

Chapter 1 : Growing, Preserving And Mixing Your Own Herbs And Spices (Part 1) - Off The Grid News

Keep in mind that herbs can be annuals, biennials, or perennials when selecting herbs to grow for the first time. Annuals (bloom one season and die) anise, basil, chervil, coriander, dill, summer savory.

Growing Herbs for Beginners I kill herbs. There I said it! I try to grow them, but somehow they always seem to wilt and die on me. They make food taste great! My problem was that I never really got to know them! I would treat them all the same, but each herb has its own little quirks, its own way of doing things! If you want to bring nature into your home, save money and enjoy fresh food – this guide is for you! Buy a plant from the nursery or even supermarket, a bag of good soil and start on your way! If your mint comes in one of those tiny plastic containers, re-pot it into a larger pot. Their roots are creepers and need room to grow. If you want more mint, cut off a few sprigs and place them in a cup with some water. After a week, the roots will grow and you can plant it in soil. Do not allow to flower, snip off buds. If you plant mint in a bed, with other herbs, keep it in a pot or mesh bag, and plant the whole thing in the soil to contain the roots, otherwise they spread out and overpower other plants. Keep in a cup with some water, like a flower. Check that the soil drains well, add small pebbles to the soil at the bottom of the pot, to help with draining. Only harvest a few leaves from the tops of each stem at a time. When the basil grown to about 15 cm, prune the tops to encourage bushier growth. Incredibly low-maintenance, it seems that most rosemary plants suffer from too much attention rather than too little! Likes sunlight and good air circulation. Rosemary likes it on the dry side. You can add pebbles to the soil at the bottom of the pot to help. Make sure that it has enough air circulation to keep dry. This is my goal. If we nourish them, they will in turn nourish us!

Chapter 2 : Herbs for Beginners

growing herbs for beginners Herbs are a wonderful addition to any kitchen garden, windowsill or container gardening. They are perfect for patio, flower pots & containers, windowsill or garden Here are some of the most common herbs that are perfect when you are just starting with growing herbs for beginners!

By Manuela Williams Growing your own herbs is a great way to save money at the grocery store. Here are my tips for growing a container herb garden. Container Herb Garden Disclosure: Please see our Disclosure Page for more information. Here are 6 tips to help you get started with planting your very own container herb garden! Use good potting soil that drains well not soil from your yard. Choose the right pot. So choose an appropriate pot size. Also, I know galvanized tubs are popular to plant in but they get hot and dry out quickly in my Zone 7b so depending on where you are located, you may need to water them more frequently. Same thing with dark colored pots. You can also use packing peanuts. Fill your pot with soil. Then get to planting! Grow what you like to use. Technically you should plant the herbs that like to dry out in between watering together like rosemary and thyme in one pot and the ones like parsley and chives that like constant moisture in another pot. If you live some place with very hot summers they may need to be shaded mid day. I have a raised bed in my vegetable garden where I grow more herbs but these are ones we use all the time for cooking. Here is the same pot a few weeks later! The Washi Tape Herb Markers makers were easy to make! Remember, herbs like being pinched back so the more you pick the more you get!

Chapter 3 : Tips For Planting A Container Herb Garden

Learn to grow herbs with our FREE video classes!

