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medicinal plants and

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herbs to grow at home? Whether it's

lavender's calming aroma or chamomile's protection against

allergies, many plants hold special properties to help with our health

—and a whole host of them can be grown in your garden at home..

Growing your own medicine isn't just for the green-fingered.

Whether you have a vegetable patch in your garden or a small

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remedies Labels on
store-bought herbs
rarely reveal how
plants are raised, let
alone how long the
ingredients are
exposed to light and
high temperatures
while stored in their...

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10 Simple Herbal Remedies from Your Garden

Herbs such as basil, oregano, chives and rosemary are easy to grow at home, providing you with fresh, tasty leaves to use in soups, stews, casseroles and salads, as well as desserts and cocktails. Herbs have other uses, too - many have long been valued for their medicinal properties and are still

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found in herbal

remedies today.

Essential Tips For

Growing And

Growing Herbs - BBC

Gardeners' World

Magazine

Grow tip: "Chives are

one of my favorite

herbs," Hetrich says.

"They grow easily, can

be grown indoors, and

don't need much light."

Natural Remedies

The Best Herbs to

Grow and Eat at

Home | Health.com

Plant these popular

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herbs in your garden like basil, thyme, and dill, and enjoy some fresh-from-the-earth taste at your dinner table. Basil Uses: The leaves have warm, spicy flavor.

Essential Tips For Growing And Using Medicinal Herbs At Home

Growing Herbs: The 10 Best for a Home Garden

Infuse your yard with the flavor, fragrance, beauty, and healing power of organic herbs.

Whether you want to

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work herbs into existing flower or food gardens, grow them in containers, or plant a dedicated herb garden, Homegrown Herbs is your in-depth guide to everything you need to know about planting, caring for, harvesting, drying, and using more than 100 herbs.

Natural Remedies

**Homegrown Herbs:
A Complete Guide to
Growing, Using, and**

...

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Discover winter
gardening tips plus 4
healing herbs to grow
and gather. Spiced Hot
Toddy Recipe

(Including an Alcohol-
Free Version)

December 16, 2019 /

13 Comments / in

Remedies & Recipes /
by Rosalee de la Forêt

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**Free Herbal
Remedies & Recipes
- Learning Herbs**

Welcome to

HomeGrown Herbalist,

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based in Idaho, we offer excellent herbal products and education. Learn to grow, prepare, and use Medicinal Plants. Purchase the best Herbal Remedies and medicinal botanical products.

HomeGrown Herbs

Herbalist School of Botanical Medicine

Goldenseal is used to treat diarrhea, and eye and skin irritations. It is

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also used as an antiseptic. It is also an unproven treatment for colds. Goldenseal contains berberine, a plant alkaloid with a long history of medicinal use in both Ayurvedic and Chinese medicine.

A Guide to Common Medicinal Herbs - Health Encyclopedia

...

There are three primary types of

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topical herbal

treatments: infused

oils, salves, and
creams or lotions.

Infused oils are made

by steeping herbs in a

carrier oil like olive or

almond to extract the...

Remedies And

A Beginner's Guide

to Making Herbal

Salves and Lotions

5. Milk Thistle. Milk

thistle extracts have

been used as

traditional herbal

medicine remedies for

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Natural Remedies

Herbal Medicine &

the Top 10 Herbal

Medicine Herbs - Dr.

Axe

Your herbal knowledge
is worth more than you

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think. There are many people who would love to know how to grow herbs in their location.

They also may grow the herbs, but don't use them. You can teach classes in herbal

cooking, drying, growing, and arrangement of herbs, herbal crafts, and healing.

What Can You Sell From Your Herb Garden - The Spruce

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The Best Herbs for
Drying Air drying works
best with herbs that do
not have a high
moisture content, like
bay, dill, marjoram,
oregano, rosemary,
summer savory, and
thyme. To retain the
best flavor of these
herbs, you'll either
need to allow them to
dry naturally or use a
food dehydrator.

**How to Dry and
Store Your Fresh**

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Garden Herbs

May 20, 2018 - Explore Karen Dempsey's board "Growing Herbs at Home" on Pinterest. See more ideas about Growing herbs, Herbs, Herb garden.

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Highest Quality

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Including Herbal

Tinctures, Herbal

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Learn how to do it all

yourself!

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Herbalist

Simply prune off
enough flowers and
leaves to make tea for
immediate

consumption, or
harvest more to dry
and use later in the
winter. During the
growing season you
can chew on a few
leaves to relieve a
headache, or steep 4
tablespoons of fresh
feverfew (leaves, stem,
and flower) per cup of
boiling water for 10

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minutes.

Essential Tips For

**6 Medicinal Herbs to
Grow at Home -**

Gardening - Mother

Herbs At Home

For example, here's a
formula I developed

that's now one of my
go-to blends: 4 drops/
4 parts/ 40% organic
lavender essential oil.

4 drops/ 4 parts/ 40%
organic clary sage
essential oil. 2 drops/ 2
parts/ 20% organic
neroli / orange flower

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essential oil.

Essential Tips For

How to Create Your Own Essential Oil Blends

A stronger beverage, called a decoction, can be made by using roots, barks, dried berries, and other plant materials that require stronger, more prolonged heat in order to extract the oils. To make a decoction, combine the herbs and water in a small

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saucepan. Cover with a lid and slowly bring to a simmer.

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