

THE ULTIMATE
HERBAL
GARDENING
GUIDE FOR
GROWING HERBS

Best Starter Guide for Beginners

KURT GREYFIELD

**The Ultimate Herbal Gardening
Guide for Growing Herbs- BEST
Starter Guide for Beginners-
Herbal remedies, medicinal
herbs, Herbs for diabetes,
Herbs for weight loss**

Kurt Greyfield

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Table of Contents

[FREE GIFT](#)

[Introduction](#)

[Chapter 1: Aloe Vera](#)

[Chapter 2: Basil](#)

[Chapter 3: Rosemary](#)

[Chapter 4: Marsh Mallow](#)

[Chapter 5: Sage](#)

[Chapter 6: Oregano](#)

[Chapter 7: Thyme](#)

[Chapter 8: Garlic](#)

[Conclusion](#)

FREE GIFT

IN ADDITION....



[As promised here is your FREE GIFT! Just click here and it will take you to a link where you will get a copy of "Tarragon and It's Uses"](#)

Just as a thank you for buying our book and showing your support!
We hope that you gain more value than what you expected from our book.

Now that you have that gift....enjoy the book!

Introduction

Hello and thank you for picking up this book. If you want an alternative to some of the traditional medicines on the shelves/over the counter that may or may not have varying side effects, then please continue reading and you might find something to help.

Here you'll find a composition of herbs that can be grown at home and have multiple uses in both cooking and medical.

Now, granted, if they are used for medical then please note that they might not work for everyone. This is simply because every person is different. So what may work for one, might not work for another. That doesn't mean to just give up. It just means to try something else as there are a lot of herbs and plants out there that could be of help that aren't listed in this book.

Also, if you have any medical conditions such as seizures or other ailments that are physical or mental, then you may wish to consult your physician. Why do I say this you may be asking? I include this because I learned some herbs can affect people with mental, emotional, or physical problems in a negative way.

Such as how I learned one herb, if applied to at least the wrists, will increase a person's anxiety if they had a prior anxiety disorder. Another, which is listed, can increase seizure activity for some people depending on their type of seizures. If you have any plant allergies, or might have plant allergies, do not try anything listed if you are allergic to that herb. We don't want anyone getting an allergic reaction be it small, mild, or serious.

If you do decide to try a food item listed or medicine treatment with an herb and have a reaction, while having had prior knowledge you were allergic, then you had a warning before and decided to ignore it.

I hope everyone finds the following information interesting and intriguing.

Chapter 1: Aloe Vera

Let's kick this book off right with a very interesting plant that falls into the cacti family. This plant is very drought resistant, has spines on both sides of its long leaves, and stores water in these leaves for later use during times without rain. The Aloe Vera has multiple uses for medical and a few ways to be prepared to be eaten. It has also been around for hundreds, if not possibly thousands, of years. Some have compared this green and easy growing plant to a snail due to the slime that oozes out of its leaves when broken/cut off.

A fun fact: this plant has qualities that work like a laxative and is even used in some laxatives. It is not recommended, if ate, to be eaten as a regular meal or on a daily basis. No one wants to pass

into the next life because they had too much laxative compound in their system.

Now then! Here's the order we'll be covering our three topics in for each herb: Growth/Care, Medical Use, and Cooking. So let's get started!

> Growth:

- This hardy plant can be purchased in seed form or already started from a nursery/store. You cannot start this plant from a cutting like you can other plants. You can transplant sprigs called "pups" which will be covered down under Care.

- Make sure the soil is a loose sandy type so it can drain water well.

You don't want the water to pool up around the roots or base of the plant. This will drown it or essentially it will kill your plant. Only water it when the dirt is dry to the touch. You could also measure down 3 inches to check its moisture level and if it's dry then give your Vera a nice drink.

- Give this baby a lot of sunlight. You will want to plant it either outside in a sunny area or, if indoors in a pot, have it at a window that gets sunlight for the majority of the day. There are some things to watch out for while your Vera grows to ensure it stays healthy:

- - When your leaves start to flatten and become low then move it into the sun. The leaves are normally more upright and look to be reaching towards the sky and will have a slight curve due to how long they can get upon maturity.

- - When the leaves start getting some brown to their green hue then you need to give it some shade. You don't want to burn your plant. It loves the sunlight but just like humans, it can only take so much before it starts to burn.

- - If your leaves are thinning and curling up on themselves then you are in need of giving your baby some water. When it uses up its stored reserves the leaves lose their full plumpness and will curl up like dried out paper. Give extra water in moderation. You don't want to waterlog the poor thing.

- - Lastly, if you are seeing that your leaves are suddenly looking yellow along with any of the firm leaves falling apart, then you need to lay off the watering for a few days or longer. Even plants can store

only so much water before they get waterlogged. Just give it some down time with no water and once the plant starts looking better, make sure the soil is plenty dry before you start to water it again.

Cut/pinch off any yellow sections remaining.

> Care: Since the above covered both this and growing, this care section will explain how to grow and transplant more Aloe Vera.

- The term for an Aloe Vera sprout is a “pup”.

- You only can get pups one way and that is by letting the root system become crowded in its pot.

- When the roots have nowhere to go they will start to grow pups after a while which will look like little green sprouts around the mother plant.

- Wait until the pups are about 3 inches in height.

- Once at 3 inches or so, take a sterilized knife to start moving the dirt away from the pup. There will be one of two things you are likely to find:

- - The pup can have its own root system in with the mother plant in which you'll need to carefully separate them before transplanting into its own pot.

- - The pup can have no root system and be attached to the mother plant in which case you'll need to carefully cut it off.

- If the pup has no roots then, after you cut it off the mother plant you'll need to set it out and let it rest so it can dry over the next few days. This allows it to close its injury. Once it is closed it should look

like a callus.

- Once the pup is callused over, then you can plant it in its own pot with small stones around the base. This will support it while it grows its own roots.

- In either case for the pup, make sure you don't burry any of the leaves when you plant it in its own pot. Burry the leaves and you'll have some rotting going on and a dying Vera before it even gets the chance to grow nice a big.

- Don't water the pups for the first few days or for at least a week. It will have enough water stored up to survive. If you water it too soon then you'll risk drowning it. Let it adjust to its new environment before lightly watering it.

- Give the infant Vera plenty of sunlight. Make sure to watch for any

signs of distress as it gets this sunlight.

So with Growth/Care done let's move on to our next section!

> Medical Use:

- Aloe Vera can be applied directly to the skin to treat a number of things. All you need to do is break off the leaf and use that slimy ooze it produces naturally. A few things treated by applying this ooze to the affected area are:

- - Small to mild burns. The plant won't and is not recommended to treat serious burns like third degree burns. It can help speed healing up to second degree burns for some people.

- - Insect bites are annoying because they itch and sometimes can

be helped by applying the slime from the guts of the Vera. Now, not always will this help and if the itch worsens or spreads then it would be recommended you go seek professional medical treatment, especially if you have tried other medicines to ease the itch without success.

- - Some cuts if mild or small enough, for some people, can be healed quicker by rubbing the slime from the Vera over the injury.

- - If you have irritation or a rash on your skin then you can just rub it with the broken open end of the Vera for some nice cooling relief.

- There are also some medicines that can be bought in stores that have extracts of the Aloe Vera in them. A fine example would be, due to one of its compounds, the laxative pills.

A quick note before I move onto the Cooking section. I read where there were some reports that after consuming Vera by mouth, I assume this is in its raw form, could result in causing certain cancers. There wasn't any cancer's listed but the article writer said there wasn't enough evidence to confirm this but was a cautionary observation in the few cases that were reported and studied.

> Cooking:

- This plant has been described as bland as others say it's bitter. It really depends on the form and method you use to cook it. The skin is not edible, only the meat inside is.