Herbs require little in the way of maintenance, and you can grow a generous supply in a surprisingly small space. Select a small patch of your yard or find a spot for a grouping of containers as close as possible to your kitchen door—choose any spot within 20 paces of the door that gets at least a half day of full sun. Herbs are less needy of nutrition than vegetables, so most soil types work well. Your first kitchen herb garden will be successful if you start simply. Fill your garden with some of the tried-and-true favorites on our list. Plant seeds or seedlings of basil, a warm-season annual, after the last frost during a warm spell. When flowering tops appear, cut them off toss them in salads! You can sow a second planting of seeds directly in the garden in early summer. Indoors, a pot of basil repels flies. Basil is best fresh. Always toss it in at the end of cooking—heat damages its flavor. Preserve fresh basil by making an infused oil or freezable pesto. Genovese is best for cooking; ask your nursery about specific varieties for spicy flavor, compact growth habits or frilled foliage. A mild onion-flavored perennial, chives produce edible flowers in spring and early summer. Plant as soon as the last frost has passed. Trim regularly to prolong production. Every few years, divide and replant clumps to encourage new growth. Toss chives into almost any savory dish—add at the end of cooking or they become bitter. You can freeze excess chives; use them as you would fresh. Compact Grolau is great for containers; Grande features big, broad leaves; try garlic chives for bold flavor. A fast-growing annual, cilantro can be planted in spring and again in late summer. Cilantro is among the easiest herbs to start from seeds sown directly in the garden, but it suffers badly when transplanted. The ripe seeds are the orange-scented spice known as coriander. To harvest coriander, allow plants to flower and then collect seeds after they turn brown. Store seeds in a cool, dark spot. The entire cilantro plant is edible. Enjoy the leaves, the brown seeds coriander and the roots in soups and stir-fries. Toss the flower heads in salads. Santo lasts longer than most varieties; Delfino has lacy leaves. Plant mint, a hardy perennial in most areas, in spring. You can start mint from seed, but plants you buy often have better flavor. Clip growing tips monthly to encourage new growth. Mint is versatile and easy to dry. Crush it with sugar and vinegar for a wonderful mint sauce. Peppermints and spearmints are best for cooking; pineapple mint has beautiful variegated leaves. You can pot and overwinter hardy oregano in an unheated garage, even in colder climates. Dried oregano leaves hold their flavor well, and excess oregano can also be mashed into butter. Pick flowers as they open to add to soups, baked potatoes and roasted vegetables. Greek oregano has the best flavor. Italian oregano is a delicious marjoram-oregano cross. Sweet marjoram may be the only true marjoram. You can grow parsley from direct-sown seed, but the seeds are slow sprouters. Plant young seedlings in spring, handling roots gently. To preserve parsley, freeze leaves or turn them into gremolata, a condiment of parsley, garlic, lemon and olive oil. In autumn, try pulling up a few plants and use the roots as you would carrots. Curly parsley is a lovely edging plant, but most cooks prefer the flat-leafed version, often called Italian parsley. Superior rosemary cultivars are best purchased as plants. A woody perennial, rosemary can be pruned back, potted up and kept indoors through winter in cold climates. Rosemary accentuates many foods, especially baked goods and roasted vegetables and meat. Varieties differ in size and flavor, though all produce pungent leaves and sturdy stems that can be used as skewers. The leaves dry easily for preserving. Harvest the small flowers as they appear in spring and summer to add to egg and veggie dishes. Arp and Hill Hardy tolerate more cold than other varieties. Try compact Blue Boy in containers. This inch-tall woody perennial is pretty cold-hardy, but new plants should be started from rooted stem tip cuttings every other year. Or start with transplants. Variegated varieties are less cold-tolerant and more petite. Preserve an abundance of sage by drying it, packing it in salt, or mashing it to create a flavorful butter. The sweet flowers are an ideal accompaniment to dishes with light flavors. Compact Berggarten is great for tight spaces; White Dalmatian features silvery leaves; Tricolor foliage has pink and white stripes. Start with transplants, and French tarragon will grow to 24 inches tall with stems that tend to sprawl. If a stem rests on the soil, covering it with soil often coaxes it into developing roots. In midsummer, cut back plants by half to stimulate new growth. The leaves have an anise flavor that is sweeter earlier in the season. In spring,

use the entire sprig, rather than just the leaves. Later in summer, the leaves benefit from long cooking, as in stews. Tarragon is easy to dry, but also makes fine vinegar. Steep leaves in white wine vinegar in a sunny windowsill for 4 weeks, then strain. There is but one true French tarragon, which must be purchased as a plant. Nibble a leaf before you buy—it should have a zingy licorice flavor. This hardy evergreen can be grown from seed, seedlings or rooted stem tip cuttings. Cut back blooming branches to increase production of leaves. Thyme boosts the flavor of meat and vegetables, and the oil in thyme helps to break down the fats in many foods, making them more digestible. The leaves are easy to dry, and it also makes nice vinegar. The leaves have the strongest flavor before the plants flower, but you can pick the flowers when they open to sprinkle over vegetable dishes. Upright, green-leafed French and English thyme provide the best flavor; variegated forms are excellent in containers. Growth Spurt Shop for organically grown plants at local garden centers or herb farms you may have to mail-order specialty culinary herbs. As you examine prospective adoptees, check for pots that contain several seedlings. You can divide and transplant each one, provided you shade them from the sun for a few days as they become accustomed to their new home. If you buy a fresh herb and want to grow it, choose a few healthy sprigs and strip all but the top three or four leaves, then snip the lower part so only a little bit of green healthy tissue remains. Plant the cutting in a pot of moist soil, then cover with a plastic bag for a few days.

