

The Herb Lover's Garden!



● **Chamomile** (*Chamaemelum nobile*) Landscape design, bee attraction, edible flowers, healing
Zone 4. Herbaceous perennial. Full sun to part shade. Grows up to 12 inches tall.

Chamomile Tea

Chamomile is a relaxing tea that aids in digestion.

Boil water in a teakettle. Transfer boiling water into a warmed glass or ceramic teapot. Add a handful of fresh chamomile flowers and allow to steep for at least 10 minutes, longer for stronger tea.

● **Chives** (*Allium spp.*) landscape design, bee attraction, edible flowers, and stems, cutting garden
Zone 4. The allium species are bulbous perennials that make up one of most widely used flavoring groups of plants which includes chives, garlic, and onions. Easy to grow in a sunny, well-draining location.

Chive Butter

1 cube unsalted Butter

1 teaspoon lemon juice

2-3 tablespoons fresh chives chopped

Soften butter, add remaining ingredients, cream together well, place in tightly covered container, and refrigerate overnight for best flavor. A classic blend is made with chives for a baked potato topper or garlic for hot French bread.



● **Lavender** (*Lavandula spp.*) Landscape design, edible flowers, aromatherapy, cutting garden, healing
Zone 5. Herbaceous to semi-evergreen perennial. Varieties grow from 12 inches to 4 feet tall. Full sun. Prefers dry rocky soil, dislikes too much compost or richness.

Lavender Mist

In 4 ounces of purified water, simmer ½ cup fresh lavender buds. Allow to cool, strain and add 10 drops of lavender essential oil. Place in a sterilized glass mister bottle.

Shake well before use. Mist on sunburned or irritated skin to bring relief and promote healing.

For added benefits on warm days, refrigerate and use the mist chilled.

Also use in the household to freshen linens and musty rooms.

● **Mint** (*Mentha spp.*) container gardens, edible leaves, healing herb
Zone 4. Herbaceous spreading perennial. Grows up to 2 feet tall. Like rich moist soil in full sun.

● **Oregano** (*Origanum spp.*) landscape design, cutting gardens, edible flowers, bee and butterfly attraction
Zone 4. Herbaceous perennial. Some species are tender to frost. Growth habits are both upright and spreading to 3 feet. Needs sun and well-drained soil.

● **Parsley** (*Petroselinum crispum*) landscape design, edible leaves, healing
Biennial, typically grown as an annual. Like full sun and well-draining soil.

● **Roses** (*Rosa rugosa*) landscape design, edible flowers, and rose hips, aromatherapy, cutting gardens, healing
Zones 2-7. Shrub. Needs sun. Height 4 to 6 feet. Rugosa roses are disease and pest resistant. They also tolerate cold winters. Deer tend to leave spiny, shrubby rugosa roses alone.

● **Rosemary** (*Rosmarinus officinalis*) landscape design, culinary, aromatherapy, healing
Zone 7. Tender perennials treated as an annual below zone 7. The trailing rosemary Prostratus Group are not hardy below zone 7. The upright variety *R. officinalis* 'Arp' has been proven to be the hardiest and is known to overwinter in zone 5. Needs full sun and well-draining soil.

● **Thyme** (*Thymus spp.*) landscape design, edible leaves, container gardens,
Zone 4. Full sun, low growing (under 12 inches) herbaceous perennial. Will stay evergreen in mild winter areas. Tolerates dry, rocky soils.

“Any Herb” Recipes to Try:

Spa Treatments and Skin Care

Herbal Spa Salt Glow

- 1 cup of fine sea salt
- 2 cups coconut oil
- 10 to 20 drops of essential oil (optional)
- ¼ cup crumbled or finely cut herb

Place all ingredients in a wide mouth jar. Blend well.

To Use: Dampen skin. Massage the mixture into the skin. Use carefully on sensitive or damaged skin.

Herbal Bath Salt

- 1 cup sea salt, coarse grind
- ½ cup Baking Soda
- ½ cup dried herb

Combine ingredients well. For a finer blend, ingredients can be ground together. Place in a muslin bag.

To use: place mix in a warm bath. Bathe for a minimum of 15 minutes to capture the full benefits of the herbs.

Culinary Recipes

Herb Ice Cubes

Wash and clean fresh herb leaves. Add a leaf or two or approx. 1 teaspoon of herb to each ice cube section in an ice cube tray. Cover with cold water and freeze solid. Pop out cubes and store in freezer bags. Use mint cubes in teas. Make basil and oregano cubes to add to sauces and soups during cooking.

Herb Pesto

- 3 cups fresh packed herb leaves
- ½ cup olive oil
- 2 cloves (or more for garlic lovers)
- 1 teaspoon salt, if desired
- ½ cup fresh grated Parmesan cheese
- 2 tablespoons of nuts, (pine nuts, walnuts, or sunflower seeds)

Process herb leaves and garlic together in a food processor, drizzle in olive oil and blend until thoroughly pureed. Transfer to bowl and add remained ingredients, mix well. Serve over warm pasta, spread on French bread or in place of tomato sauce on pizza. Try a cilantro pesto on warmed tortillas or fajitas.

Household Cleaning

Herbal Scouring Powder

- 1 cup Baking Soda
- ¼ cup Borax
- ½ cup ground herb

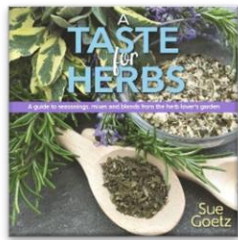
Mix well. Place in Shaker can. Use to scour sinks and tubs for a fragrant, gentle, and easy on the environment abrasive.

Books for the Herb Lover

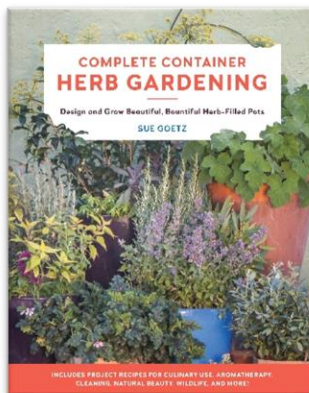
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Your guide to seasonings, mixes, and blends from the herb lover's garden



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