- Before you start thinking about cooking to eat this, not recommended on a long term basis, you will need to take some steps to ensure you have a safe product. That is if you are using it

from the leaf and not buying it previously prepared and ready for cooking.

-- Step 1:

--- Pick or cut off a full leaf from the base of your plant. The plant will be fine and, I believe, will heal its self.

-- Step 2:

--- You can wash off the leaf by rinsing it before cutting to start the preparation.

-- Step 3:

--- You could dab it dry or simply place it on a cutting board/cutting area and slice off the bottom. This removes the white and opens it

up to allow the slime out. You also need to cut off the top.

- - Step 4:

- - - You will be getting a lot of slime now so put the leaf into a bowl, pitcher, or some device to catch this ooze. You don't want to eat that slime which has both healing and the laxative quality.

- - - Just let the freshly removed and cut leaf drain for a few hours or even overnight with the swapping of containers to hold the goo.

- - Step 5:

- - - Once it's drained, pull it out of the slime and you can rinse it off once more or just place it directly on the cutting board/cutting area.

- - - It'll be slippery so handle with care as you use either the back of a clean knife or a clean spoon to separate the skin from the clear, gel

like meat.

- - Step 6:

- - - Slip the knife or spoon between the gel and the top skin, and then just slide the utensil through the material. You might feel resistance but just keep pushing as you try to keep as close to the skin as possible to get as much of the meat as possible.

- - Step 7:

- - - Remove the top skin and flip it over, or hold onto the slimy surface, and slip the knife or spoon between the bottom skin and the gel to free the meat.

- - Step 8:

- - - You can then rinse it once more if you like due to the slime but the remaining slime is safer than what you drained off earlier.

- - - Then all you got to do is cut it up into one inch cubes and your prep is done!

Once you're all prepped and ready to go you can use your newly cubed Aloe for different things, not too many but satisfactory creations.

Also don't pitch that ooze you drained. Put it into a secure freezer bag and freeze it solid. You'll be able to use it like an ice pack down the road. Plus if you get injured you'll be able to use that to apply to the injury. Although do so after it's been thawed. No one wants to risk frostbite or a freezer burn.

- Aloe Vera Smoothies!

- - You can add the cubes of Vera to your smoothies. Just mix in ice, Aloe Vera, milk, and any other veggies you may want added for taste. Then just blend and serve.

- Yogurt topping!

- - You can lightly cook the Vera for 30 minutes and place the cooked meat on top of your favorite yogurt.

- Toppings to almost any dish!

- - You can add the Vera to soups and other dishes by adding the cubes to your cooking meal when there's 30 minutes left.

Just once again this reminder: if you eat Aloe Vera don't do it often
or you will/could regret it later.

Chapter 2: Basil

A green leafy plant that is hard to kill and can spread almost like wildfire. This, like most, has been around for centuries and because this herb is so versatile, there are many different kinds of Basil. A few of them are:

- - Sweet Basil (our main focus)
- - Cinnamon Basil
- - Genovese Basil
- - Purple Basil
- - Spicy Globe Basil

And many more to be discovered! You grow this herb and you'll be giving Basil to your friends and family it can produce so much. Now

let's get into our first section!

> Growth:

- Can be started from seeds or bought already started from a nursery/store. It can also be transplanted which will be covered under Care.

- Wash your pots or containers you'll be using good and ensure there are holes to allow for proper drainage. You can't have waterlogged plants you want to live.

- Make sure the soil's pH stays between 6.0 and 7.5. Fertilizing can help with this as you'll need to possibly do this regularly to maintain your pH levels. Also the soil should be moist but not diluted to allow the water to pool. Let the dirt be too wet and you'll get root rot.

- It grows faster than most so keep this in mind when growing

begins.

- Make sure it can get at least 6 hours of sunlight a day.
- Prune your Sweet Basil (aka the most common type of Basil) regularly. This promotes growth and allows you to have more Basil for use and who doesn't want that?
- This plant can reach up to 6 inches or taller when fully grown!

> Care:

- You can start new Basil plants with cuttings. These cuttings should be made from the upper part of the plant.

Now some will remove any leaves off the stem, leaving the top 3 leaves before soaking it in a jar of water to promote/grow new roots.

This water may need changed daily so I found a second way to promote roots that should be easier to do with less maintenance:

- - Go purchase yourself a package of cheap 1 dollar plastic cups. Or you can use pots but the cups are disposable so if you fail with a cutting you can just pitch it, no cleaning required!

- - You'll need a dish or something to set these cups inside of that will be covered. The person recommended using a plastic container that a roster chicken comes in from the store. This is because it already has a cover and is generally the right size for the plastic cups.

If you use a container without a lid you can set up something on each corner and cover the dish with plastic wrap.

- - Have yourself a knife or scissors to make clean cuts of the stems.

If you damage the stems that will have at least the top three leaves, possibly other leaves farther down, then root rot is more likely than root growth.

- - Next up, you'll need to stab holes into the bottom of your plastic cups before filling your tray or container with the cheap cups. You'll need to make sure you do this or you won't have proper draining.

- - Fill the glasses with moist dirt. Make sure it's moist and not too wet or you'll have yourself some rotting Basil. You could also get mold if it's too wet.

- - Stick your Basil cuttings into the dirt securely. If you have left the lower leaves on the stem, then you'll have a higher chance of roots forming, so don't be afraid to bury them some.

- - Cover the container and place in a spot where it can get enough sun but not too much. You don't want cooked Basil before it gets growing. The lid should be on it lightly so it can get air but also maintain moisture.

- - Add water when needed to ensure the soil stays moist.

- - Remove from the plastic cups once you start to see new growth or continued growth on the plant. When successful and able to, transplant it to a permanent pot or spot for it to grow and flourish. If it looks like it has died then just pitch it and try again.

Now onto the general care for any healthy growing Basil!

- You'll want to prune this plant not only because it can promote

growth, taking off mature leaves for use will spur this growth to continue. Also, taking off the flowers is important. If you don't prune off the flowers you'll have bland tasting Basil and no one wants that.

- Watch out for root rot. If you have this you most likely have too much water or somehow the roots became too moist.

- Mold is another problem to watch out for. Not likely but can happen.

If it does happen, treat it as recommended by your plant professional.

Moving on to our next section!

> Medical:

Like most plants in the past and even today, this has its own positives for medical benefits. Here's a few and how to use it:

- This herb is in some medicines such as pills or capsules so just read the label or ask the pharmacist. A few ailments these medicines can help alleviate are:

- - Improving circulation of the limbs and body.
- - Increasing your immune function which is always a plus.
- - Reduction in inflammation
- - Heart protection
- - Blood detoxification
- - Coughs
- - Stomach cramps

- You can also drink Basil Tea to help with these ailments including these others:

- - Fever

- - Nausea

- - Headaches

- - Blood clotting

- - - For the clotting of the blood it was shown to work in some people to eat basil after they got a cut to slow the bleeding. If you have a serious and deep cut, you can eat some Basil leaves but should probably then go to the ER to get evaluated in case stitches are needed.

Now for the last section!

> Cooking:

This herb is most often used as an additive for taste and for its health benefits. Here are a few ways to use this versatile green leaf:

- Mix it in with tomato base cooking towards the end for light added flavor.

- - Most commonly is done with spaghetti or tomato soup.

- Take several leaves inside of a cloth and boil to make homemade Basil tea. You can buy teabags that already have the leaves dried inside and ready to go.

You can also take bundles of Basil, tie them together at the stem and

hang them upside down for them to air dry. Doing this will allow you to freeze the Basil for later use. You also can give some to friends and family.

Chapter 3: Rosemary

This herb is most notable for its beautiful scent. It loves sunlight and is drought resistant like the Basil and the Aloe Vera. But whereas those two are fairly quicker or timely growers, this green plant is slow. So most will buy it already started to save them some time.

