Urban Farmer

We’re going to run out of farmland land pretty soon. Even if we don’t, the cost of transporting food to the cities will become prohibitive. Farming on rooftops and in underground bunkers, using advanced hydroponic technology, will become commonplace.

Home Growing Rare and Expensive Herbs for teas will be a big business opportunity.
Growing Herbs for Profit – a Perfect Business for Stay-at-Home Moms

You’re a stay-at-home mom. The kids are keeping you busy, but you’d like to make a little money too. And besides, you’re feeling a little cooped up being indoors all day. The kids get to play outside. Why not you? Well how about growing herbs for profit?

Starting your own backyard herb business is quite simple. You can be working on your herbs while your kids play in the yard, giving you more time to spend together and make you some money at the same time. First you need to build your mini-greenhouse/raised bed. This needs to be built in a place where it can get lots of sunlight and is accessible from all sides. It’s also a good idea to make the width 40 inches, so you can easily reach in to the center from both sides.

Let’s say your mini-greenhouse/raised bed is 40 inches by 30 feet. If you use 6 inch pots (highly recommended, larger pots equal better herbs and better profits), you’ll be able to fit in about 400 pots.

Next you need to put together a good soil mixture. For a 40 inch by 30 foot bed, this mixture will do:

8 cubic feet topsoil
8 cubic feet washed sand
4 cubic feet perlite

2 cubic feet peat-moss

10 pounds dry organic fertilizer

10 pounds dolomite lime

Now it’s time to pick what herbs you’d like to grow. How about letting the kids help you with this. Together you can pick a few and then be on your way to planting them. This can be a fun, educational activity for you and your kids, plus provide some much-needed sunlight and fresh air.

As your plants start to grow, be sure to take good care of them. In most cases, water them once a day, preferably in the morning. As your son Matthew waters the plants, maybe you can show your daughter Sarah how to apply liquid seaweed or liquid fish emulsion as a foliar spray. This is important to do every week during growing season as a way to provide necessary nutrients to your herbs.

When your herbs are ready to sell, you can sell them directly from your backyard (if your town allows), a garage sale (be sure to advertise that you’re only selling herbs), at a fundraiser for a church or charitable cause (people love buying a product if they know part of the profits are going to a good cause), or even your local farmer’s market. Farmer’s markets are a great way to be exposed to a large number of customers eager for what you have to offer. And don’t forget that maybe your kids could help you out, helping to carry plants and set up your site.

In no time at all you could be on the way to starting a profitable herb business. As a stay-at-home mom, it’d give you a chance to make some money while caring for your kids, plus also giving them a fun, educational activity to do as well. You’ll be spending more time together and enjoying the sunlight and fresh air. To find out where to download the free plans for the mini-greenhouse/raised bed (you can build it for about $250), get a copy of *Growing Herbs for Profit*. The book also lists the most popular culinary and medicinal herbs, so customers will be eager to buy your plants.
Growing specialty crops is the perfect way to turn your gardening skills and knowledge into extra income. Unlike commonly grown crops like grain and vegetables, specialty crops are not widely grown and bring higher prices for growers. It’s not unusual to find growers earning as much as $60,000 per acre with these unique cash crops.

All of the 10 specialty crops listed in this article are easy to grow and produce above average income from a small plot of land. Best of all, most of them can be grown without working full-time. If you can spare just a few hours a week, and a few hundred dollars for seeds or seedlings and supplies, you can grow any one of these profitable plants. Here are ten specialty crops worth growing:

1. Lavender. Lavender farming can produce above-average profits for small growers, as it is such a versatile crop. The fresh flowers are sold in bundles or used for lavender oil. The flowers are also easy to dry, for sales to florists and crafters to make wreaths and floral arrangements. Lavender is also used to make value-added products such as sachets, herbal pillows,
aromatherapy products and skin care products like soap. That’s the charm of growing lavender…nothing is wasted.

