

Herbal Living





HOW'S IT GROWIN'

Wednesdays 11:00am - Noon

Hosted by Bob Henrickson



"Dedicated to answering your growing questions"

Just what is an herb anyway?

- The short answer is simple "Useful plants."
- The usefulness of these pleasant plants includes three categories- landscaping, culinary, and medicinal uses.

- Gardeners in Nebraska like herbs because most are relatively easy to grow and many are water-friendly.
- Water requirements are not all the same however. Gardeners should pay special attention to drainage and moisture requirements of certain herbs.

Calamint 'Montrose White', *Calamintha nepta*



- Height: 18"
Width: 18'
- Scented minty foliage makes excellent tea!
- Top rated plant for pollinators.
- Drought tolerant once established; very easy to grow.







- The minty gray-green foliage is a popular ingredient in Italian cuisine for its distinctive flavor—a blend of mint and savory—complements garlic-based sauces, as well as soups and stews. The dried leaves also make a pleasant tea.

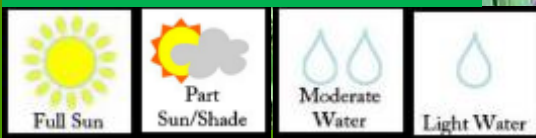




Calamint, Showy, *Calamintha grandiflora* 'Variegata'



- Height: 18"
Width: 18'
- Scented minty foliage makes excellent tea!
- Top rated plant for pollinators.
- Drought tolerant once established; very easy to grow.





■ A sweet and aromatic herb tea is made from the leaves. Very refreshing. The leaves are harvested as the plant comes into flower and used as a flavoring. It has a pleasant mint-like fragrance and flavor.

Chives— *Allium schoenoprasum*



- Height: 18"
Width: 18"
- Thin, tubular, blue-green leaves
- Mild oniony flavor
- Very easy to grow.





'Forescate'
common chives

Geisha is a vigorous grower,
slightly wider selection with a nice
'just-right' garlic flavor.



'Geisha' garlic chives



Chive/parsley pesto



Garlic chive stirfry





The blossoms are placed in canning jars and warm white wine vinegar is poured over. Once cooled, the vinegar is left in a cool dark spot for a couple of weeks to infuse and turn a blushy-pink.

Sprinkle chive blossom vinegar over your favorite salad greens, or roasted veggies. I added several tablespoons of it to the water as I boiled potatoes for potato salad the other day and it brought a noticeable punch of flavor to the finished salad. It's pretty awesome. stuff.



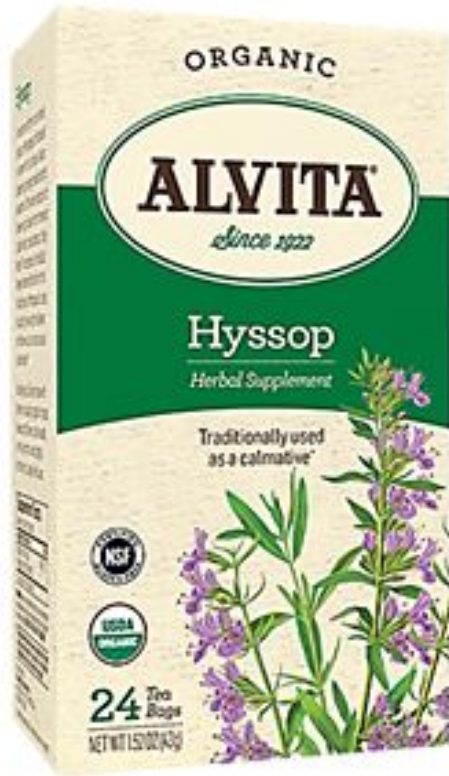
Hyssop, Common—*Hysoppus officinalis*



- Height: 18”
Width: 18”
- Dark green, linear foliage.
- Erect, bushy clump with a woody base.
- Purple-blue flower spikes in summer



Officinalis is a Medieval Latin epithet denoting **plants** – with uses in medicine and herbalism.



- Herb hyssop leaves are used as an aromatic condiment. The leaves have a lightly bitter taste due to its tannins, and an intense minty aroma. Due to its intensity, it is used moderately in cooking. The herb is also used to flavor liqueur and is also a key ingredient in many formulations of absinthe, where it is the main source of the green color.
- Za'atar is a famous Middle Eastern herbal mixture, some versions of which include dried Hyssop leaves.

