



Adding Color to Your Life

HERBS: What's In Courtney's Kitchen

1. Basil--

internal=good as a warming, uplifting tonic for nervous exhaustion or any cold condition

external=rub leaf on insect bites, or oil infusion for massage to relieve depression

cooking=great chopped fresh on tomatoes

2. Thyme-

internal=antiseptic, expectorant, digestive, warming for stomach chills

external=anti-inflammatory, increases blood flow to area, good for insect bites and arthritis

cooking=great pot herb for soups and salads

3. Sage-

internal=great mouth wash for sore throat, improves digestion and a good liver tonic

external=is drying, helps reduce perspiration in a fever

cooking=try sautéing pork chops in olive oil, add garlic and fresh or dried sage, and Marsala wine. Simmer till done. Yummy!

4. Rosemary-

internal=hot tea great for colds, headache, fatigue, rheumatic pains.

External=good for soothing aches and pains and increasing blood flow to area.

Rosemary is a stimulant to the mind. Try rubbing a little every time you pass your plant to help improve memory. Hot compress helps sprains.

Cooking=try sautéing chicken breasts in olive oil. Add garlic, rosemary, one tsp. Dijon mustard, and white wine. Quick and easy!

5. Lemon Balm and Mint-

internal=hot tea promotes sweating, but also cooling internally so take for good digestion, nausea, flatulence or fevers

external=hot compress helps inflamed joints, inhale steam as a nasal decongestant

cooking=both make a great winter tea combined with rose hips and chamomile

6. Chamomile-

internal=relaxing tea to help sleep

external=anti-inflammatory, topical oil for insect bites and itchy skin

cooking=winter tea blend

7. Lavender-

internal=hot tea for nervous exhaustion and tension headaches

external=hot compress for headaches, lavender oil in every first aid kit for sunburn and general cuts and scrapes

8. Cayenne Pepper-

internal=hot tea for colds, helps promote circulation

external=hot compress for rheumatic pains and sprains, the oil for heating feet and hands

cooking=a pinch or two really livens up any dish!

9. Calendula-

internal=a hot tea can be made for internal inflammation

external=anti-inflammatory, anti-septic, anti-fungal helps heal wounds

cooking=can add fresh flowers to salads

10. Coriander/Cilantro-

internal=great heavy metal detox, good for digestion, stimulates appetite

cooking=try coriander, cumin, and cayenne in your next pot of black beans

11. Dill-

internal=improves digestion and appetite

cooking=try a bit of dill with eggs of any kind, or poached fish

12. Oregano & Marjoram-

internal=a great digestive aid

cooking=a must in your pot herb blend, not to mention Italian, Greek and Mexican cooking of all kinds

13. Parsley-

internal=high in vitamin C and A, good digestive aid, also used as a diuretic and to treat urinary and kidney infections

cooking=add parsley whenever and wherever. My pot herb blend includes parsley, oregano, Marjoram, basil, thyme, winter savory and rosemary. Add to soups and salad dressings. A great salad dressing is $\frac{3}{4}$ cup olive oil, $\frac{1}{4}$ cup

balsamic vinegar, 1 tsp. Dijon mustard, 1 squashed garlic clove and a tsp of pot herbs

14. Celery-

internal=a diuretic, and used to treat hypertension. Good stimulant for kidneys and good for digestion.

Cooking=dry the leaf and use it all winter long in soups and stews

Simple Salve Recipe=1 cup oil, to $\frac{1}{4}$ cup beeswax, heat in water bath and pour into jars