> Growth:

- You can start it from a seed but learn to be patient because it is slow. You'd be better off buying it already started from a nursery or a store. Transplanting from cuttings is doable and will be covered under Care.

- Have soil that can drain well. It's recommended that the soil have

good levels of alkaline so it's a mild richness. Along with the well-draining soil make sure your pot you use also can drain water well.

- Wait until the soil is dry to water it, after you've brought it home and transplanted it, to let it adjust. Once the dirt is well dried then water it some. Use examples from the Aloe and Basil to find that right amount.

- If you are planting this outside and let it grow to its full size, then you will have yourself a nice sized Rosemary bush. Inside, people keep them shorter commonly so they are easier to manage.

> Care:

- To transplant this herb from a clipping follow these steps:

- - Snip off new branches 2.5 inches down from the tip. Going farther will not promote root growth.

- - Put the snipped off stem into its own pot with the same kind of soil.

- - Give plenty of sunlight to promote the roots while watering lightly to only as needed if the soil is dry.

- Watch out for powdery white mold. If you see this, then immediately treat it with a product made from natural ingredients or use a spray that is made for the fungus/mold. Using a preventive treatment early will help lower the chances you'll need to treat any molds.

Now onto our next section!

> Medical:

A quick note as we get started: if you suffer from anxiety then it is not recommended applying this to your skin with its plant form or in oil.

Studies show, for some, anxiety got worse so if you do wish to use it for relaxing anxiety in this manner, speak to your medical provider first.

- It has been used in aroma therapy as just simply smelling this herb has shown to have benefits to people in studies. Here are a few things it helps:

- - Memory: it showed for some to help their memory in remembering things for longer periods of time.

- - Possibly could help with breathing problems, such as asthma,

when a person rubs Rosemary leaves together with Coltsfoot leaves.

The person then smokes them. I personally take this as a reference to lightly catching them on fire so they smoke in a dish to be inhaled.

It could be referring to literally smoking them as one does a cigarette but the information wasn't clear.

If you have seizures then I would recommend using this for its scent.

This is because some with certain types of seizures, the types weren't listed, began having worse seizure episodes and those episodes activity had increased when smelling Rosemary. So, speak with your medical provider before you try helping your memory with Rosemary for aroma therapy.

- Soaking the cut off tops in wine for a few hours or a day or so is

said to help the following:

- - Relieve aches in muscles or joints when rubbed on the aching area firmly.

- - Help the heart if weakened when drink in small quantities over time.

- - Potentially could help the kidneys when drank in small quantities over time.

- Rubbing Rosemary oil along with lavender, thyme, and cedar wood oils into your scalp is reported to help with hair growth.

- There are also medicines that can be bought in stores that have Rosemary in them. But those which helped with arthritis the most were the medicines containing all of the following:

- - Rosemary

- - Hops

- - Oleanolic acid

- - NG440 and or Meta050 (is other option for what should contain if

it does not include Oleanoic acid)

Next to our last section!

> Cooking:

Mainly this herb is used for flavoring but its flowers are also used to

make sugar. Here are some ideas for your next meal:

- Tea:

- - Snip off a few stems of Rosemary and “bruise” them by rolling them under your hand on the countertop.

- - Wrap the freshly bruised stems in a cloth (such as cheese cloth, a coffee filter, a thin cloth, or could strain the tea through a filter at finish) if you’d like to keep stray fragments out of your drink.

- - Put this cloth into boiling water and wait about 5 or more minutes, depending how strong you would like the tea.

- - Pull out the bag and serve your tea hot or you could ice it and enjoy.

- Mashed potatoes:

- - Add 1 tablespoon of dried Rosemary and 2 tablespoons of chicken broth for every 2 pounds of un-mashed potatoes.

- - Cook the potatoes in water to soften them.

- - Remove them from the water when they are soft enough to mash, or drain the water, and return to heat.

- - Add the dried Rosemary and chicken broth just before you start mashing so it's well mixed in and serve.

- Rosemary Sugar:

- - Remove several small blooms off the plant and air dry them.

- - Mix the dry blooms with some unrefined sugar or unrefined organic sugar in a food processor. (Or a bowl to crush them up good)

- - Blend the mix well so it's integrated to the other well. If you use a bowl then crush them up good so they are mixed well.

- - Pour out and put the mix into an airtight jar with some dried Rosemary sprig leaves for a stronger flavor of herbs. Then just use as you would normal sugar.

- Grilled Chops:

- - Mix 1/2 teaspoon of dried Rosemary, 1/2 teaspoon dried Sage, 1/4 teaspoon pepper, and 1/8 teaspoon salt together with 1 cup pineapple juice in a bowl.

- - When sauce is well mixed, thickly brush it onto your pork or lamb chops before grilling.

- - Grill your chops and after they've been grilling, add another brushing just once more then finish them up and serve.

Chapter 4: Marsh Mallow

Nope you aren't out of place feeling confused, I was to. This herb was actually used originally to make the sugar confection we know and love, although any more there isn't any Marsh Mallow plant in it. You will mainly find this plant in Africa, Asia, and Europe. And in older times they may have grown in Egypt as they had used it for medical treatments.

> Growth:

- Start it with seeds or buy it already started and just transplant it over. If you do seeds you'll need to get them started inside as explained. You also can grow from root cuttings as explained in Care.

- - Seeds:

- - - Get a zipping freezer bag.

- - - Add damp sand, enough that your seeds will be covered.

- - - Bury your seeds in the sand.

- - - Put the bag, once zipped closed, on a table or somewhere to stand unmoved for 24 hours.

- - - Next day after the 24 hour period, you should see swollen seeds.

- - - When you see swollen seeds, it's time to move the bag inside the refrigerator and leave there for 1-2 months.

- - - Seeds should start to germinate in this time frame, give or take.

- - - Remove germinating seeds and put them in a pot with well moistened soil.

- Can adjust to just about any soil just keep watered regularly.
- Give plenty of sunlight.
- Allow for plenty of room. These are in the Hibiscus family so they will get tall.

> Care:

- Keep it well weeded around the plant. Mulch can help lower the chances of weed growth.
- Water when the soil is dry but don't let it get too dry.
- Growing periods are early Summer into late Fall so if plan to cut the roots after maturity then do so in late Fall as it is winding down or in the Spring before it starts waking up to become active.

- To grow from root cuttings:

- - Cut the root or roots you want to transplant in the Fall before Winter or in the Spring before early Summer. Do it when the plant is dormant is best.

- - Plant it in moist soil before Early Summer but after the frost. The root will root easily.

- - Keep watered to avoid drying out and by the next Summer or so you should have a new Marsh Mallow.

If all of the above is done correctly then you should have nice tall plants that can bloom beautiful flowers of pink to white, some purple.

It will also return every year so long as its roots are fine. If you plan to use its roots for medical or other reasons then remember to transplant a root cutting or two so you will have new plants ready to

grow when the growing cycle begins. It's said that deer do not like the taste/smell of the Mallow so plant where you have a deer problem and it should help.

Onto the next section!

> Medical:

- Brewing a tea is said to help with these ailments:

- - Coughs

- - Sore throat

- - Colds

- - Flu

- - Bronchitis

- - Crohn's disease but there was not enough information for this to be confirmed more towards being proven or disproven based on very few claims.

If you do use this tea then please take note if you take any kinds of medicines. The coating this plant can leave, similar to how the common marshmallow treat does to the roof of our mouths, can make the absorption of pills/capsules difficult for the body. So allow 6 hours before your medicine if you wish to consume any tea or some food with Marsh Mallow root in it. Or you can allow for 6 hours minimal after your medicine before you drink any tea or consume the Marsh Mallow plant.