- Hyssop is famously known as an herb for helping with symptoms of a cold or flu. A member of the mint family, it is known for its unique flavor, cleansing strength and distinctive aroma. It both stimulates mucus and expectorates mucus, which enables the lungs and coughing mechanisms to rid it from the body. Clinical herbalist Nicholas Schnell recommends it for chronic sinus infections.



The essential oil includes the chemicals thujone and phenol, which give it antiseptic properties

- Even bees love hyssop, reportedly early apiarists rubbed their hives with the herb to encourage bees to stay put.



Community Resilience Through Reclaiming Our Health

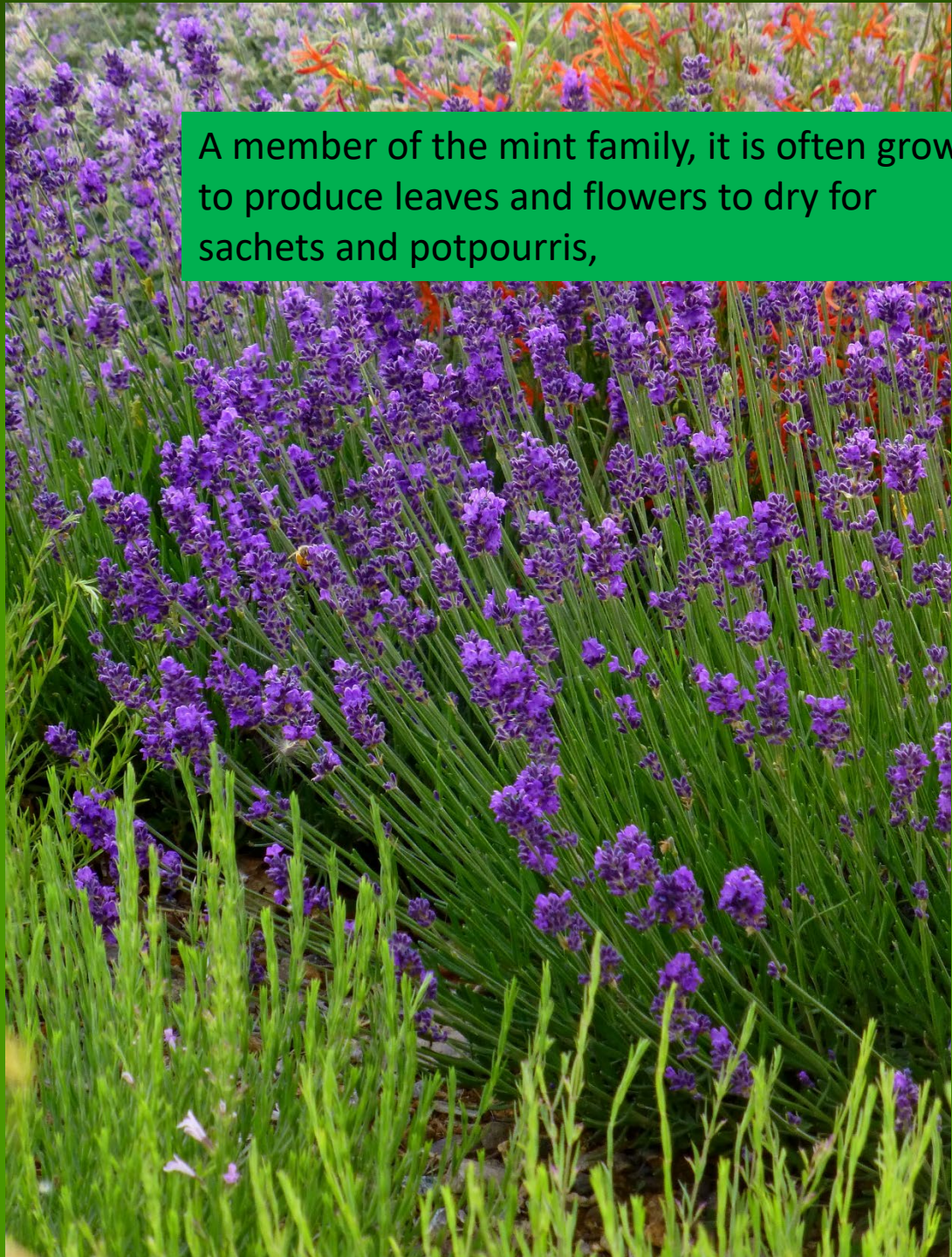
- Arise Botanicals—Herbalist Alex Svododa
- Spiritus Vitae Botanicals—Nic & Paul Saville
- Four Winds Healing Center—Nicholas Schnell

English Lavender—*Lavendula angustifolia*



- Height: 18-24"
Width: 18"-24"
- Silver-gray, linear foliage.
- Erect, bushy clump with a woody base.
- Rich deep blue-purple flower spikes in summer





A member of the mint family, it is often grown to produce leaves and flowers to dry for sachets and potpourris,



Lavender 'Buena Vista'

Plants survive best through winter if soils are well-drained and provided with protective snow cover or mulch.



