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The Beneficial Properties of Plants: 5 Herbs to Grow Right Now

For thousands of years, herbs have been enjoyed for their taste and wellness benefits. The flavor of herbs can bring foods to life. Incorporating these advantageous plants into your diet is a simple way to fortify your health.

If you're looking to maximize your wellness and adopt some holistic practices, consider going beyond the standard, store-bought plants and growing an in-home herb garden. You don't need an expansive backyard or years of gardening experience—your kitchen windowsill will do, as long as there's enough light. The five herbs in this eBook are perfect for venturing into the practice of gardening—whether you're planting them inside or outside your home. You can use them to add flavor in a variety of dishes and support your body throughout your wellness journey.

Peppermint

Thanks to its appealing smell and refreshing taste, peppermint is one of the most popular, well-known herbs. However, it is not just a great addition to salads and tea. It is very soothing—through both inhalation and consumption. This makes it a great tool for calming nausea and reducing uncomfortable bloating. It has also been known to ease stomach pain in more intense health situations like irritable bowel syndrome.

To get the best use out of peppermint, try adding a few of its leaves to a cup of tea to minimize any digestive issues. You can also have a little fun with it by including crushed peppermint leaves in brownie batter or cookies—making a delicious mint-chocolate dessert.

Oregano

Oregano is a native plant to the countries surrounding the Mediterranean Sea. It gained popularity in the United States following World War II, when soldiers came home wanting the traditional taste of the Italian pizzas they had grown accustomed to abroad.

Oregano is rich in antioxidants, which help fight free radical damage, and is known to combat harmful bacteria. Some research even suggests that oregano can help fight cancer. In one study, researchers

discovered that the components of oregano suppressed the spread of colon cancer cells.

With all its evident benefits, oregano is a great feature for your indoor garden—especially because it is easy to maintain. It requires less water than some other herbs. Furthermore, including oregano in your diet is easy; it's good in Italian dishes, like pizza or pasta, and it can also be used in teas.

Rosemary

One of the many benefits of having an indoor garden is the ability to include aromatic herbs that will make your kitchen smell fresh and clean—and rosemary is one of them. Adding rosemary to your herb collection will be good for your nose, taste buds, and whole-body wellness.

Rosemary contains an active ingredient called rosmarinic acid, which helps fight allergies and nasal congestion. This makes rosemary an ideal herb to have on hand during the spring, when allergies are most likely to flare up. Boiling the leaves in a pot of water releases a congestion-relieving, calming scent. You can also use rosemary as a culinary addition with anything from steak to veggies.

Lavender

You might be surprised to see lavender on this list, since it's technically not an herb due to its woody stem. However, because it has many helpful properties, lavender can be used as an herb—and it makes a beautiful and beneficial addition to your garden. Similar to all the other herbs, it needs steady watering in pots that can drain easily. It also provides plenty of dietary and wellness advantages.

Lavender is used most frequently by people with anxiety disorders and depressive symptoms. Its calming effect makes it a popular resource for those with sleep disturbances. Putting lavender in tea can prepare you for a restful night's sleep. You can also use fresh lavender to make lavender oil—which is good for relieving sore muscles and headaches.

Stevia

As a natural, zero-calorie sweetener, stevia is an excellent alternative to sugar. You may have bought stevia packets from the grocery store before—but if you're looking to become more self-sustaining, you can easily grow your own. This also eliminates the bulking agents that are commonly found in commercial products.

Stevia is especially useful for people with pre-existing conditions, like diabetes, or anyone who wants to limit their sugar intake. You can simply crush some stevia leaves and incorporate them as a natural sweetener into your cooking.

Planting Your Garden

While you can easily start an herb garden in your kitchen, it is important to be aware of the best practices for keeping your plants healthy. If you rush into the process, you are likely to miss some

crucial steps for cultivating an environment where your herbs can thrive. Keep these tips in mind:

- **Find a sunny spot.** Herbs that have more access to sunshine have better flavor. Be sure to plant your indoor garden near a window that gets plenty of light.
- **Water with care.** Herbs need consistent watering—but too much water, given too fast, will hurt them. Choose pots that have holes for drainage; herbs do not do well in standing water. Before you water your herbs, be sure that the soil is dry at least two inches below the top of the pot.
- **Space out your pots.** If all your containers are too close together, your herbs will not get enough airflow. Make sure there's sufficient circulation in the room where you're growing your plants.

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Conclusion

While there are certainly plenty of herbs you can use to populate your indoor garden, these five will help you get started—and you'll reap a variety of benefits. Choose to adopt the therapeutic practice of gardening while also aiding your personal health by incorporating herbs into your daily diet.

At Trinity School of Natural Health, we are passionate about encouraging holistic wellness. Whether you want to learn about sustainable food choices or participate in classes to study your body's health needs, we are dedicated to providing you with the tools you need to succeed. To learn about our programs, including the Certified Master Herbalist program, and how they can assist you on your health journey—[visit our website](#).



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