- Rubbing leaves or premade Marsh Mallow oil was reported to

helping with:

- - Skin irritation
- - Bug bites
- - Light wounds for speeding up healing
- - Eczema was reported by one or very few people. They probably used a cream that contained Marsh Mallow as I could not locate exact details for this.

There are creams and pills that contain Marsh Mallow that have been designed to treat some of the listed conditions. So please keep that in mind if you don't want to grow your own just for the freshest item to relieve a certain ailment.

Our last section!

> Cooking:

- Cold tea:

- - Get a jar and fill it with 1 cup warm water.

- - Add 1 tablespoon Marsh Mallow root.

- - Optional is adding 1 teaspoon of Peppermint leaf. Not recommended for those with heartburn.

- - Close up and shake the jar thoroughly.

- - Put in the fridge and let it sit overnight.

- - Pour and strain later before drinking slowly. It should help ease any throat discomfort.

- - You can also buy Marsh Mallow in already made teabags in some stores.

- Homemade Old Style Marshmallows:

This is a recipe I found and really kind of the only one I found so if you're curious try it out.

- - What equipment you will need:

- - - Small sauce pan

- - - Hand mixer (if you don't have a kitchen mixer)

- - - Metal bowl

- - - Kitchen mixer (could be faster than hand mixer)

- - What ingredients you will need:

- - - 4 Tablespoons of pasture-raised gelatin powder (or any other

gelatin if you aren't too picky on if it is organic or came from something that roamed around free on the farm.)

- - - 1 Cup of water (warm)

- - - 1 Tablespoon of Marsh Mallow root

- - - 1 Cup of honey (brand is your choice)

- - - 1 Teaspoon of vanilla or any other flavor or flavors you would like. A few options they gave were mint extract, lemon, or cocoa powder.

- - - 4 capsules of probiotics which is optional as not everyone wants to add this, I assume, to their meal/snack so it's up to you really.

- - Instructions:

- - - Step 1:

- - - - Combine 1 Cup of warm water into the metal bowl with 1

Tablespoon of Marsh Mallow root.

- - - - Let the mixture sit for 5 minutes. This will be the equivalent of leaving it overnight in the refrigerator.

- - - - After the 5 minutes are up, stir the mix well then strain it so you have a clean liquid that fills the 1 Cup measuring cup.

Quick note: if you are reusing the metal bowl with a hand mixer, then wipe out the bowl with a damp rag before continuing to step 2.

- - - Step 2:

- - - - Take and pour 1/2 a Cup of the Step 1 mix into the metal bowl or kitchen mixer bowl, whichever you will be using.

- - - - Add your 4 Tablespoons of gelatin to the mix.

- - - - Whisk lightly to incorporate the powder then leave it be to rest.

- - - Step 3: Pour the other 1/2 of Step 1's mix into a sauce pan.

- - - - Add 1 Cup of honey.

- - - - Optional: If you decide to use cocoa powder for your added flavor, you may add it when steam is starting to rise from the pan, ensuring it is stirred in well.

- - - Step 4:

- - - - Heat gradually to bring it to a slow boil

- - - - If you own and use a kitchen thermometer then heat until it reaches an ideal heat of 240 degrees and maintain it with constant stirring.

- - - - Heat with stirring for 8 minutes

- - - Step 5:

- - - Slowly and carefully start pouring the heated mix into the metal bowl or kitchen mixer bowl, whichever you are using. Don't add all at once, just enough to soften the harden gelatin.

Note: when you do this the gelatin mix should be hardened.

- - - Step 6:

- - - Turn on your mixer to medium, carefully stirring up the gelatin with the honey mix.

- - - Carefully continue slowly adding in the rest of the honey mixture.

- - - Step 7:

- - - Once done pouring turn the mixer up to high.

- - - - Blend for about 10 to 15 minutes

- - - - Once you have a stiff cream, turn it off. The consistency should be like marshmallow cream which is able to form gentle peaks when the mixer blade is pulled up from the mix.

- - - Step 8:

- - - - If you are using probiotics then now, with any other flavorings besides the cocoa powder, would be the time to add to add them.

- - - - Let this stand undisturbed for about 2 minutes.

- - - Step 9:

- - - - Grease a 9 by 13 inch pan. They recommend using coconut oil but you could use Pam or any other non-stick spray.

Another option to keep the marshmallow cream from sticking would be to line the pan with parchment paper. Just make sure it's long enough that it comes up over the edges to allow you something to grab to remove the treat later.

- - - Step 10:

- - - - Pour your mix into the lined or greased pan, smoothing it out on top.

- - - - Leave the dish alone for 4 hours, or for a better outcome then leave it out overnight, on the counter.

- - - Step 11:

- - - - After it has set, remove it from the dish and use a knife or pizza cutter, either one as either will need to be well oiled, to cut the newly

formed marshmallow into slices.

- - - - Put left over marshmallows into an airtight container to leave out at room temperature. Putting these in the fridge will melt them.

If you added the probiotics then their shelf life is about 3 to 4 days.

Without the probiotics then they can last up to at least 2 to 3 weeks.

Chapter 5: Sage

This herb as much as it grows can resemble a bush and, unlike the others, has a shelf life. You will need to replant this herb every 3 to 5 years. This is because over time as it gets older its stems will turn to wood, thus making it useless for the most part as it won't grow more leaves or anything. Growing this herb alongside Rosemary, Basil and other Mediterranean herbs will add to its wonderful fragrance. This also will bloom but nothing stated they must be taken off. You'll have a variety of colors such as purple, pink, blue, or white.

> Growth:

- Can be grown from seeds, bought already started from a shop or nursery, and can be started by cuttings and layering which will be

both covered under Care.

- - Growing from seeds will require they be planted about 1/8 inches down, kept moist to stay hydrated and about 10 to 21 days later the seeds should start germinating. They can be picky so it might take a try or more to get the watering amounts right.

- - When seeds are starting to sprout and are small, use a spray bottle to wet them so you don't over water them as they continue developing.

- Make sure the soil drains well. It should also be a clay loam that is rich in nitrogen. The pH levels should read at 6.0 to 6.5.

If the soil is not wanting to drain correctly, or enough, you can mix in some sand with different organic substances.

- Some have reported growing their Sage alongside Marjoram, Oregano, Parsley, and Thyme improved its growth.

- Place in a spot that can receive full sunlight or a light shade, either spots can work. Unless your temperatures can very hot then light shaded area is the best option.

> Care:

- There are 2 ways to start a new Sage plant from a previous one that has reached near the end of its life. They are:

- - Clippings

- - Layering

- We will start with clippings:

- - Clip the stem 3 inches down from the top leaf/leaves.

- - Remove any leaves from the lower part of the stem.
 - - Put root hormone on the bottom of the stem to promote root growth.
 - - Place into sterilized sand for 4 to 6 weeks or until you see roots.
 - - Once you see roots you can transplant it into its normal soil.
- Now we will cover Layering:
- - Once the Sage is woody or nearing full woody, bend the branches down towards the soil.
 - - Leave the ends about 4 inches above the soil.
 - - Secure the branches in place and wait. This will take about 4 weeks, maybe longer depending.
 - - When roots start reaching for the soil you can cut off the branch
 - - Put the newly rooting branch/leaf into its normal soil and it should

take off.

- If it doesn't get enough sunlight it will become leggy.

- Thin it out regularly or else it will likely get mildew or mold. If that forms, you'll need to treat it immediately.

- Every early Spring you'll need to prune this plant. You need to cut 3 inches below any woody looking stems so your Sage doesn't go into shock. You'll need to time it right so you don't injure it. You'll want to aim for a period once the frost risk is gone but before it begins to grow again, which happens in early Spring.

- There are 3 pests the Sage gets, though not often. You can use

phrethrum or soap with insecticidal qualities to treat the affected areas.

Onto the next section!