Lavender 'Hidcote'

Lavender lends itself to savory dishes also, from hearty stews to wine-reduced sauces. The blooms add a lovely, mysterious scent to cookies, cakes, custards, flans or sorbets.

The key to cooking with culinary lavender is to experiment; start out with a small amount of flowers, and add more as you go. The lavender flowers add a beautiful color to salads. Lavender can also be substituted for rosemary in many bread recipes.



Use the spikes or stems for making fruit or shrimp kabobs

Lavender 'Niko'

■ Lavender is one of the most useful skin care oils. Although it has excellent antiseptic properties, it is also very mild to the skin. Lavender has been used as an ingredient in cosmetics for centuries and its effects have been well tried and tested.



Ingredients

- 1 cup Epsom salt
- 1/4 cup Dead Sea Salt
- 1/4 cup dried Lavender flowers
- 5 drops lavender essential oil

HERBAL SALT BATH

- This health-promoting ritual soothes the muscles, hydrates the skin, detoxifies the body, and relieves internal swelling. The macro and trace minerals found in salts are necessary for our health and can actually be drawn into the bloodstream during a warm bath, which can help to balance out the entire body.
- The best salt baths have essential oils or fresh herbs that can maximize results. This magic combination works to cure our internal ailments and nourish our bodies. Whether we're seeking silkier skin, a better night's sleep, or a little detoxification—bath salts can play such a beneficial role within our day-to-day routine.

HERBAL TEAS PLEASE



Hyssop, Anise—*Agastache foeniculum*



- Height: 3'
Width: 2'
- Licorice-mint
scented foliage!
- Top rated plant for
pollinators.
- Very easy to grow.



Full Sun



Part
Sun/Shade



Moderate
Water



Native



Rain Garden







Poultices made of the crushed leaves are used to treat burns and fevers, and baths in water infused with the herb treated poison ivy, sunburn, yeast infections and fungus.

■ Anise hyssop gives a hint of licorice and mint flavor to foods and drinks and has soothing, healing qualities.



2019 Herb of the Year!!

Anise hyssop has a wide range of medicinal benefits, relieving stress and congestion, pains from excessive coughing and curing summer colds.

Lemon Balm—*Melissssa officinalis*



- Height: 18-24"
Width: 18"-24"
- Bushy clump of medium-textured leaves.
- Tiny flowers a favorite of bees.



■ It has lemon-scented, mint-like leaves that are often used to make refreshing, lemony hot and cold drinks. The leaves also add a tart lemony flavor to green and fruit salads as well as meats and poultry.



1. Make a sleepy time herbal syrup
2. Make a lemon balm bug spray
3. Make a lip balm for cold sores
4. Make lemon balm soap
5. Make a ginger & lemon balm cold syrup
6. Make a lemon balm tincture
7. Make a lemon balm vinegar
8. Make lemon balm & honey butter

Today, lemon balm is used in traditional medicine as both a sleep aid and digestive tonic. It can be consumed as a tea or applied to the skin in balms and lotion. Lemon balm essential oil is also popular in aromatherapy, where it is believed to promote calmness and ease stress.



To keep it from taking up too much of your garden, cut the plant back to a few inches tall several times during the growing season. This will keep the plant bushy and healthy-looking while preventing seeds from ripening.



Creams containing lemon balm can boost circulation, while the tannin component acts as an astringent, helping to tighten the skin.

As an antibacterial and anti-inflammatory agent, it helps to reduce the swelling and reddening of the skin that is common in conditions including acne, cold sores, shingles, chicken pox, eczema and psoriasis.



Tinctures can be diluted with a carrier oil and applied to the skin.

