

- **Lavender**, brewed as tea, a traditional home remedy for insomnia. Its scent also relieves stress and it is good for the skin. P*, W*
- **Lemon Balm**, used since the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease indigestion. P*, W*
- **Mint** calms indigestion and helps relieve cold symptoms.
⇒ Nutrients: Calcium, choline, iron, magnesium, manganese, zinc, phosphorus, potassium, selenium, vitamins B1, B2, B3 and E. P*, W*
- **Oregano**, an anti-oxidant, was found more effective against *Giardia* than the commonly used prescription drug.
⇒ Nutrients: Manganese, iron, calcium, vitamins K and E. P*, W*
- **Parsley** is a "chemoprotective" food that can help neutralize particular types of carcinogens and helps lungs, liver and bladder.
⇒ Nutrients: Calcium, iron, magnesium, manganese, selenium, zinc, phosphorus, potassium, vitamins A, B1, folate 2, 3, 5, C and E. A*, T*
- **Rosemary** supports liver and blood health and contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. A*, W*
⇒ Nutrients: Calcium, iron, zinc, vitamins B1,2, 3, and C.
- **Sage** is an outstanding memory enhancer. Its smudged smoke is used to cleanse and clear rooms of negative energy.
⇒ Nutrients: Vitamin K, P*, W*
- **Stevia**, a natural sweetener that is not toxic like Splenda, Nutrasweet and other artificial sweeteners. A*, T*
- **Thyme**, long used for chest and respiratory problems, can also help maintain healthy cholesterol.
⇒ Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3, and C. P*, W*

*A - Annual . Needs to be planted every year.
*P - Perennial . Grows back on its own every year.
*T – Tender stem
*W - Woody stem

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Grow your own health!

Are you struggling to avoid fast food, convenience foods and junk food simply because you love the tempting taste? These foods are industrially engineered with harmful chemicals and non-food fillers like cellulose—sawdust—to trick your taste buds into craving crap.

You can retrain your taste buds! A good way to help them along is to use fresh culinary herbs when you cook. Fresh herbs flavor your food without adding extra salt, calories, sugar or fat.

OKT gardeners are growing the following herbs. Discover what they provide in addition to great flavor:

- **Arugula**, as an herb or spicy greens, supports brain and bone development.
⇒ Nutrients: Zinc, copper, calcium, iron, magnesium, phosphorus, potassium, manganese, vitamins A, C, K, thiamin, riboflavin, B6, folate, pantothenic acid. A*, T*
- **Basil** has been shown to provide protection against unwanted bacterial growth and inflammatory conditions like arthritis and also aids digestion.
⇒ Nutrients: Vitamin A, B6, K and iron. A*, T*
- **Cilantro** has traditionally been referred to as an "anti-diabetic" plant.
⇒ Nutrients: Thiamin, zinc, calcium, iron, magnesium, phosphorus, potassium, copper and manganese, vitamins A, C, E, K, riboflavin, niacin, B6, folate, pantothenic acid. A*, T*
- **Chives** and garlic may help you maintain good cholesterol levels.
⇒ Nutrients: vitamin C. P*, T*
- **Dill**, an anti-oxidant and anti-inflammatory, also can help neutralize benzopyrenes, carcinogens found in smoke from cigarettes, charcoal grills and trash incinerators.
⇒ Nutrients: calcium, manganese and iron. A*, T*
- **Fennel**, an anti-oxidant and anti-inflammatory, has many healthful phytonutrients including *anethole*, which helps prevent cancer.
⇒ Nutrients: Vitamin C, folate, fiber and potassium . P*, T*

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