> Medical:

There are several ailments this mighty herb is said to help. Take a look below:

- Make up an herbal tea that could help treat:
 - - Sooth indigestion
 - - Sooth dyspepsia
 - - Effective antioxidant

- Other ailments helped by medicine, eating leaves raw/in a dish, or smelling it include:

- - Restores vitality and strength

- - Fights fevers

- - Soothes mucous membrane tissue (which does the following)

- - - Curing/helping: Mouth ulcers, sore gums and throats, and laryngitis

- - High cholesterol

- - Menopausal symptoms

- These others may or may not be effective in most as there hasn't been enough data gathered to prove its successfulness either way:

- - Lung cancer

- - Pain after surgery
- - Loss of appetite
- - Dry mouth
- - Asthma
- - Diarrhea
- - Excessive sweating

Now with that done onto our last section!

> Cooking:

This plant being in the mint family has several varieties for several flavor profiles. An example would be the Sage found in Mexico which tastes similar/like pineapple. You can use this in 3 different ways

which include:

- Fresh:

- - You harvest it fresh off your own plant, a friend/neighbor's plant, or buy it as fresh as you can from the farmer's market or grocery store.

- Ground:

- - Commonly dry and in its own container for easy use is a fine or rough powder. The flavor isn't as strong as fresh so some do not like to use it as much.

- Rubbed:

- - Another form of dry Sage that has more flavors as it the leaf that

was rubbed off their stems. The texture is described as being soft like a pillow. This form also retains more flavor compared to the Ground but to some level could be less than the Fresh.

A few suggested tips to improve your foods profile are:

- Sautee Sage with onions in stuffing like the English.
- Add fresh Sage with caramelized onions to top say pizza or a sandwich.
- Add Sage to your sausage like what is done in Germany.
- Put Sage with saltimbocca and osso bucco. It also does

wonderfully with buttery pasta which all 3 seem to be a common in some parts, if not most, of Italy.

Now here's one recipe you can try at home that serves 4 people and will take roughly 20 minutes.

- Fried Sage and Parmesan Penne

- - Ingredients:

- - - 1 Pound penne pasta

- - - 1 Egg

- - - 2 Tablespoons all-purpose flour

- - - Salt and ground black pepper

- - - 12 Large fresh Sage leaves

- - - 4 Tablespoons butter
- - - 1/3 Cup pine nuts
- - - 1 Cup grated parmesan cheese

- - Equipment you'll need:

- - - 1 Large saucepan
- - - 1 Small bowl to beat the egg
- - - 1 Small/Medium bowl to mix the dry ingredients in
- - - 1 Small skillet

- - Instructions:

- - - Step 1:

- - - - Take your large saucepan and fill it with water.
- - - - Add a sprinkle of salt and bring to a boil.

- - - - Add your pasta to this boiling water to cook it, following your packages instructions.

- - - Step 2:

- - - - Scoop out and preserve 1/4 Cup of the cooking water for later use.

- - - - Drain pasta

- - - - Return pasta to the pan and cover it to keep it hot while it's off the heat.

- - - Step 3:

- - - - Take your small bowl and crack the egg in it.

- - - - Lightly beat the egg and set it aside.

- - - Step 4:

- - - - Take your second small or medium bowl and pour in the flour.

- - - - Mix a bit of salt and pepper into it.

- - - Step 5:

- - - - Take 1 Sage leaf at a time to:

- - - - - First dunk the leaf into the egg on both sides.

- - - - - Second lay it in the flour, covering both sides.

- - - - - Third gently shake off any excess flour before setting the leaf
aside to rest.

- - - Step 6:

- - - - Take your small skillet and put it over medium-high heat.

- - - - Add your butter and start melting it.

- - - - When you see it start bubbling you'll add the Sage leaves.

- - - - Fry both sides lightly for about 1 to 2 minutes per side should be enough. You'll want the leaves to be lightly browned.

- - - - When they are lightly brown on both sides, remove the leaves from the pan and put them on a plate to rest, off to the side.

- - - Step 7:

- - - - Add the pine nuts to this butter in the small skillet.

- - - - Lightly cook them by tossing them in the butter for about 1 minute.

- - - Step 8:

- - - - Plate your pasta

- - - - Drizzle your butter and pine nuts over the pasta

- - - - Sprinkle parmesan cheese on before lightly tossing the noodles until the cheese is melted.

- - - - Lightly drizzle some of the pasta cooking water you saved over the pasta while you toss it. Doing this is said to make the sauce thicker.

- - - - Season to your taste with salt and pepper

- - - - Serve and enjoy

Chapter 6: Oregano

This is a vibrant plant that has a strong fragrance and flavor. It can grow out a lot so if you have it in a container or anywhere it will trail out to explore. If you have any spots you want covered outside then this plant will work wonders. You'll need to replace this plant every 2 to 4 years which is about the time frame when it will begin to get woody. In the garden, this plant can easily be most get mistaken for the Sweet Marjoram herb. Their only difference is each herb's flavor and their scents.

> Growth:

- Can be started from seed, bought already started, or from clippings.
- Have the soil be equal parts of good potting soil, peat moss, perlite, and sand.
- If planting from an already started then don't bury the stem. Bury the ball of roots fully but not the stem or you will have a rotting plant.
- Plant in or put in spot where can get plenty of sunlight.
- They are native to dry and arid regions so letting the soil go dry before watering is a good idea so you don't overwater them.
- They can easily be grown from stem cuttings taken in the Spring by placing them in the proper soil and giving them light. They should take right off.

> Care:

- Does best in temperatures of 65 to 70 degrees Fahrenheit during the day and of 55 to 60 degrees Fahrenheit during the night. This is both inside and outside for wherever you are growing it.
- Can be outside in summer but bring it in before any drastic temperature changes. The shock will or may kill it.
- Be warned that growing Oregano in a container will be harder to keep it alive in winter than if it were in the ground.
- Needs between 6 and 8 hours of sunlight a day.
- Make sure the soil is well dry before watering again so it doesn't get overwatered.

- Pinch off any flower buds before they start blooming or bloom too much. This maintains a good or strong flavor of your Oregano.
- You can harvest it when it's 6 inches tall. Harvest it by cutting about 1/2 an inch above the ground on the mature stem.
- It can suffer from root rot and from pests such as spider mites and aphids. If pests show up then treat with the appropriate treatment.

Next section up!

> Medical:

This plant has been used in several products and at times it will have purple leaves. It has been used in medicines and products you can buy off the store shelf and can be used in its raw form or prepared at home from freshly harvested Oregano.

- A few items it has been used to treat are:
 - - Respiratory tract disorders
 - - Gastrointestinal disorders
 - - Menstrual cramps
 - - Urinary tract disorders
- Applied topically to the skin has shown in some to help:
 - - Acne
 - - Dandruff
- It is also a great way to get the following:
 - - Vitamin K
 - - - Which promotes the growth of bones, helps maintain bone density, and helps produce blood clotting proteins.
 - - Dietary antioxidants
 - - - Which helps protect your body's cells against effects from free radicals.
 - - - It also can help your body fight off infections.
- A few other benefits found that appear plausible are:
 - - Antibacterial properties:

- - - The oils in Oregano were shown in several studies done by the Portuguese to effectively fight against up to 41 different strains of a food pathogen called *Listeria monocytogenes*. This is because it contains a compound of carvacol.

- - - Researchers from British and India found that Himalayan Oregano oil is a strong antibacterial fighter that can kill the superbug found in hospitals. What's this bug? MRSA is the superbug. This can be done by using it as a liquid or a vapor. It also works by heating it up in boiling water.

- - Anti-inflammatory properties were shown to be possible for use against osteoporosis and arteriosclerosis by scientists from Bonn University in Germany. And was shown plausible by scientists from ETH Zurich in Switzerland that an ingredient called beta-caryophyllin was what appeared to work best against the two listed ailments.