Homemade Salve Recipe

- Gather plant material on a dry day. Too much moisture in your plant material may result in the formation of mold.
- Spread out the plant material and allow it to wilt and dry for about 24 hours.
- Stuff the jar with plant material, pour your oil into the jar. Use the skewer or chopstick to poke down into the jar releasing air bubbles, then pour more oil.
- Now you need to let your oil stew or infuse for 4-6 weeks. Many people like six weeks, which is a full lunar cycle. I like a combination of coconut oil, almond oil or extra virgin olive oil. Coconut oil is great for the skin and is solid at room temperature.
- Strain the mixture using cheese cloth. To complete the salve add about 1/4-1/3 cup of melted beeswax to each 2 cups of oil.
- At this point, your salve is basically complete - but you can add some essential oils to make it smell nice and make use of their benefits.

Beebalm, Wild, *Monarda fistulosa*



Used for: Colds and flu symptoms, topical fungal infections, digestive woes, burns, mouth wash, inflammation and as a culinary spice.



- The scented leaves contain high concentrations of thymol, which is a strong antiseptic (also in thyme), Monarda has been used in infusion form for a variety of ailments in its long past.
- Are pollinators attracted to these same “germ-destroying” characteristics?



■ Virginia Mountain Mint, *Pycnanthemum virginianum*



Mountain Mint Tea is delicious!





Mints—*Mentha* species

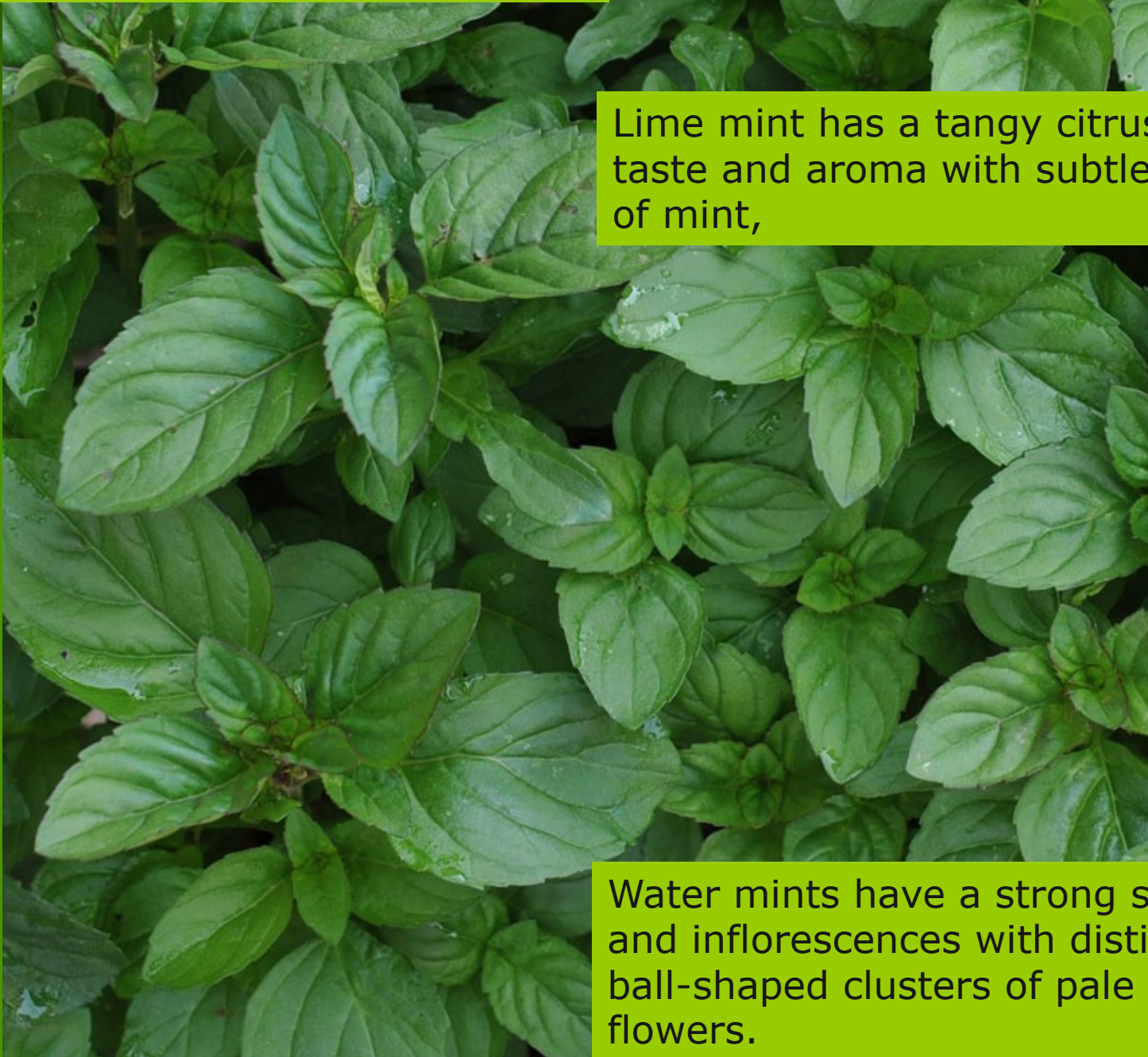


- Height: 18-24"
Width: 24"
- A vigorous grower that likes organically-rich, well-draining soil.
- Very fragrant, toothed leaves and clusters of tiny purple, pink, or white flowers.