Chapter 4 : About Your Privacy on this Site

On the other hand, if you haven't been successful growing the herbs in one of your pots, it is a simple matter to replace those droopy herbs with fresh ones, without anyone being the wiser. You can also replace your potted herbs with new ones just to create an entirely new look.

Chives Lemongrass These herbs also tend to be fairly easy to care for and grow well in a large range of zones. There are many varieties within these herbs, so taking some time to shop online or through catalogs is a great way to pick the right variety for your needs. Getting Your Herb Garden Started Herbs can be grown within garden beds, in containers or right out in your yard as edible landscaping. They tend to be easy for new gardeners to grow and are ideal for those who are short on space. Though most herbs are very hardy and will grow even in poor soil, here is how to get the most from your plants. Use a Loam to Loam-Sand Soil These herbs listed above will all grow well in loamy to loamy-sandy soil. Loamy soil is characterized by being a fairly dark, rich soil that can form a ball in your hands but will crumble easily. Very leafy herbs like basil do best in loamy soil, whereas stalky herbs like thyme thrive in a sandy loamy soil. Sandy loamy soil simply contains more sand and allows for further drainage which keeps the plant drier. High-quality organic soils are the best option for growing edible plants. An even better option is to create your own soils. The truth is that store-bought soils really pale in comparison to the quality and nutrient levels of home-mixed soils. I highly recommend that you seriously consider mixing your own soil. The term full sun means the plant needs a minimum of six hours of sunlight every day, although six to eight hours is ideal. Partial sun will require around four hours of sun per day. However, certain types of pots will make your job as gardener easier. Light color pots will keep your plants cooler than dark pots. Dark plastic pots are ideal for growing herbs or other plants in shaded areas. Terracotta and ceramic pots should be used in partial sun to shaded areas. These pots also hold in moisture much better than plastic pots. Metal planters can also be used but tend to heat up very quickly and have poor insulation. Wood planters made from redwood or cedar can be ideal herb boxes and offer great insulation. The wood also helps keep the soil and roots at a healthy temperatures in full sun locations. Getting Your Herbs Started Depending on your growing season, you may need to start your herbs indoors. All 10 herbs listed earlier can be started indoors in much the same way. Gather Your Pots and Prepare First off, you need to prepare your planting containers first, since they will need to be ready to go ASAP with this next step. Going the traditional route of planting seeds in very small pots for eventual replanting will work with all the herbs mentioned except in the case of cilantro, parsley and some varieties of oregano and thyme. For these more fussy herbs you will want to plant them directly into their permanent pots or at least in pots large enough for the herbs to grow to near maturity before you replant. You can buy seed-starting trays or use this opportunity to upcycle. Small containers like old Styrofoam cups, small tin cans or old Tupperware that you normally might toss are ideal for starting seeds. You can also get creative by making seed-starting cups from newspaper check that out here or even egg shells , if you are patient. This paper pot tool makes very quick work of using newspaper and possibly other long-fiber papers as tiny seedling pots. Once you have your pots ready to go, just fill them with your soil mix and dampen. What you will need to do is simply fill a glass with warm water, dump in the seeds the entire packet or a small amount " whatever you want planted and let them soak for 24 hours. After the 24 hours is up, toss any floating seeds. Sow Your Seeds Immediately after the hour soak is up, you want to get those seeds planted. Almost all of the 10 herbs can be planted at around a quarter-inch deep. Generally, the depth the seed is planted should be equivalent to about two to three times the size of the seed. Lightly cover the seeds with soil and do not make the mistake of packing the soil down hard, especially for delicate herbs like parsley. Water the seedlings once more and move them under a grow light or into a sunny windowsill. Wait for Germination Now it is time to wait. Here is a quick guide to average germination times, though you just might notice faster germination if you soaked them step 1. Care for Your Seedlings Caring for seedlings requires that you keep the soil moist, keep the plants warm and get them plenty of light. Your seedlings will need about 14 to 16 hours of light for maximum growth. Be very careful you do not overwater your seedlings. Water them gently, perhaps by using a spray bottle. You should aim to keep