- - Some research showed it has properties that can encourage the cells into cycle arrest and could make cancer cells kill themselves off. This was shown to be plausible in some breast cancer's falling into the MDA-MB-231 line.

- Other possible ailments that could be treated to being cured or helped lessened are:

- - Colds
- - Muscle pain
- - Bronchitis
- - Toothache
- - Headaches
- - Allergies
- - Intestinal parasites
- - Earache
- - Fatigue
- - Repelling insects

An easy cough syrup with Oregano recipe I found is listed below along with how to use it for those needing some throat relief.

- Oregano Cough Syrup:

-- Step 1:

--- Take a jar with a lid that's been sterilized and dried and put into the bottom the following:

---- Oregano

---- Garlic

---- Lemon

---- Onion

-- Step 2:

--- Pour honey over the ingredients.

-- Step 3:

--- Pour enough water over the ingredients to cover them completely.

-- Step 4:

--- Put the lid on tight and let it sit overnight.

-- Step 5:

--- Strain the mixture the next day and drink your clean liquid.

It will last for about 1 week in the fridge. If you add the onion you will have a stronger syrup because of how the garlic and onion work together. The ingredients are also stronger for this syrup because none of the ingredients are cooked.

The Oregano cough syrup can be taken orally as often as needed for coughs and sore throats. Warning is to not give it to children at the age of 1 or younger, because of the honey.

If you have infused up to 6 weeks Oregano into your favorite oil then use it, like the syrup, only when you are sick or are having ailments. If you use it too frequently the power it has to fight off the bug making you sick will be lessened due to overuse.

If used with an eyedropper, an Oregano Oil can help some with: colds,

coughs, sinusitis, congestion, allergies, sore muscles, arthritis, burns, tooth aches, insect bites, ear infections, and digestive issues. Consult your doctor first to make sure it would be an appropriate option for you based on your symptoms if you want to avoid prescription drugs.

Onto the last section!

> Cooking:

A favorite of the Italians and Greeks this herb has several uses in cooking. Here are a **couple** examples of what you can do with it in your kitchen:

- Oregano Olive Oil:

This oil will add some extra taste to your pizza on the base or in the sauce. It also makes a great dressing for the base of a salad.

-- Ingredients:

--- 1 Pint of olive oil

--- 5 Sprigs of fresh Oregano. You may include the flowers if you want but it is not required.

-- Equipment:

--- A container or jar to pour the oil into with a lid. This is only if you don't want to put the herbs into the original jar/bottle.

-- Instructions:

--- Step 1:

---- Take the olive oil and pour some of it into a sterilized and dry jar/container that has a lid. You can leave the oil in its original jar/bottle.

--- Step 2:

---- Add the 5 sprigs of Oregano to the oil that's either in said jar/container or still in the original bottle/jar.

--- Step 3:

---- Close up the jar/container/bottle and let it sit for 7 days undisturbed.

Storing in a dark, dry, and cool place for best results

--- Step 4:

---- Open and strain the oil after removing the Oregano if you want just clear oil. You can also leave the sprigs in the jar and use a spoon to take out what you want, when you want.

--- Step 5:

---- Store for up to 6 months in a spot there's dark, dry, and cool.

--- Step 6:

---- Can be used on or in anything that regular olive oil is used.

Another recipe for your cooking needs is a pasta sauce that has Oregano and Thyme:

- Ingredients:

- 1 Medium onion (white or yellow) diced
- 2 Tablespoons olive oil (the good quality stuff)
- Salt and pepper for taste
- 1 to 2 Tablespoons dried garlic (or 1 to 2 cloves of fresh garlic, your pick)
- 2 Cans, each 14oz, of tomatoes, stewed
- 1 Small can of tomato paste
- Oregano (you'll need a generous serving)
- Thyme (you'll need a generous serving)
- Bay leaf

- Equipment:

- 1 Medium to large saucepan
- 1 Spoon or something to stir with
- A knife for cutting up ingredients that need cut up

- Instructions:

-- Step 1:

--- Get some olive oil heating in your pan on medium low or medium heat.

-- Step 2:

- - - Dice your onion and add it to the pan, stirring occasionally. You don't want the onions to get brown but want them to get cooked to be translucent. This takes about 5 minutes or so.

- - Step 3:

- - - Add some salt and pepper to your liking.

- - Step 4:

- - - Add your chopped garlic to the pan.

- - Step 5:

- - - Add in your cans of stewed tomatoes and can of tomato paste.

- - Step 6:

- - - Use a potato masher (or a spoon/fork) in the pan to crush the tomatoes so they are smaller if you want a smoother sauce instead of a chunky sauce for your meal.

- - Step 7:

- - - Shake in your Oregano and Thyme if dry. I assume one could add fresh if the chop them fine enough.

- - - Add the Bay leaf as stirring in the Oregano and Thyme.

- - Step 8:

- - - Cover and let simmer on low for about 50 minutes with occasional stirring.

- - Step 9:

- - - Uncover and taste

- - - Add more salt and pepper if needed

- - - Once done remove from heat, put into bowl and finished.

Now you have a tasty sauce to add to soups, pasta, pizza, or any other dish where a tomato sauce is used.

Chapter 7: Thyme

Like the earlier talked about Oregano, the Thyme herb also likes to spread its vines out with all its greenery. So if you plant this outside and have a spot you want covered then this herb could be your answer as it also looks quite lovely. It has a beautiful fragrance and when it blooms the flowers will tract bees, just a note for any who don't like bees near their doors.

A fun tip: if you burn Thyme in your home it will get rid of insects. Easy to grow inside and out, let's get into this plant.

> Growth:

- Can be started from seeds, bought already started, or by transplanting cuttings.
- If outside, should be planted where it can get full sun. If inside, make sure it gets plenty of sunlight.
- Soil should be able to drain well and have a consistent pH level of around 7.0 with the soil conditioning being slightly alkaline. Looking for a loamy and sandy type should work.
- Water as needed to keep the soil moist but not too wet.
- Easier to start with a plant already going or to start with cuttings. Seeds can be tricky as they are slow and will germinate unevenly.
- - If you start with seeds or cuttings, and want to get ahead of the game, then plant them inside 6 to 10 weeks before the last Spring frost.
- - You can also wait and plant the seeds or cuttings about 2 to 3 weeks before the last Spring frost.
- Will grow up to 6 to 12 inches tall.

> Care:

- If your soil pH level is dropping or below 7.0 you can add lime to the dirt to raise the levels back to a normal range.
- Tips to help prevent root rot and gain better drainage:
 - - Mulch the area with limestone gravel

- - Adding/using builder's sand is another option
- Cut back Thyme after a year where needed by cutting above the new growths. You'll be cutting it back by 1/3. Never cut below it near the woody stem.
- After the first year, lightly prune the plant after the last Spring frost to keep it from getting woody and brittle.
- Pinch the tips of stems to keep the plant bushy. Stop doing this about 1 month before the first frost or your plant may freeze if outside.
- Watch out for pests such as spider mites and treat appropriately. They will mainly be a problem in dryer weather.
- Root rot and fungus diseases can be a problem in more humid climates. There is also a risk of gray mold.
- If you have it in your garden then plant it around any cabbages you have as certain pests don't like Thyme.
- Put down mulch around your plant after you know the ground is frozen if your area has/is known to have cold winters to protect the roots.

Next section is up!

> Medical:

This herb has several benefits attached to it when used fresh or taken in the form of medicine or cream that can be bought off the shelf. Since there are different types of Thyme and those different types means different levels of potency. So it's recommended anyone wanting to use Thyme not in a processed medicine/cream, to start with the *Thymus Vulgaris* ct. linalol as it is effective for use but not as potent to be too dangerous if misused.