Mint sends out runners that spread above and just below the ground, quickly forming large, lush green patches. Best planted in a confined space, between large perennial clumps or in raised confined beds.



'Lime' Mint—*Mentha aquatic citrata*



Lime mint has a tangy citrus-lime taste and aroma with subtle nuances of mint,

Water mints have a strong smell and inflorescences with distinctive ball-shaped clusters of pale violet flowers.

'Orange' Mint—*Mentha aquatic citrata*



A mint hybrid known for its strong, pleasant citrus flavor and aroma. Orange Mint Plants are wonderful, prolific, and full flavored with a bergamot-type orange flavor.



Pineapple Mint—*Mentha suaveolens* 'Variegata'



A cultivar of apple mint that has leaves which are banded with white. Its fantastic for adding to summery fruit salads, drinks and juices.

Peppermint selections belong to the piperita species group. Peppermint contains 40 percent menthol, the compound that gives mint its "oomph." Menthol as a cooling ingredient, can actually change the temperature of the mouth and skin upon touch. Because of this, peppermint is mainly used for medicinal purposes (think relaxing muscles, soothing sore throats, and relieves stress). The aroma of peppermint relieves stress and restores balance. It's the perfect addition to any chocolatey dessert.



‘Chocolate’ Mint—*Mentha x piperita*

'Candymint' Mint—*Mentha x piperita*



This is a variation of peppermint that smells like doublemint gum, with a sweeter flavor and scent. This mint is great dried, added to black tea or chocolate desserts.

'Kentucky Colonel' Mint—*Mentha spicata*



Spearmint is part of the *spicata* species. Unlike peppermint, spearmint only contains .05 percent menthol. Spearmint has a much sweeter taste and significantly less strong cooling effect. This flavor pairs well with savory dishes and makes for the best addition to any cocktail.

'Spanish' Mint—*Mentha spicata*



This is a delicious mint with a strong spearmint flavor. Excellent in mojito's and middle-eastern cooking.



Sage, Garden—*Salvia officinalis*



- Height: 24"
Width: 24"
- A perennial, evergreen subshrub, with woody stems and soft, gray-green leaves.
- Sage is sturdy, hardy, prolific, and drought-tolerant



■ Add sage leaves to a pot of beans or to complement poultry, stuffing, and sausages. Sage can also be used to add to sauces, soft cheeses, compound butters, breads and meat marinades. Fry individual sage leaves in olive oil for a few seconds, then crumble them over garlicky mashed potatoes. Add fresh sage leaves to cocktails or make an herbal tea for an instant hit.



Sage essential nutrients including vitamins like A, B1, B6, C and K. It contains minerals like calcium, magnesium, iron, phosphorus, potassium, sodium, zinc, niacin, thiamine and folate. The buck load of antioxidants, flavonoids and active ingredients like cineole, borneol, and thujone also help in the making of a potent essential oil



■ To make a soothing mouthwash or gargle, pour one cup boiling water over three teaspoons finely chopped fresh sage leaves, steep the tea, strain, cool and use.

Oil from the leaf is often added to face and body washes, deodorants and anti-fungal creams due to its astringent properties.



- Sage relieves and improves annoying skin conditions. Sage assists in improving acne, athlete's foot and chapped skin, and relieving symptoms of eczema and psoriasis. Sage stimulates cell renewal and increases blood circulation.
- Sage contains ursolic acid - It treats acne, eczema and skin fungus. Plus this acid exfoliates the skin and cleans it thoroughly due to its anti-septic behavior. It also gives sage its wound treatment properties because its anti-inflammatory and antibacterial abilities. Carnosic acid, found in sage, can be used to treat for the UVA and UVB skin damage.
- Homemade sage body oils, bath salts, deodorant, skin creams, salves, immunity boosting tinctures, facial tonic, all purpose spray cleaner—sage does it all and more!!

