

Herbs With Healing Properties You Can Grow at Home

Growing herbs in your home is not only easy, it is highly recommended. This is especially true if you are growing them for medicinal purposes. Although you can buy herbs, you won't know how the plants were raised or how the herbs were stored. Nothing beats the quality of homegrown herbs.

It doesn't really matter if you have expert gardening skills as herbs require nothing but basic knowledge and some free space. If you have a garden in your home, it is wise to reserve some of the available space there for herbal medicines, as they can truly help when you are feeling ill. The best part is that the following are all easy-to-grow and require very little in terms of care.

Cilantro (*Coriandrum sativum*)

The flavour of this plant is so unique, that people either hate it or love it. It is used in several Thai and Mexican dishes, but most notably in Indian curry. You can easily grow it in a moist, cool garden. Cilantro is a digestive aid and it also helps you detox heavy metals.



Calendula (*Calendula officinalis*)

The other name for Calendula is pot marigold. It is a powerful antiseptic and antifungal tool. Use the petals for wound care

and soothing the skin. Numerous cosmetic products use the plant for its properties, which is proof of its quality. This annual blooms throughout the entire season and looks charming in an outdoor garden, where it can receive plenty of sun.

Peppermint (*Mentha x piperita*)

You are well-aware of the boost of freshness you get from peppermint flavoured toothpaste. Did you know that peppermint is also a very powerful ally against digestive discomfort (peppermint tea) and aching muscles (peppermint liquid/lotion)? You will do well to include this moist-loving plant in your garden. Just keep in mind that the leaves of the plant should be harvested before they flower or they will taste bitter.



Rosemary (*Rosmarinus officinalis*)



The main benefit of rosemary is its power to bring more oxygen to your brain for better memory. According to expert gardeners, this herb is the equivalent of caffeine. The best part is that the evergreen plant is very drought tolerant and will likely survive any environment.

Lavender (*Lavandula*)

According to some studies, lavender is not only a perfume plant, it may also be used to benefit the nervous system. Adding some lavender oil to your bath will most certainly reduce tension, stress, and even insomnia. In order to grow lavender, you will need to



provide a dry environment that is hot and sunny.

You can benefit a lot from each of these herbs, especially if you have invested time and effort in growing them at home. Do consider all of the benefits, and plant them today. Be sure to check out Handy Gardeners' Blog for more articles on gardening.

Further reading:

- *Three Beautiful, Beneficial, Edible Flowers*
- *DIY Solutions for the Garden*
- *What To Grow and How To Keep It Growing All Winter*
- *How to Make Your Own Compost Tea*

Recommended Reading:

- *Things You Should Know About Garlic – DIY, Recipes, Other Tips*
- *Repel Mosquitoes by Cultivating Marigolds*
- *How Echinacea Boosts the Immune System*
- *Companion Plants for Organic Gardening*

Sources:

- *Calendula* – Wikipedia