT (PRODUCE FLOWERS/SEEDS) WHEN THE TEMPERATURE IS WARMER THAN 80 DEGREES.

GERMINATION AND GROWING:

CILANTRO TAKES ABOUT 7-10 DAYS TO GERMINATE.
PRUNE FREQUENTLY TO PREVENT BOLTING (PRODUCING FLOWERS/SEEDS).
START HARVESTING WHEN CILANTRO IS BETWEEN 4-6 INCHES TALL.

HARVEST:

LEAVES - PINCH OFF LEAVES OR CUT OFF ENTIRE STEM, LEAVE A FEW LEAVES ON THE PLANT.
SEEDS - WHEN CILANTRO BOLTS (PRODUCES FLOWERS/SEEDS) COLLECT THE CORIANDER SEEDS TO USE WHOLE OR GROUND.

EASY CILANTRO PESTO TO USE WITH PASTA OR TACOS

- 3 CUPS FRESH CILANTRO
- 1/2 CUP PARMESAN CHEESE
- 2-3 CLOVES GARLIC
- 1 TABLESPOON LEMON JUICE
- 1/3 CUP OLIVE OIL
- SALT AND PEPPER TO TASTE

CHOP INGREDIENTS AND MIX TOGETHER.
FOR A FINER PESTO, BLEND IN A FOOD PROCESSOR.

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DANDELION



EVERY PART OF THE DANDELION IS EDIBLE AND HAS MANY HEALTH BENEFITS FROM BOOSTING YOUR IMMUNE SYSTEM TO DETOXIFYING YOUR BODY.

HEALTH BENEFITS:

- HEALING DIURETIC EFFECT.
- LOWERS BLOOD SUGAR.
- HELPS WITH DETOX.
- LOWERS BLOOD PRESSURE.
- HIGH IN VITAMINS AND NUTRITIOUS.
- NATURALLY ANTI-INFLAMMATORY.
- IMPROVES THE IMMUNE SYSTEM.
- SHORTENS THE LENGTH OF THE FLU.
- IMPROVES SKIN HEALTH.
- PROMOTES GUT HEALTH.

CAUTION:

- CAN INTERACT WITH OTHER MEDICATIONS YOU ARE TAKING (DIURETICS)
- IF YOU'RE FORAGING DANDELIONS, A GOOD RULE OF THUMB IS GROW FOR ABOUT 3 YEARS TO GET ALL THE PESTICIDES/CHEMICALS OUT OF THEIR SYSTEMS BEFORE INGESTING.

SOWING:

PLANT SEEDS ABOUT 6-8 WEEKS BEFORE THE LAST FROST. DANDELIONS ARE HEARTY AND FORGIVING PLANTS AND CAN THRIVE IN A VARIETY OF SOILS. PLANT ¼ OF AN INCH BELOW SOIL SURFACE.

NEEDS:

THEY LIKE PARTIAL SHADE AND NOT A LOT OF DIRECT SUNLIGHT. PLANT SEEDS ABOUT 8 INCHES APART OR IN THEIR OWN POTS. WATER PLANTS REGULARLY AND MONITOR SUNLIGHT.

GERMINATION AND GROWING:

DANDELIONS TAKE ABOUT 10-14 DAYS TO GERMINATE.

HARVEST:

LEAVES, FLOWERS, ROOTS

TEAS AND INFUSIONS:

GO-TO METHOD, QUICK AND EASY

- TAKE DRIED OR FRESH LEAVES/FLOWERS
- PUT IN CUP
- POUR HOT WATER OVER IT
- STEEP FOR A FEW MOMENTS

QUANTITY:

CUP - 1 TSP DRIED HERBS OR 2 TSPS FRESH HERBS
POT - ¼ - ½ C DRIED HERBS OR 2 C FRESH HERBS
(STORE IN FRIDGE OR DARK COOL SPACE NO MORE THAN A DAY OR 2)

*YOU CAN USE THE LEAVES, FLOWERS AND ROOTS TO MAKE TEA
*YOU CAN ADD THE LEAVES TO A FRESH SALAD OR VEGETABLE STIR FRY

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MINT

MINT HAS A RELAXING SCENT THAT CAN ALSO BENEFIT THE DIGESTIVE TRACT AND AID IN PAIN MANAGEMENT.

HEALTH BENEFITS:

- ENHANCES MEMORY.
- INCREASES ALERTNESS.
- CALMS UPSET STOMACHS.
- REDUCES STRESS.
- EASES HEADACHE PAIN.
- BOOSTS ENERGY.
- SOOTHES COLD SYMPTOMS.