Garden Sage—*Salvia officinalis* 'Purpurescens'



Tricolor Sage—*Salvia officinalis* 'Tricolor'





- The non-hardy pineapple sage grows well in containers, offering an abundant harvest of sweetly scented foliage for tea or cooking.

Researchers found that cold water steeping is reported to maximize tea health benefits, including a higher antioxidant activity and total phenolics and gallic acid content. But to achieve this, you need to allow the tea a longer infusion time.



- The non-hardy, chartreuse colored 'Golden Delicious' sage grows well in containers



Thyme—*Thymus vulgaris*

Thyme is packed with vitamin C and is also a good source of vitamin A. Another health benefit of thyme: It's a good source of copper, fiber, iron, and manganese.



- Height: 10-12"
Width: 15"
- Compact, Semi-evergreen perennial with woody stems.
- Well-drained soil; locate to dodge windswept winter winds

- English thyme is the most common for culinary use and is the most winter hardy.





A beloved Mediterranean herb, it holds its taste in cooking and blends well with other flavors of its native region, such as garlic, olive oil, and tomatoes.

The tiny pink, lavender, or white tubular flowers of thyme plants show up in the spring and summer months and are loved by bees



Thanks to its antiseptic and antifungal properties, it is a common ingredient in mouthwash. Thyme is also a popular ingredient in natural deodorants and is often included in potpourri.

Thyme essential oil is often used for aromatic and therapeutic purposes because of its active substance carvacrol. In a 2013 study, carvacrol was shown to affect neuron activity in ways that boosted the subjects' feelings of well-being.



‘Mayfair’ is a vigorous, lemon scented selection.

‘Aureus’ is a variegated, lemon scented selection.





Thyme essential oil is called thymol, which is obtained from its leaves, is often used as a natural cough remedy. It helps to alleviate coughing and other symptoms of acute bronchitis. If you feel a cold coming on, thyme can help get you back in good health.

Essential oil of thyme and thymol hold many fungicidal properties. Research suggests that it can be used as a disinfectant in dwellings

■ ‘Porlock’ is a dependable selection, essential for seasoning a variety of culinary dishes.

Essential oils are highly concentrated natural extracts from the leaves, flowers, and stems of plants. Essential oils have a wide range of medicinal and therapeutic properties. Their antifungal, antibacterial, and antiviral properties make them a useful product.



An essential oil diffuser is also known as an aromatherapy diffuser. It disperses essential oils into the air and fills the area with a natural fragrance. One of the best known uses for essential oils is their ability to assist you in unwinding after a tough day.



‘Spicy Orange’ thyme has tiny pink flowers above a dense mat of citrusy scented foliage



‘Nutmeg’ thyme is a mat forming, creeping variety with nutmeg-scented foliage.

Thyme tea is great for respiratory health, used in soothing coughs and relieving chest congestion.



Thyme is full of vitamin C for immune support, potassium for healthy cells, and manganese for bone development and blood clotting.



Thymol and carvacrol, the main oils in thyme, can fight against inflammation in the body.



■ Given its antibacterial and antifungal properties, thyme oil works as a home remedy for acne. The oil also heals sores, wounds, scars, and cuts. It even relieves burns and acts as a natural remedy for skin rashes. And since thyme is high in antioxidants, it can slow down the aging process and give you healthy and glowing skin.

Lovage—*Levisticum officinalis*



- Height: 5-6'
Width: 18"-24"
- Bushy clump of basal leaves to 24"
- Hollow stalks rise above foliage to 6'.

Lovage, *Levisticum officinale*, is a striking ornamental with shiny, celery-like foliage. Robust hollow flowering stalks arise from the foliage, topped with yellow flat-topped flowers in late spring. Excellent vertical addition to the garden.





Lemony lovage pesto



Cream of lovage soup



In fact, the leaves are considered one of the oldest known salad greens. The flavor is stronger than celery, so use it accordingly. If you like bloody Mary's, the hollow stalk is for you!

- What makes lovage so special is that it tastes like celery. All parts of the plant can be used. The leaves can be chopped up and added to any dish you would use celery in including salads, soups, stews, frittatas, egg salad, and potato salad.



Oregano, Greek—*Origanum vulgare*



- Height: 18-24"
Width: 24"
- A vigorous grower that likes organically-rich, well-draining soil.
- A vigorous and hardy perennial that can thrive in dry soil and hot temperatures once established.

This relative of mint has sweet notes of rosemary and lemon, which lend a light, yet savory, flavor to grilled lamb and chicken, salad dressings, and, of course, pizza.