- A few properties associated with the *Thymus*, in thanks to its essential oils, are:
 - - Anti-fungal
 - - Anti-parasitic
 - - Anti-rheumatic
 - - Anti-septic
 - - Anti-viral
 - - Has an agent that is a strong detoxifier
 - - Boost immune system

- - - This immune system boost can lead to the formation of white blood cells and increased resistance to just about any foreign organisms.

Upon more researching these interesting facts were found and may be applicable today if they did correctly do as they were recorded as doing back in the past.

- In Rome the Romans were recorded as using Thyme to cultivate bees, purify rooms, and they used it for flavoring in their liqueurs and cheese.

- In Greece the ancient Greeks were recorded as using Thyme for incense inside their temples.

-In Egypt it was recorded the Egyptians would use the fragrant plant for embalming.

- Back in the day in the Medieval times the knights were given Thyme for courage. It also was recorded that sprigs of Thyme were used to ward off depression by being placed in bedrooms and under pillows.

- Lastly back in the past, it wasn't listed how far back, people used to crush Thyme before applying it to bandages before wrapping a wound. It was believed to help the wound heal quicker and that the Thyme would help keep away infection. Also it was used to help prevent spoilage of meat, which was until the invention of the ice box then refrigerator.

In using Thyme oil alone or with other natural compounds that promote healthy benefits have shown to help some with the following:

- Nail fungus
- Parasites
- Chronic fatigue
- Hair loss
- Depression
- Headache
- Insomnia
- Skin problems
- Anxiety
- Stress

It also can be used as aroma therapy which may also help with the above or other unlisted problems. It is noted that if you plan to apply Thyme on the skin in its purest form (probably like rubbing its leaves or extracting its oil yourself and using it), then be warned it can cause skin irritation for some people when used alone.

So either test it out somewhere in a small spot on your body, some recommend a spot on the soles of your feet. I would say if you plan to use it in the air or applying it to your skin, speak to your medical provider and ask about if you should try it by itself or if it should be combined with another herb or herbs.

Onto the last section!

> Cooking:

Having such a wonderful scent and flavor in its leaves, this mighty herb is used in several dishes. Here are a couple dishes and recipes for you to try:

- Thyme Cornbread:

-- Ingredients:

- 4.5 Ounces of all-purpose flour or about 1 Cup
- 3/4 Cup of yellow cornmeal
- 1 Tablespoon sugar
- 1 Teaspoon baking soda
- 3/4 Teaspoon salt
- 3/4 Cup reduced-fat buttermilk
- 2 Tablespoons canola oil
- 1 Egg
- 1/2 Cup fresh corn kernels or about 1 ear
- 1 1/2 Tablespoon fresh Thyme leaves
- Cooking spray

- Equipment:

- 2 Mixing bowls
- Baking pan

- Instructions:

--- Step 1:

---- Preheat your oven to 350 degrees before starting.

--- Step 2:

---- Measure 1 Cup unpacked flour, leveling it with the flat side of a knife.

--- Step 3:

---- In your bowl combine:

----- 1 Cup flour

----- 3/4 Cup cornmeal

----- 1 Tablespoon sugar

----- 1 Teaspoon baking soda

----- 3/4 Teaspoon salt

---- Mix the dry ingredients well before moving the mix to make a well in the center of the bowl for the wet ingredients.

--- Step 4:

---- In the second bowl add the following:

----- 3/4 Cup reduced-fat buttermilk

----- 2 Tablespoons canola oil

----- 1 Egg

---- Stir them up or whisk them as you add:

----- 1 Ear of corn kernels

----- 1 1/2 Tablespoons fresh Thyme leaves

--- Step 5:

---- With the wet ingredients well mixed, pour the wet into the well of the dry ingredients.

---- Stir the mix until your batter is fully moist.

--- Step 6:

---- Spray your pan with the cooking spray to prevent sticking. They used an 8 inch square baking pan but someone else used a cupcake pan. So it is up to you about what form you want the cornbread.

---- Spoon, or pour, your batter into the baking dish

- - - Step 7:

- - - - Once your oven is preheated and ready to go, put in the dish.

- - - - This will take about 25 minutes if you used the 8 inch pan they had. If you used a different sized or shaped pan then adjust cooking time accordingly.

- - - - You'll want the cornbread to be lightly brown and not gooey on the inside. A great way to check the inside is to poke a toothpick or a fork inside around the middle. If it pulls out clean, it's done. If not clean then it needs more time.

- - - Step 8:

- - - - When finished, pull out the dish and remove the cornbread from the pan.

- - - - Set the food out on a wire rack or plate so it can cool then serve.

Now for a second recipe for your tasting delight!

- Spicy Chicken Breasts

- Ingredients:

- - 2 1/2 Tablespoons paprika
- - 2 Tablespoons garlic powder
- - 1 Tablespoon salt
- - 1 Tablespoon onion powder
- - 1 Tablespoon dried Thyme
- - 1 Tablespoon ground cayenne pepper
- - 1 Tablespoon ground black pepper
- - 4 Skinless, boneless chicken breast halves

- Equipment:

- - 1 Medium mixing bowl
- - A grill (or something similar)

- Instructions:

- - Step 1:

- - - Preheat your grill to medium-high heat.

-- Step 2:

--- Take your medium mixing bowl and mix the following:

---- 2 1/2 Tablespoons paprika

---- 2 Tablespoons garlic powder

---- 1 Tablespoon salt

---- 1 Tablespoon onion powder

---- 1 Tablespoon dried Thyme

---- 1 Tablespoon ground cayenne pepper

---- 1 Tablespoon ground black pepper

-- Step 3:

--- Mix the ingredients together well.

--- Take 3 Tablespoons of the seasoning and set it aside for the chicken breasts.

--- Store the rest of the seasoning into an airtight container or bag to use later in/on another dish. An example for would be meats, fish, and veggies.

-- Step 4:

--- Rub the chicken on both sides with the mix well.

--- Lightly oil your grill grate

--- Place your chicken on the grill.

--- Each side should cook for about 6 to 8 minutes. It could take more or less time as you want the juices to run clear before you remove it.

-- Step 5:

--- Remove the chicken once juices are clear.

--- Set aside on a plate or cutting board and let it rest for a few minutes.

--- Serve to people whole or cut it up before serving.

--- Enjoy!

Here are a few other suggestions with how to use Thyme:

- Stuffing chicken with fresh Thyme and half a lemon before roasting.

- Roast pork loin along with tart apples and root veggies. You then deglaze your pan with white balsamic vinegar that has been infused with Thyme.

After, you can mellow the sauce in the pan with a bit of honey.

- Add some extra flavor to a leek quiche or even scrambled eggs.

- You can also poach white fish fillets in a broth that's been Thyme-scented.
- You also can marinate beef filet or a leg of lamb overnight in a mix containing:
 - Dry red wine
 - Fruity olive oil
 - Crushed sprigs of English Thyme (what type they recommend)
 - Salt
 - Coarsely ground black pepper
 - You then drain before dabbing dry your meat, roast it, and at the end or near the end sprinkle some more chopped fresh Thyme for some added flavor.

Chapter 8: Garlic

Yes this is a food but as I learned it also counts as a herb and that is because of the greens it grows from planting its cloves. This awesome seasoning/spice is part of the Allium family as are onions and shallots. It's recommended, though will take longer, for the freshest garlic greens to use fresh garlic cloves.

To get these cloves you can buy garlic bulbs and plant them according to instructions then harvest at the right time. If you are successful then you'll have fresh cloves to break apart gently, plant, and get greens. You can also get new bulbs, from Elephant Garlic at least, by growing it until it blooms its flower or flowers. You let it stay in the ground, caring for it until the flower dies and dries out.

Once the flower has dried out then you harvest it and you'll have a new bulb for planting for more garlic for later planting. But this may not work if the bulb you started with was treated in a way to prevent this method and will just need to buy new bulbs later when you want more garlic and garlic greens. But we're here to focus on the greens so let's get into it!