2. Gourmet mushrooms. Mushrooms are an ideal specialty crop for urban farmers, as they are grown indoors and produce a very high return per square foot. The two most widely grown gourmet mushrooms are oyster and shiitake, which are available fresh or dried in many grocery stores. Oyster mushrooms are especially productive, and can produce up to 25 pounds per square foot of growing area every year. At current prices of $7 a pound, that’s $17,500 worth of harvest from a 10 x 10 space. Although both oyster and shiitake can be dried, most are sold fresh – an advantage for local growers who supply grocery stores and individuals at farmer’s markets.

3. Woody ornamentals. Also known as woody stems, woodies are trees and shrubs whose branches are harvested and sold to florists and individuals for arrangements and craft products such as wreaths. Most woodies have colorful stems, like Red Twig dogwood, odd stems like curly willow or stems with attractive berries, buds or flowers. Some of the well-known woodies include holly in winter, pussy willows in spring and forsythia and hydrangeas in late spring and summer. Unlike annual plants like vegetables, woodies can be harvested over and over again for decades, and produce a year-round harvest and income as different species are ready to harvest during all four seasons. If you put a bag over the pussy willows and shake hard you will get a flour that can be used to make delicious cookies, pancakes, cakes,
4. Landscaping trees and shrubs. Trees and shrubs used for landscaping are a very profitable specialty crop for small growers, as the profit margins are huge and a large number of container plants can be grown in a small area. For example, 1,500 two-gallon potted trees or shrubs can be grown in just 1,000 square feet. Seedlings for most popular landscaping trees and shrubs are available from wholesale growers for less than a dollar each. Add another fifty cents for a plastic pot and soil, wait two years, and you’ve got a $15 plant. That’s a 750% markup, and that’s not uncommon for this profitable specialty crop.

5. Bonsai plants. From tiny trees the size of a finger to mature maples and pines just 18 inches high, the world of bonsai is full of surprises. Because the hobby of bonsai is enjoying widespread and growing popularity, there is opportunity for new growers to sell bonsai trees and shrubs to hobbyists and collectors. Most commercial bonsai growers specialize in one of four areas – starter trays of several young, untrained trees or shrubs, starter plants in individual pots, trained plants that have been trained to their first ceramic pot, and specimen plants that can bring hundreds of dollars from collectors. Becoming a bonsai grower requires very little growing area, as the plants are so compact, and a few hundred dollars for seeds or seedlings and supplies.
6. Japanese maples. For hundreds of years, Japanese maples have been grown and admired by gardeners who view them as the ultimate collector’s tree because of their unique beauty. Because most retail garden centers don’t have room to display very many varieties, a small specialty grower who focuses on them can prosper with Japanese maples. Also, because Japanese maples are small trees, they can be grown in containers to allow more varieties to be grown in a small space – ideal for those with a limited growing area. With high prices and limited supply, these beautiful trees can become a profitable niche for a patient grower.

7. Willows. This trouble-free tree is easy to grow and maintain, and the shoots, also called rods, and catkins enjoy a strong demand. Florists use the stems for arrangements and wreaths, and crafters use the shoots for basketry and other fiber arts, such as garden trellises and rustic willow furniture. A recent University of Kentucky report found growers could harvest 4-5 tons of willow shoots per acre, which bring $7 a pound from basket weavers. That works out to $56,000 per acre.

8. Garlic. The payoff on growing garlic can be big for those who grow “gourmet” garlic. There are 3 types of gourmet garlic, also called hardneck garlic. They are Rocambole, Purplestripe and Porcelain, and once you have experienced their superior flavor, you’ll never want to go back to ordinary garlic again. That’s why customers are willing to pay high prices – as much as $10 a pound – to get their favorite varieties. Another grower and customer favorite is Elephant garlic, whose large, mild cloves bring $6-$8 per pound. In good soil, an acre of Elephant garlic can yield 15,000 pounds. It is very hard to lose a crop of garlic crop, as it tolerates a wide range of soil and weather conditions. That’s why some growers call garlic the “mortgage lifter.”
9. Bamboo. This amazing plant, a member of the grass family, has long been a landscaping favorite, as landscapers can pick a species of bamboo ranging from dwarf Sasa bamboo that is barely a foot tall, to giant timber bamboo that can reach 75 feet in height. By growing container bamboo for landscapers and homeowners, digging is eliminated, and the plants take up far less space. In fact, over 600 bamboo plants in 5-gallon pots can be grown in a 30’ x 40’ space. Container landscaping bamboo brings high prices too, with the average plant fetching $45.