Oregano 'Hot & Spicy'—*Origanum vulgare*



The sprawling plant produces strongly flavored leaves that are the building blocks of Mexican dishes.

Oregano 'Cleopatra'—*Origanum syriacum*



Syrian oregano has pretty, silver-gray foliage and spicy peppermint flavor.

Golden Oregano—*Origanum vulgare* 'Aureum'



WINTER SAVORY, *Satureja montana*

- Height: 10-12"
Width: 15"
- Compact, Semi-evergreen perennial with woody stems.
- Well-drained soil; locate to dodge windswept winter winds







- Hardy semievergreen perennial. It is woody at the base and forms a compact bush up to 12” high.
- The dark green, lance-shaped leaves have a strong, heavy aroma
- Winter savory is stronger and tastes more piny. It has been typically used for strong game meats and pates.

Tarragon, French—*Artemisia dracunculus* var. *sativa*



- Height: 3'
Width: 2'
- Licorice-mint
scented foliage!
- Top rated plant for
pollinators.
- Very easy to grow.



Full Sun



Light Water



Moderate
Water

■ Tarragon is a main staple in French cooking and a component of the French Fines Herbs blend along with chervil, parsley and chives. The taste of French tarragon is savory with light anise or licorice-like flavors.



It's superb as a seasoning for poultry, fish, eggs, vegetables, salads, and tomato dishes. And it's also used in condiments, dressings, sauces, and compound butters. Tarragon is high in vitamins A and C and has been thought to stimulate the appetite.



Tarragon vinegar

It adds a lovely anise flavor to salad dressings, it's great drizzled on roasted vegetables, and it makes the best **vinegar** for deglazing a pan and making a pan sauce!

NON-HARDY HERBAL HEROES



Italian parsley



Bronze fennel



Sweetleaf—Stevia

Basil—*Ocimum basilicum*



- Height: 24”
Width: 18”
- Warm-weather herb best in fertile, well-drained soil.
- Pinch off topmost branches to promote more side shoots.

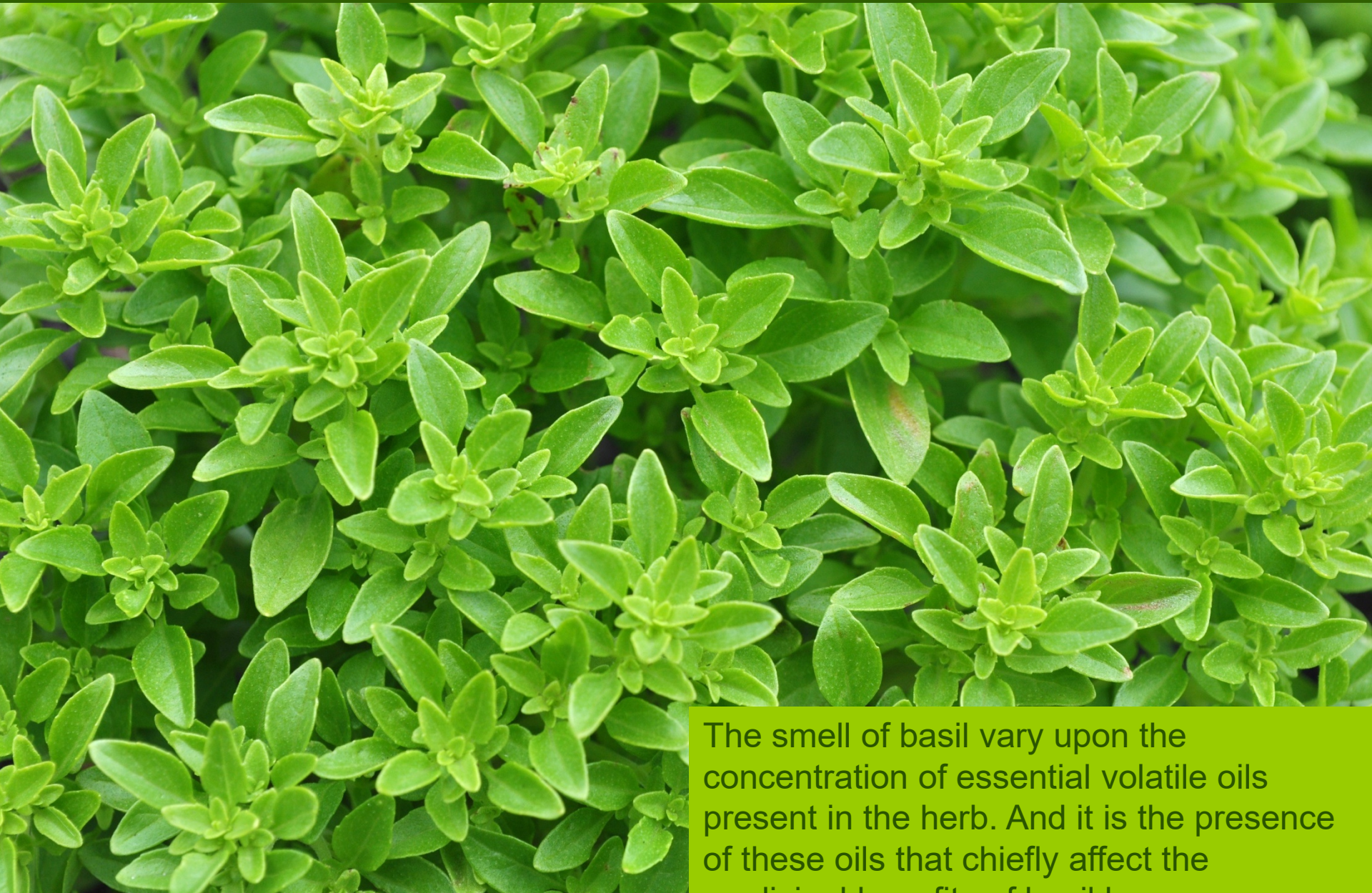
■ ‘Genovese’ is a popular gourmet sweet basil.