> Growth:

- Take fresh Garlic cloves, or as fresh as you can get, and plant them into the ground with their pointed end up.
- Push them into the ground about half way then cover with more soil.
- Gently pat down the dirt around/above the cloves before you give

them plenty of water.

- Soil should be moist but not soggy.
- Water lightly after to keep the soil moist.
- After about 1 week or longer you should start getting green sprouts.
- Once these green stocks are tall enough you can harvest them and your clove will provide more.
- After your clove stops producing all you need to do is get rid of the clove, dirt and start over if you want more greens.

> Care:

- Give enough sunlight.
 - Water regularly to keep the soil moist.
- If you want to have repeating ability to grow Garlic without needing

to spend money then:

- - If you planted hard neck Garlic you may get a flower that can dry up into a bulb or multiple bulbs that would grow within 3 to 4 years. It could take less time or more time depending on the type/breed of hard neck garlic you planted that's bloomed.

- - The new garlic bulbs are called bulbils and will normally be smaller, almost seed size.

- - Remove the flower once it turns brown and harvest the bulbils.

- - Store them somewhere to dry that is cool, dry and dark for at least 4 weeks if you plan to plant them right away. Other than that, just store for future use after the 4 weeks.

- - It's recommended to start the bulbils inside as they can take longer to start growing and can, at times, be picky/temperamental.

I believe that takes care of the first section. So, next!

> Medical:

Having been used by the ancient people such as the Egyptians and Greeks even the Romans, Garlic was shown in the past to have benefits for health. Even today those benefits they knew of back then before all the science we have, have been proven to still be true with some additions.

- Here are a few conditions Garlic could help some people with in either a pill/medicine, raw, or other form:

- - Reduction in the arteries hardening as they get older so their arteries can still flex and stretch to some normal level.

- - Reduced risk of colon/rectal cancer.

- - - Some research showed that if you eat Garlic then you are lowering your chance of getting either cancer.

- - - Other research showed those who took an extract daily of aged Garlic for 12 months had a reduced chance of developing tumors or new tumors.

- - Reduced risk of stomach cancer.

- - - Some research showed that for some that ate more Garlic had less evidence of developing cancer in the stomach. Taking an extract of aged Garlic didn't seem to show any reduction in the risk.

- - Lowering high blood pressure by 7 or 8 percent.

- - - Those who used a Garlic powder called Kwai from a place called Lichtwer Pharma was shown to lower their high blood pressure. Be

aware it also showed to lower blood pressure in those with normal blood pressure.

- - It seems those who ate Garlic for about 5 months or so had a reduced risk of being bitten by ticks. So keep that in mind you outdoorsy types.

- - If you have a fungus condition called ringworm then applying a gel that has a chemical called ajoene, a compound in Garlic, with a percentage of about 0.6 percent was shown as effective against it.

- - For you athletes, if you use a gel also with the above chemical of ajoene at 0.6 percent then you have a possibly better chance at relief.

- - If your gel has a 1 percent of ajoene, and the gel is for athlete's foot, then you could have greater results in treating it. A medicine

comparison for effectiveness would be the gel compared to Lamisil.

Some other conditions it may help with are:

- Soothing bronchitis
- Curing/reducing a cold
- Lessening some allergy conditions (such as runny nose and itchy eyes)
- Removing warts
- Balancing blood sugar
- It's also a source for vitamin A, vitamin B, vitamin C, and vitamin E.

Onto the last section!

> Cooking:

There are several ways to use this favorable herb such as sautéing up the greens or adding the greens cooked, or raw, to a dish for some added crunch. Here are a couple of recipes to try out in your own home using Garlic:

- Garlic Herb Butter (this makes 2 sticks of butter and can last a long time in the fridge)

- Ingredients:

- - 2 Sticks of unsalted butter at room temperature

- - 4 Cloves of minced garlic

- - 1 Tablespoon of chopped parsley leaves

- - Scant 1/2 Teaspoon of salt

- Equipment:

- - 1 Hand mixer or 1 Stand mixer

- - 1 Bowl if using hand mixer

- - Plastic wrap

- Instructions:

- - Step 1:

- - - Beat the 2 sticks of butter and the 1/2 Teaspoon of salt.

- - - Beat until the mix is fluffy which will take about 2 minutes or so.

- - Step 2:

- - - Add the 4 minced cloves of garlic and the 1 Tablespoon of chopped parsley to the mix.

- - - Stir them in well

- - Step 3:

- - - Take a sheet of plastic wrap and lay out flat.

- - - Transfer some of the mix onto the sheet and start rolling.

- - - Roll into a tube before lastly twisting the ends tightly

- - Step 4:

- - - Repeat step 3 and place rolls into the fridge.

- - - Once nice cold, remove and use.

- A few suggestions you could use it for:

- - Morning toast

- - Buttering corn

- - Put on oatmeal
- - Add to pasta
- - Use with eggs
- - Add to other meals you would use regular butter.

Here's a second recipe for you that should be very tasty and hard to put down!

- Garlic Butter Cookies (this should make about 100 cookies depending on the sizes you make them)

- Ingredients:

- - 10 ounces butter (or 2 1/2 sticks) *Suggested tip: add in a little bit of garlic butter for a garlic taste*

- - 1 Tablespoon of Pam cooking spray (but this is optional)
- - 1 Egg yolk
- - 3 ounces plus 1 Tablespoon of powdered sugar
- - 1/4 Teaspoon salt
- - 11 ounces of all-purpose flour
- - 4 ounces of corn starch
- - 2 Tablespoons of full cream milk/whole milk
- - 1/2 Teaspoon of vanilla extract

- Equipment:
 - - 1 Mixing bowl
 - - Rolling pin
 - - 2 Baking sheets
 - - Parchment paper (if you use that if not just do as you do to make

sure cookies don't stick)

- - Cookie cutters (if you use them or a knife. However you do/if want to make shapes for cookies)

- Instructions:

- - Step 1:

- - - Preheat your oven to 350 degrees Fahrenheit.

- - - You will want to cream your 10 ounces of butter (and if you like a bit of garlic butter) with the 1 Tablespoon Pam cooking spray.

- - - Mix in your 3 ounces and 1 Tablespoon of powdered sugar, 1 egg yolk, 1/4 Teaspoon salt, and 1/2 Teaspoon of vanilla extract.

- - - Stir/whisk well until the mixture is nice and fluffy.

- - Step 2:

- - - Add 2 Tablespoons of full cream milk/whole milk.

- - - Stir/whisk it until it's mixed well.

- - Step 3:

- - - Gently fold in 11 ounces of all-purpose flour and 4 ounces of corn starch

- - - Continue mixing until the dough is soft and not sticking onto your hands.

- - Step 4:

- - - Line your 2 baking sheets with the parchment paper (if you use it).

- - - Roll out your dough so it is about 1/4 inches thick.

- - - Cut into any shape you like using a knife or cookie cutters of

your choice.

- - Step 5:

- - - Put the cookies on the baking sheets and put them into the fridge for 15 minutes. You want them chilled so the dough is firm before baking. This will keep your cookies in their cut shape.

- - - Once chilled put into the oven for 15 minutes or until you see they are a light brown color.

- - - Take out of oven and put on a rack or plate to cool.

- - - Enjoy your cookie delights!

Conclusion

I hope this book has been as fascinating to you as it was for me to discover all these unique facts and ways to use herbs. Before this, I didn't know there were so many conditions some herbs could help alleviate or potentially cure. Remember, this is a guide so speak to your medical doctor before trying anything to help anything you are suffering from. We want people to be safe.

Hopefully readers are encouraged to look into other herbs, as there are so many more out there, to find out about even more medical benefits they may have. Maybe this will help readers find a way to recover or heal up from a problem smoother.

Thank you all for reading.

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