your plants at 70 degrees Fahrenheit at least. A little warmer may be OK, but be cautious of temps of 75 degrees Fahrenheit or warmer. Sure, your seedlings will grow faster but they will be weaker. **Transplant Your Seedlings** This final step in seedling care should not be rushed. Transplanting is stressful on your plants, so much that some varieties suffer from it. You can make an exception to this in two cases: Here are some things to keep in mind when caring for your herbs: Water your herbs a little every other day rather than one heavy watering a week. Inspect your plants daily to check that they are getting the right amount of sun. Pests should be addressed immediately. Bugs on herbs are rare but if it happens use a nontoxic, organic product. Cut or pluck any flower heads that you see forming ASAP. This will force your plant to grow more leaves. Regularly harvest leaves from the top of the plant only. Always leave the large bottom leaves alone unless you plan to get rid of the entire plant at the end of the year. When you cut leaves, cut above the tops of the next leaves rather than right below the leaves you are harvesting. If you find you would like more plants, simply trim off a part of the plant as you would if you were harvesting normally. Take this twig and pluck off the bottom leaves so you have a stem. Pop this twig into a small pot with very damp soil in a shady area and within about 2 weeks it should have rooted and started growing. Part two of this guide will delve into growing spices for beginners. Have you grown herbs? What are your best tips? Share them in the section below:

Chapter 5 : Ten of the best herbs to grow in containers | Life and style | The Guardian

Growing Herbs Indoors For Beginners From the awe-inspiring aromas to the tongue tantalising tastes, it's safe to say, fresh herbs can transform almost any dish. Not to mention, small indoor herbs gardens are a beautiful addition to any home, windowsill or apartment.

Click here to see our 1 pick Soil conditions make it difficult to garden in much of Nevada, for example, without a lot of costly inputs. Almost all of the food humans eat once grew from the soil. Fruits, vegetables, and grains all originally came from the ground, although now some are grown hydroponically. Even that medium-rare flatiron steak would never have made it to your plate if not for a cow peacefully chomping on grass or grain for months straight. Unfortunately, the idea that food comes from the grocery store is widely pervasive today – people have lost touch with where their food really comes from. Backyard gardening has experienced a renaissance, as more consumers realize they want to not only know exactly how their produce was produced, but also control most of the process. But there are reasons why some people have purchased their vegetables from vendors for generations. Not every food can grow in every location. Soil conditions make it difficult to garden in much of Nevada, for example, without a lot of costly inputs. So, how does the average apartment-dweller get back in touch with their green thumb? A Plant In Every Window The temperature and humidity in a home remain relatively constant over long periods of time. This year-round reliability is what really makes indoor gardening so easy. And focusing on small, flavorful herbs means only a small grow light is needed for the garden to flourish. Small plots and effective lighting setups are a great way to test out multiple different hybridized seeds. Furthermore, indoor gardens can be a great tool for the home plant breeder. An indoor plot provides the controlled environment required to test the potential of different strains, and it keeps pests and disease from reaching the most vulnerable seedlings. On top of the tangible uses of an herb garden in the living room, there are other subtle yet practical benefits. Studies show that the presence of plants in homes and workplaces can increase mental clarity and quality of work done. Even pictures of nature have been shown to improve mood, so one can safely assume that real plants will have a similar effect. Beyond that, many plants are great at filtering contaminants from the atmosphere. Different plants can tackle impurities like dust particles or even formaldehyde. While this applies more to slightly larger houseplants, there are many ferns and small flowers that will fit in an herb garden and effectively improve the quality of your indoor air. Botany is the science of growing plants, and gardening is the art. There are so many different plants to choose from that even a small, indoor garden plot is limited only by your imagination. There are two main ways to plant herbs. Some, like chives, are as easy as pulling a clump from an existing plot and transplanting an inch beneath the surface of the topsoil. First, scarify the seeds. Scarification is a process wherein the protective hull of the seed is nicked or scratched, letting the seed intake moisture and nutrients fast and germinate more quickly. For best results, keep the temperature generally above 60 degrees Fahrenheit, as some herbs are sensitive to cold. One important distinction to remember while designing your garden is whether your herbs are annuals or perennials. Annuals last one season, requiring replanting when they expire. Perennials can survive for years, alternating growing and dormant seasons while requiring regular pruning. Of course, for any herb to make it even to one full season, it requires the proper care. Pay special attention to windows, where even a light draft from outside could spell doom for some plants. Moisture level in the growing medium is also of prime importance. Herbs require a fine balance of not too wet and not too dry soil. A quick poke underneath the surface should reveal some dampness just beneath a mostly dry surface layer. Almost as bad as under-watering is over-watering, which could easily drown some specimens. Softer herbs like basil, cilantro, and chives do well in humid or shadier locations, while tougher-stemmed varieties like rosemary and thyme are more suited to drier and brighter spots. Above all, be patient and attentive to your plants. Check them every day and prune them regularly. If you have trouble keeping them alive, try out some hardier varieties – maybe parsley, which is pretty hard to kill. And remember to use those herbs in some delicious food.