- 'Siam Queen' has a highly aromatic, licorice-basil aroma. It is more stable at high and extended cooking temperatures than other basil

■ ‘Spicy Globe’ basil is one spicy scented little meatball



The smell of basil vary upon the concentration of essential volatile oils present in the herb. And it is the presence of these oils that chiefly affect the medicinal benefits of basil leaves.

Bay Laurel—*Laurus nobilis*



- Height: 10-12”
Width: 15”
- Aromatic, evergreen tree with shiny, oval-shaped leaves.
- Easy to grow outdoors in a container—brought indoors in winter.



An essential ingredient in a traditional bouquet garni herb mixture, bay leaves are a well-known kitchen ingredient.

Lemon Verbena—*Aloysia triphylla*



Lemon verbena is used for digestive disorders including indigestion, gas, colic, diarrhea, and constipation.



- Height: 2-3'
Width: 2'
- Tender perennial shrub with powerful lemony scented leaves when bruised.
- Easy to grow outdoors in a container—brought indoors in winter.

Refreshing in tea, salads or desserts and useful for seasoning meat dishes.



Lemon Grass—*Cymbopogon citratus*



- Height: 3-4'
Width: 2'
- Tender perennial with long, slender leaves.
- Rich, organic soils;
Easy to grow in the ground or containers

A versatile herb used in teas, soups, marinades, curries, cocktails and stir-fries. Lemongrass has a deep citrusy aroma found in Thai cooking and other Asian cuisines.



Lemongrass Tea—A refreshing beverage, it is also delightfully healthy.

Lemongrass tea is your detox tea. It is packed with antioxidants that help in detoxing and cleansing you from within.

Lemongrass has a cooling energy which helps to soothe your stomach and keeps your digestive functions in check. It contains a component called citral that helps to digest food.



In many countries where the lemongrass plant is native to the area, people will take the lemongrass stalks and chew on them as a way to improve dental health and keep the mouth feeling clean.



Lemongrass herbal extracts were one of the most potent inhibitors of bacterial growth in lab samples. They used bacteria that can cause cavities in the mouth, including *Streptococcus sanguinis*.

Rosemary—*Rosmarinus officinalis*



- Height: 2-3'
Width: 18"
- Tender perennial
easy to grow in
containers outdoors
in summer and
indoor house plant.
- Well-drained soil;
locate to dodge
windswept winter
winds



‘Madeline Hill’ is a hardy
variety to -15 F.

- Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation.



Creeping rosemary is a attractive, prostrate shrub grown for its mass of aromatic foliage



Adding fresh rosemary to your bath has all kinds of wonderful health benefits. Rosemary can help relieve joint and arthritis pain, fatigue, anxiety and even acts as a cleansing tonic for the skin

Rosemary is not only known for its taste and smell; it is also renowned for the many health benefits it possesses. A good source of iron, calcium and vitamins A, C, and B-6, rosemary has been used for its medicinal purposes for centuries.



‘Pine-scented’ rosemary has an upright form with distinctive pine scent.