CAUTION:

NOT RECOMMENDED FOR CHILDREN UNDER 5 YEARS OF AGE

SOWING:

PLANT SEEDS DIRECTLY ON THE SOIL SURFACE, NOT COVERING THEM WITH ANY SOIL BECAUSE THEY NEED LOTS OF LIGHT TO GERMINATE. TRANSPLANT HERBS TO LARGER POTS OR IN OUTDOOR CONTAINERS WHEN THE WEATHER IS WARMER.

NEEDS:

MINT IS VERY ADAPTIVE. THEY THRIVE IN FULL SUN AND PARTIAL SHADE AND WARM TEMPERATURES.

GERMINATION AND GROWING:

MINT CAN TAKE ANYWHERE FROM 1-4 WEEKS TO GERMINATE. PLANTS GROW VIGOROUSLY.

HARVEST:

LEAVES

TEAS AND INFUSIONS:

GO-TO METHOD, QUICK AND EASY

- TAKE DRIED OR FRESH LEAVES/FLOWERS
- PUT IN CUP
- POUR HOT WATER OVER IT
- STEEP FOR A FEW MOMENTS

QUANTITY:

CUP - 1 TSP DRIED HERBS OR 2 TSPS FRESH HERBS
POT - ¼ - ½ C DRIED HERBS OR 2 C FRESH HERBS
(STORE IN FRIDGE OR DARK COOL SPACE NO MORE THAN A DAY OR 2)

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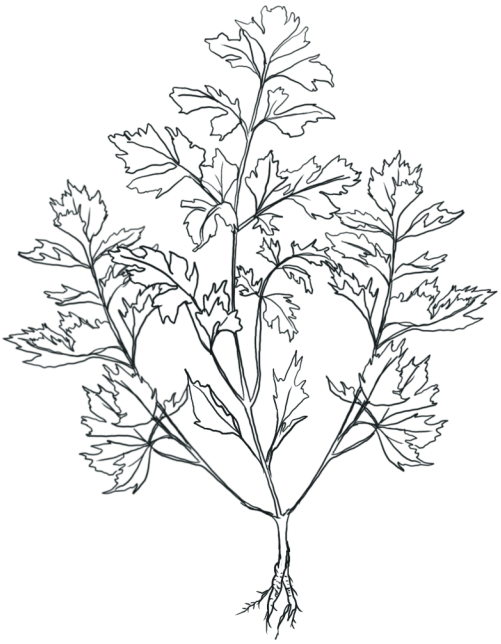
Parsley



Parsley is a nutrient-dense Mediterranean herb that is packed with vitamins and antioxidants, and has many traditional and culinary uses. Parsley has been used to treat conditions like high blood pressure, allergies, and inflammatory diseases.

Health Benefits:

- *High Nutrient Content*
- *Antioxidant Protection*
- *Natural Diuretic Properties*
- *Bone and Heart Health Support*

Sowing:

Parsley can be grown indoors or directly outdoors. It can grow hydroponically year round, started indoors 6-8 weeks before the last frost, or directly outdoors 3-4 weeks before the last frost.

Needs:

Parsley needs at least 6 hours of sun, partial shade, and well draining soil.

Germination and Growth:

Seeds take anywhere from 2-4 weeks to germinate. Presoaking seeds can help speed up the germination process. If transferring to soil, wait til late spring or early summer.

Ways to Add Parsley to Your Diet:

- *Stir fresh leaves into a homemade chimichurri sauce*
- *Mix finely chopped leaves into your salad dressings*
- *Sprinkle fresh or dried leaves on top of a salmon dish*
- *Finely chop the stems and add to a potato salad for an extra crunch*
- *Simmer dried flakes in a homemade tomato sauce*

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THYME



Thyme is an aromatic shrub that is a cultivated variety of wild thyme. Though the herb is known as a culinary staple, thyme is also praised for its ability to provide remarkable respiratory support.

Health Benefits:

- Antiseptic
- Expectorant
- Immune support
- Respiratory support
- Reduces muscle cramps
- Relieves bites and stings

Sowing:

Young thyme or cuttings can be planted 2 to 3 weeks before the last spring frost in well drained soil about 9 inches apart. For an early start, sow seeds or plant cuttings indoors 6 to 10 weeks before the last spring frost.

Needs:

Thyme loves the heat and should be planted in full sun. It is hardy and does not have high watering need, just make sure that the soil is able to drain properly to avoid root rot. Do not water until the soil is completely dry.

Germination & Growing:

It is recommended to plant cuttings rather than sow seeds because of unreliable germination. Thyme can grow between 6 to 12 inches in height is a great companion plant. Thyme does well next to rosemary, cabbage, and tomatoes in the garden.

Harvest:

Aerial Parts are usually harvested in the summer. It's best to harvest thyme in the morning, moments after the dew has dried. Cutting off the top 5 to 6 inches of growth will allow the plant to continue to thrive.

Preparations:

Cold infusion: ½ cup 3 times a day

Cough Remedy: take 1 tbsp of thyme syrup 3 times a day

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