Chapter 6 : D'ABALDO HERBALS: Growing Herbs for Beginners -Module 1 History of Herbs

Cilantro Grow It: A fast-growing annual, cilantro can be planted in spring and again in late summer. Cilantro is among the easiest herbs to start from seeds sown directly in the garden, but it suffers badly when transplanted.

Mint can be a greedy beast – but with care it will keep you supplied all year. Mark Ridsdill Smith 2. Chives Brilliant in salads, snipped up over soups, or added as garnish to many dishes. The flowers are cheerful in the spring, taste yummy – and the bees love them too. Rosemary Easy to grow with unique flavours, these classic herbs are excellent for soups, stocks, meats, pastas and more. You can grow sage from seed, the others are better bought as plants or grown from cuttings bay is difficult from cuttings, though. Parsley This is slow to get going from seed but once established will give you leaves for nearly two years before it flowers and dies. I like a lot of parsley and once filled a whole window box with it. Coriander Planted in the spring, coriander quickly flowers and goes to seed. You can try and delay this by keeping it well watered and fed, growing it in a more shady space, and cutting the leaves regularly , but it will happen eventually, whatever you do. August through to September is the best time to sow coriander, when it is much less prone to bolt. Basil This loves the warmth. Sorrel Despite having its profile raised by Ottolenghi who uses it in several recipes , sorrel remains a stranger to supermarket shelves. It has a strong, sour flavour with a lemony bite. Cooked, sorrel forms classic combinations with eggs and with salmon, or you can chop up a few fresh leaves and add to salads. It is easy to grow in a container. Plant six to eight plants which are easy to start from seed in a window box with at least four hours sun and it will give you a flavour hit all year round. Pick the outer leaves and it will keep producing new leaves. You can grow herbs in pots together as long as you remember two rules: And choose herbs of similar sizes for the same pot – a large rosemary will swamp a small thyme plant, for example. So if you want to mix rosemary and thyme, look for a small, compact form of rosemary. I find five litre pots are a good size for most herbs bay, rosemary and lovage may need something bigger – big enough to support decent-sized plants, but small enough to fit in a small space. You can grow herbs in smaller pots, but five litres and larger are a lot easier to look after, as small pots dry out too quickly. Stuck for space to grow? Try planting herbs in containers Mark is Founder of Vertical Veg a social enterprise that inspires and supports food growing in containers in small spaces. For free, seasonal container growing tips, sign up to his newsletter at www.interestedsite.com. Interested in finding out more about how you can live better? The Live Better Challenge is funded by Unilever; its focus is sustainable living. All content is editorially independent except for pieces labelled advertisement feature. Find out more here.

Chapter 7 : Herb Basics: A Beginner's Guide to Herbs

Danny Abaldo Yermo, CA, United States Almost 40 years as an herbalist, I have helped many people over the years. I offer a tuition free Herbalist school, half hour free consultation I have a Dr degree in Ministry, author of several books, and a recording theinnatdunvilla.comng is my passion and seeing people get healthy.