10. Herbs. The use of herbs has enjoyed impressive growth in the last two decades as more people began using fresh herbs for cooking, medicinal herbs and value-added herbal products such as soaps, candles, teas and bath oils. The biggest herb demand is for fresh culinary herbs for grocery stores and restaurants. Quite a few growers also supply new and regular customers at the Saturday farmer’s markets. A popular value-added item there is a 4-herb windowsill size “instant” herb garden, ready to start snipping. Other growers find dried culinary herbs in packets sell well at the farmer’s market. With hundreds of choices, including a broad range of ethnic herbs for serious cooks, growers can thrive with fresh herbs.
The Psychological Benefits of Gardening

Increased Neurotrophins
INCREASED MENTAL HEALTH
(Entire Brain)

Cortisol Reduction
STRESS RELIEF
(Hypothalamus and Pituitary Gland)

Mycobacterium Vaccae Exposure
IMPROVES DEPRESSION
(Raphe Nuclei)

“MYCOBACTERIUM VACCÆ is a harmless bacteria found in soil that boosts serotonin in the brain, working as an ANTIDEPRESSANT.”

THE HEALTH BENEFITS OF GARDENING

IMUNE training
anywhere, anytime
Healing Herbs to Grow

Seeding Indoors

Any small container will do. Make sure there are holes at the bottom of container for drainage. Your plant needs good drainage. Add your soil. I fertilize the soil before adding the seeds. Nutrients leak out of the soil. Place the seeds about ¼ of an inch from the top soil. Water well and cover with a plastic lid or clear plastic wrap. When I see healthy sprouts I remove the plastic cover. Two of the most important things to remember is during your seedling stage keep the soil moist at all times. Secondly, place in a sunny location in your home.

Seeding Outdoors

If you are planting directly outside choose a place only for your herbs. It maybe alongside other vegetables or flowers but seedlings must have full sunlight. Your outdoor seedlings need regular watering as well as fertilizer. If I am planting indoors or outdoor I like to use organic compost ensure healthy and flourishing plants. Never use any fertilizer that is not labeled for use on edible plants.

Planting and Growing Herbs Tips

Annual herbs are easy to start and inexpensive. Harvest to the plant’s full flavor. Limit pesticides to a minimum. I like to mix liquid soap and water spray pests. If this does not kill your pests check for non-toxic pesticides or pesticides used for edible plants.

Trimming Herbs

Once herbs are grown they have to be pruned. Since your will be using the herb for cooking there should not be a problem. If the herbs are not pruned they will grow tall and lanky. For a full healthy plant trim and prune regularly.

Designing Ideas

Herbs not limited to cooking can be used as ornamental plants. Herb plants are ornamental plants in the garden, potted or as hanging plants. The curly variety of Parsley makes a great edging plant. Bay laurel is a tall herb and can be potted and used at central points. Tri-color sage looks great in containers. Mint and Oregano tend to spread think about a hanging plant. Rosemary has great aroma edging herb for any walkway garden.
Types of Herbs

Arugula: Mediterranean origin healthy green leafy vegetable. Used in salads. Arugula is a herb and not a lettuce. Annual growing elongated and lobed leaves. Young plant less peppery with a mild sweet flavor. – Contains vitamin C and vitamin K – Minerals copper and iron. There are small amounts of iron, calcium, manganese, phosphorus and calcium.

Bay: Bay Laurel tree originated in Asia Minor. Cultivation spread into the Mediterranean and other countries with similar climates. Aromatic leaves used in soups, stews and braises. Bay leaves can be dried or fresh for cooking. The bay leaf does not develop full flavor until several weeks after picking and drying. Substitute: Thyme. Nice is small potted plants in patio, yard or kitchen.

