

Herb-o-rama

There are lots of different types of herbs, with different uses - such as Medicinal herbs, Repellent herbs and Culinary herbs. While there are many, many herbs available and a million ways to utilize them, here are some of our suggestions...

Medicinal Herbs

It is important to note that these types of herbs can be harmful if used incorrectly. Since they don't have guidelines or exact dosages like pharmaceutical medications - it is important to consult a professional before use. Medicinal herbs can be administered in a few different ways, such as pills, powders, teas and/or topicals. There is a possibility of side effects when using medicinal herbs as each person's chemistry is different. Keep in mind that the way a certain herb works for you may not be the same for another person - another reason to consult a professional.

Ailments & Recommendations

- Anxiety: Chamomile, Lavender
- Circulation: Ginkgo Biloba, Rosemary
- Cold, cough or respiratory issues: Echinacea, Garlic, Thyme
- Digestion: Basil, Ginger, Lemon Balm, Peppermint Mentha, Rosemary
- Energy: Parsley, Peppermint, Rosemary, Sage
- Internal Inflammation: Aloe Vera, Cinnamon, Cardamom, Garlic, Ginger, Ginseng, Tumeric
- Memory: Ginkgo Biloba, Rosemary
- Muscle or Joint Pain: Cayenne Pepper, Chamomile, Ginger, Peppermint Mentha, Rosemary
- Relaxation: Chamomile, Lavender
- Skin Issues: Aloe Vera, Callendula
- Sleep Issues: Cannabis, Chamomile, Lavender, Lemon Balm

Repellent Herbs

These herbs will help repel bugs, including mosquitos

Basil	Bay (Sweet Bay)
Catnip	Dill
Fennel	Garlic
Lavender	Lemon Grass
Mint	Oregano
Rosemary	Sage
Thyme	

Culinary Herbs

- Dried versus Fresh Herbs

What's the difference between fresh herbs and dried herbs? There is a big difference between fresh and dried herbs, in flavor as well as quantity needed when cooking. Fresh herbs have more flavor but a shorter shelf life, while dried herbs can last for roughly 3 months on a shelf.

Why would I dry my herbs? By drying your own herbs, you can guarantee that they will be fresh while grocery store herbs can sit on the store shelves for 3 months or more.

How do I dry the herbs I've grown? There are a few different ways you can go about drying your herbs, choose the method that works best for you...

- Dehydrating them by using a dehydrator
- In an oven by putting the herbs on a cookie sheet for 1 to 2 hours, at a temperature of 180 degrees with the oven door open a bit
- Upside down in bundles secured with a rubber band. As the herbs dry, the bundles will shrink and the rubber band will shrink with them

How do I store my herbs once I've dried them? The bottom line is that you want a container that is air tight. Some good container options are canning or jelly jars or an air-tight plastic container. Again, they will last for roughly 3 months. Lots of herbs can be "crumbled" into small bits for storage, but others, like Sweet Bay, need to be left whole - something to consider when determining storage.

- With there being so many culinary herbs available, choosing which ones you should grow can seem a bit daunting. A great place to start is to consider what type of cuisine you enjoy cooking (and eating!) the most. Once you've figured it out, it will be much easier to identify and select herbs that are commonly used in that specific cuisine to plant in your garden or containers. Some popular choices are...
 - Asian cuisines: Cardamom, Onions, Peppers, Wasabi & more
 - Italian cuisines: Garlic, Parsley, Rosemary, Thyme & more
 - Mexican cuisines: Cilantro, Garlic, Peppers & more

- Ways of using culinary herbs:

Herb butters
Rubs
Sauces

Herb crackers
Salads
Soups

- Popular/commonly used herbs:

Basil
Cilantro
Lavender
Mint
Parsley
Sage

Chives
Dill
Marjoram
Oregano
Rosemary
Thyme

Recipe for Chicken & Asparagus

Ingredients:

Olive Oil	Salt & Pepper (to taste)
1 Tbsp Parsley, chopped fine	1 Tbsp Rosemary, chopped fine
1 Tbsp Thyme, chopped fine	2 Chicken Breasts
1 bundle of Asparagus	Mozzarella cheese, sliced
3 cups+ Marinara sauce	Grated parmesan cheese

Directions:

1. Set oven to 375 degrees
2. Put olive oil in the pan and add salt, pepper and herbs
3. Sear chicken breasts on both sides.
4. While chicken is searing, coat asparagus with olive oil, salt and pepper. Spread coated asparagus in the bottom of a baking dish.
5. Once chicken is seared, place it on top of asparagus in baking dish. Top with mozzarella cheese and marinara sauce.
6. Cook for 40 to 45 minutes, or until chicken is cooked through.
7. Remove from oven, sprinkle with parmesan cheese and let rest for 10 minutes