Herbs for Beginners Beginning herb gardeners may have a problem deciding which herbs to plant because of the large number of herbs from which to select. A quick check of your supermarket shelf will give you some idea of the types of herbs used in cooking and also will serve as a planting guide. Many cookbooks also offer information on uses of various herbs as flavorings. Following is a good variety of flavors and uses of recommended herbs for beginners: Strong herbs -- winter savory, rosemary, sage Herbs strong enough for accent -- sweet basil, dill, mint, sweet marjoram, tarragon, thyme Herbs for blending -- chives, parsley, summer savory As your interest and needs increase, you can add to the variety of herbs in your garden. Keep in mind that herbs can be annuals, biennials, or perennials when selecting herbs to grow for the first time. If you have room, you can make herbs part of your vegetable garden. However, you may prefer to grow herbs in a separate area, particularly the perennials. Herb Garden Size First, decide on the size of your herb garden; this will depend on the amount of variety you want. Generally, a kitchen garden can be an area 20 by 4 feet. Individual by inch plots within the area should be adequate for separate herbs. You might like to grow some of the more colorful and frequently used herbs, such as parsley and purple basil, as border plants. Keep annual and perennial herbs separate. A diagram of the area and labels for the plants also will help. Site and Soil Conditions When selecting the site for your herb garden, consider drainage and soil fertility. Drainage is probably the most important single factor in successful herb growing. None of the herbs will grow in wet soils. If the garden area is poorly drained, you will have to modify the soil for any chance of success. To improve drainage at the garden site, remove the soil to a depth of 15 to 18 inches. Place a 3-inch layer of crushed stone or similar material on the bottom of the excavated site. Before returning the soil to the bed area, mix some compost or sphagnum peat and sand with it to lighten the texture. Then, refill the beds higher than the original level to allow for settling of the soil. The soil at the site does not have to be especially fertile, so little fertilizer should be used. Generally, highly fertile soil tends to produce excessive amounts of foliage with poor flavor. Plants, such as chervil, fennel, lovage, and summer savory, require moderate amounts of fertilizer. Adding several bushels of peat or compost per square feet of garden area will help improve soil condition and retain needed moisture. Sowing Herb Seed Nearly all herbs can be grown from seed. Although rust infects mints, very few diseases or insects attack herbs. In hot, dry weather, red spider mites may be found on low-growing plants. Aphids may attack anise, caraway, dill, and fennel. A few herbs, such as mints, need to be contained or they will overtake a garden. Plant them in a no. A drain tile, clay pot, or cement block also can be used. Sink these into the ground; this should confine the plants for several years. Herbs can also be grown in containers, window boxes, or hanging baskets. These methods will require more care, especially watering. If possible, sow seeds in shallow boxes in late winter. Transplant seedlings outdoors in the spring. A light, well-drained soil is best for starting the seedlings indoors. Be careful not to cover the seeds too deeply with soil. Generally, the finer the seed, the shallower it should be sown. Sow anise, coriander, dill, and fennel directly in the garden since they do not transplant well. Most biennials should be sown in late spring directly into the ground. Work the soil surface to a fine texture and wet it slightly. Sow the seeds in very shallow rows and firm the soil over them. Do not sow the seeds too deeply. Fine seeds, such as marjoram, savory, or thyme, will spread more evenly if you mix them with sand. Some of the larger seeds can be covered by as much as one-eighth of an inch of soil. With fine seeds, cover the bed with wet burlap or paper to keep the soil moist during germination. Water with a fine spray to prevent washing away of the soil. Cutting and Division Cutting and division also are useful in propagating certain herbs. When seeds are slow to germinate, cuttings may be the answer. Some herbs, however, spread rapidly enough to make division a main source of propagation. Tarragon, chives, and mint should be divided while lavender should be cut.

Chapter 8 : The Skinny Gourmet: Ten Mistakes New Herb Gardeners Make (and How to Avoid Them!)

This really is the perfect kit for both the herb enthusiast who geeks out over hydroponic growing and the technologically unsavvy beginner who just wants to grow herbs within a reasonable time frame. For roughly \$ less, AeroGrow offers the best hydroponics kit for the price point.

