

# Contents

.....

## **Herbs: Grow 'em, Love 'em, and Use Their Power to Heal ... vii**

### **1: Getting Started in the Garden ... 1**

- Dream of Themes ... 2
- An Inside Job ... 3
- Scouting Around for Garden Real Estate ... 7
- The Direct Approach ... 12
- Feed 'em Fertilizer ... 13
- Multiply the Little Guys! ... 14
- Herbal Rejuvenation ... 15
- Keeping Insects and Diseases at Bay ... 16

### **2: Growing Great Indoor Companions ... 19**

- Herbs, Contain Yourself! ... 20
- Picking Perfect Pots ... 22
- The Soil Reason for Success ... 25
- A Little TLC ... 27
- Moving Plants Indoors in the Fall ... 32
- Moving Plants Back Outdoors in the Spring ... 33

### **3: Picking, Stocking, and Storing Herbs ... 35**

- Drying Herbs ... 37
- Freezing Herbs ... 42
- Storage Containers ... 43
- Storage Conditions ... 44

### **4: How to Buy Herbs That Heal ... 45**

- Pick Your Packaging ... 46
- Be a Savvy Shopper ... 49
- Keep Your Herbs Safe and Sound ... 53
- Use Herbs, Don't Abuse Them! ... 54
- Get a Second Opinion ... 56

**5: Cooking, Cleaning, Healing:**

**How to Use Herbs . . . 57**

- Rescue You . . . 58
- Good-for-You Brew . . . 59
- Heal with Every Meal . . . 61
- Natural Health and Cosmetics . . . 65
- Herbal Housekeeping . . . 77
- Bug Off! . . . 78

**6: Unleash the Power of a Healing Garden . . . 83**

Aloe Vera • Angelica • Anise Hyssop • Basil • Bay  
Bee Balm • Blackberry • Borage • Calendula  
Caraway • Catnip (Catmint) • Cayenne  
Chamomile, German • Chicory • Chives • Cilantro  
Clover, Red • Dandelion • Dill • Echinacea  
Eucalyptus • Evening Primrose • Fennel • Feverfew  
Garlic • Ginger • Ginkgo • Ginseng • Hop  
Horehound • Horseradish • Hyssop • Kava • Lavender  
Lemon Balm • Licorice • Marigold • Marsh Mallow  
Mints: Spearmint and Peppermint • Mullein  
Nasturtium • Oregano • Parsley • Passionflower  
Pennyroyal • Plantain • Rosemary • Rue • Sage  
St. John's Wort • Saw Palmetto • Slippery Elm  
Strawberry • Tarragon, French • Thyme • Valerian  
Violet • Vitex (Chastetree) • Wild Yam  
Witch Hazel • Yarrow

**The Remedy Finder . . . 353**

**Herbal Resources . . . 356**

**Index . . . 359**