By Herb Companion Staff Peppermint leaf helps soothe the stomach. Coca Ginkgo is added to many foods on the market today. The strength refers to the dilution of the original substance in water or ethyl alcohol. For example, if 1 part of the original substance is added to 9 parts of water or ethyl alcohol, this is called a 1x decimal dilution, or 1 part in Dilutions are also made on a centesimal scale, or 1 part in , yielding 1c, 2c, and so on. Both forms of dilutions, also known as potencies, can be repeated many times. The higher the number on the bottle, the stronger the homeopathic product. Low potencies 1x to 30x, or 1c to 15c are sufficient for most ailments. Herbalists prescribe therapeutic doses of herbs to stimulate healing, somewhat like taking an aspirin for a headache. Many herbalists liken their approach to that of physicians of the past: If the patient has a more chronic condition, such as lupus or chronic fatigue syndrome, the treatment will continue longer. The Complete Medicinal Herbal. Here are some tips to keep in mind. In one brand of ginseng-enriched cereal, a serving contained only 60 mg of ginseng; an average dose of the herb is up to four to mg capsules per day. In some herb-infused salad dressings and nutritional bars, the herbal products cost the same as the nonherbals made by the same companies. In some products, such as juices, the herbal versions cost at least 50 cents more than their nonherbal counterparts. Herbs for Health editorial adviser Christopher Hobbs says these herbs are almost always risk free when consumed moderately. Of course, individuals may have allergies that could be problematic, but Hobbs says these herbs have the least incidence of side effects. Peppermint leaf settles the stomach and relieves gas. Cinnamon bark speeds healing when you have a cold. Chamomile flower relaxes and promotes sleep. It also relaxes the stomach and bowels. To make your own tea from any of these herbs, simply steep 1 teaspoon of dried herb in a cup of hot water for 15 minutes. Herbal Remedies for Dummies. IDG Books Worldwide, The terms standardized extract and active constituents have to do with the way an herbal product has been prepared. Use the information below to decide which products are right for you. A product with this label contains a certain level of the herbal component believed to be most medicinally active. There are two main types of standardized extracts: Examples of active constituent extracts: Examples of marker extracts: They believe that refining plants by standardization is comparable to the process of refining pharmaceutical drugs. A Glossary Words to know from stories in this issue: Also known as hay fever, a condition in which the immune system overreacts to common substances floating in the atmosphere such as foods, dust, and animal dander see " Treat Your Allergies at the Source ". Modifying the diet for a short period of time, up to a week or two, to give the body a break from the constant job of digesting food, using it, then eliminating it see " Everyday Cleansing Recipes ". The most common blood-borne disease in the United States, it primarily causes inflammation and damage to the cells of the liver. Herbs such as milk thistle can help manage the disease see " Fight Hepatitis C with Holistic Herbs ". The reflex triggers the release of stress hormones that increase respiration and heart rate and elevate blood pressure, effects that prepare the muscles for self-defense or escape see " Natural Stress Relief ".

Chapter 9 : Growing Herbs for Beginners | Little Green Dot

Growing herbs in pots for beginners is a great option! Many times this method is started with a small pot that contains a small dried tablet of soil with the herb seeds already contained within it. These small pots are an easy way to begin because all they require is a little water and sunlight to begin since the soil already contains much of.

Have you tried it yet? Fresh herbs are one of the greatest ways to increase the taste of your food healthfully. I often toss whatever leafy herbs are hand liberally into a salad to add unexpected variations in flavor basil, oregano and dill are all great choices. Fresh herbs can add punch to sauces or create intensely flavorful crusts for roasted meats. While fresh herbs are now regularly available at grocery stores year round, growing your own herbs is a great way to build mastery over your food. Growing herbs at home can be easy whether you live in a house in the suburbs or an apartment in the city. Let it be known that I have the blackest of thumbs. I routinely kill houseplants and whether from too much love or too much neglect I never really know. Moreover, I live in a condo in Chicago, so I only have pots on my back fire escape as my city "garden. It surprises me how often I bump into friends who are flummoxed about some aspect of herb gardening. And strangely, I feel there are few practical guides to growing herbs on the internet for someone just starting out. Most of the advice is geared towards high end gardeners who can make sense of soil PH and whatnot. When I was starting out, what I really needed was some sort of herb gardening for dummies. So here is my quick and practical advice for growing herbs for beginners. When you first start out trying to grow fresh herbs, I recommend you begin by trying to grow from seedlings rather than planting your own seeds. These great little starter plants are widely available in grocery stores in the late spring. For the same price as a packet of fresh herbs from the produce section, you can buy your own little starter plant. Lots can go wrong in the seed to seedling transition including not thinning out plants properly , so its probably best to begin by skipping that complicated task or you are in danger of washing out before you really begin. Starting with the wrong varieties. I recommend you start by trying to grow fresh basil. It is the perfect trainer herb. First, basil grows quickly, allowing you to observe the effects of your care more easily. Second, basil leaves wilt visibly when not watered enough, but recovers well if you water the wilted plant. Watering herbs like houseplants. Instead, water herbs a moderate amount every day. While some houseplants flourish with one solid watering per week, most delicate herbs require moderate and regular watering. This is particularly true during hot summer months. If you have good drainage at the bottom of your pot at least a drainage hole, possibly rocks beneath the soil , it will be difficult to water herbs too much. Not cutting early and often. Again, basil is a great herb to practice pruning. As with all herbs, you want to cut the herb just above a set of growing leaves. With basil, when you cut the plant that way, the originally trimmed stem will no longer grow. Of course you want to be sure you are always leaving a few good sturdy leaves on the plant see below. As it continues to grow, continue to prune it approximately every " for a nice solid plant. I like to let it grow for some time and then cut back to within inches of the original cut. After only a few early trial cuts, this usually makes for a nice clipping with plenty of basil to use for a pizza. Taking the leaves from the wrong place. When you are just starting out it seems to make so much sense to pick off a few big leaves around the bottom of the plant, and let those tender little guys at the top keep growing. Leave those large tough old guys at the bottom alone. Once your plant is big enough to sustain a decent harvest, keep on taking from the top, as you have been when you were pruning. That way you get all those tender new herbs that are so tasty, and your plant gets to keep its well developed solar power system in place. Plus, if you pluck from the base and leave the top intact, you get a tall skinny plant that will flop over from its own weight and yes, I know this from experience. When you pluck from the top, instead of clipping off just below a pair of leaves, you want to clip off just above a pair of leaves. It is a bit counter-intuitive as a novice, but trust me it works. The place where the leaf joins the stem is where new growth will occur when your plant sends off new stems in a V. Letting your plants get too randy. If you are pruning regularly, this may never become an issue, but unless you are growing something for its edible flowers, be sure to cut back herbs before they start growing flowers. My friend once brought me to her backyard garden and pointed, frustrated, at her wimpy, small basil plants. Because herbs are kind of like

college boys: If you want leaves, keep cutting off the little flower buds whenever you find them see photo above , and it will encourage your plant to focus on growing more leaves. Using tired soil with no nutrients. Tired soil that has been sitting in your garden or lawn for ages often looks grey and a little depressing. Would you want to grow in that stuff? I grow my herbs in a combination of potting soil, used coffee grounds with a near-neutral PH, available for free at Starbucks , and organic compost. If I have some on hand, I also throw in crushed egg shells. Those without access to compost and no deep commitment to organic growing may find Miracle grow useful. My momma swears by it for tomatoes. A diluted solution of Miracle grow occasionally can help many herbs flourish. Getting in a rut. There is an element to passion about herb gardening. In order to be good at it, you need to feel rewarded. Branch out to a few other basic herbs that you will use regularly in your kitchen. There are few things more rewarding as an urban foodie than being able to pop out to the fire escape to clip fresh herbs to use in my cooking. Once you have become comfortable with basil, I recommend moving on to try growing oregano, mint, rosemary and thyme. All are regularly useful herbs in the kitchen, and all are relatively easy to grow. You will notice that rosemary cleaves after cutting in a somewhat similar way to basil, but grows much more slowly, so the effect is difficult to notice. Some plants also respond to clipping by throwing out more full leaves at their base. I have long wanted to grow cilantro but have not had much luck with it. When choosing herbs, read the label carefully. For example, there are two main varieties of oregano: Mediterranean oregano is the more common variety, and what you likely own if you have conventional dried oregano in your cupboard. I have Mexican oregano growing on my back fire escape. Similarly, there are many different kinds of mint. A word of warning for oregano and mint: If you are planting outside in a garden, rather than in pots, you may want to consider potting these herbs and then burying the pots in the ground. This will add a measure of control to the root systems of these herbs, which can otherwise take over a garden and strangle nearby neighbors. When in doubt, check out wikipedia, they usually are careful to point out which herbs are in danger of overwhelming your garden.