Basil: Originated in Asia. Cultivated in approximately 12 different varieties. Vegetables great with tomatoes. Easily growing plant dried or fresh basil used for flavoring. Can be used dried but best used as fresh plant for full flavoring. Leaves are used for flavoring. Have white flowering of medium size. Substitutes: Marjoram, Mint.
**Cayenne Pepper:** Obtained from small fruited varieties of capsicum. Is a dull red color. Used in small amounts in vegetables, meats, salad dressing and cheese. Tangy pepper taste. Cayenne capsules used for nutritional health. **Chili Pepper:** Dark Red contains antioxidants and may retard bacterial growth. Dark red in color hot flavor.
**Chives:** Smallest member of the onion family and has a mild onion flavor. Grow year-round. **Easy herb to grow in the kitchen or garden.** The plant grows in groups. The seed germinates well. Early in the year put seeds in pot keep warm and watered until little plant can survive outside. Place plant outside in organic compost mixed soil. Grow in sunny locations and does well in drain. Can survive in drought conditions but prefers moisture. Good with salads and Cold Plates. Substitutes: Scallions and Green Onions.

**Cilantro:** Mediterranean, Asian, South America and Caribbean Foods. Popular in Tex-Mex foods but also used in Indian and Thai cooking. A member if the parsley family. **In ancient times used for medicinal and culinary purposes.** Has contains Vitamin A and Vitamin C. Used in appetizers and main dishes.

**Cinnamon:**
Tan brown in color. Contains antioxidants and may retard bacterial growth. Has a pleasant bitter taste. Commonly used in baking, dessert and drink recipes. **Boil cinnamon stick and room has warm cinnamon aroma.**

**Clove:**
Aromatic dried flower buds dark brown in color. Grown primarily in Indonesia, Pakistan, Sri Lanka and India. Evergreen plant with large leaves and flowers. Primary cuisines worldwide are Asia, Africa and the Middle East. Adds flavor to meats, curries and fruits. Used in combination with other spices. Pairs well with cinnamon, allspice, vanilla, and basil.

**Curry:**
Used in Asian dishes. Contains antioxidants and may retard bacterial growth.
Dill:

Dill Blossom

Depending on the region dill can be grown perennial or annually. Originated in regions around the Mediterranean and South Russia. Dill herb used dried or fresh. The dill loses flavor potency when dried. The leaves are often called “dill weed”. There is a difference between dill leaves and dill seeds. Both are herbs. Dill flavors: fish, chicken, eggs, salads, beans, carrots, cucumbers, cabbage, potatoes, pickles and sour cream or yogurt dips. Substitute: Caraway

Garlic:

Garlic Cloves

Member of onion family. Versatile culinary and medicinal plant. Used through the ages as “wonder drug”. Staple into central Asia, Mediterranean, Africa and Europe.
Known human uses of garlic is over 7,000 years old. Garlic was used to cure common colds, flu, and extending to the plague in the Middle Ages. Garlic is a natural antibiotic. Aged garlic has powerful antioxidant effects. Many people do not like to taste or odor of raw garlic. The health benefits may outweigh the taste and odor. For cooking seasoning for vegetables, meats, soup, stews, and side dishes. Hardy plant can be grown year-round. Grow in mild climates. Easy to grow. Plant cloves in ground with enough space for bulbs to mature. Plant about six weeks before frost. Harvest in spring. Combine soil with organic compost. Can grown in decorative containers.

Lavender

Lavender is member of the mint family. Domestically grown in gardens and landscaping. Grown best in dry, well-drained, sandy or crush rocks mixed soil in full sun. English lavender is the most commonly grown. Lavender oils are extracted for commercial uses. Lavender oils have antiseptic and anti-inflammatory properties. Oils thought to soothe insect bites. Commercial perfumes are also produced from herb. Flowers produce high levels of nectar. Bees make high quality honey from lavender nectar. Lavender flowers are edible having floral scent and slightly sweet flavor. Occasionally, flowers are blended with herbal, green or black teas. In America both lavender scones and marshmallows are eaten. Dried flowers used as potpourris and fillers inside sachets. Dried flowers scent freshen rooms, linens and deters moths. Herb can be grown at home. Beautify your garden with lavender. Fresh flowers can be added to teas. Dried scent home as potpourris or fill sachets. Place filled sachets in storage spots to freshen and as pest repellant. Like all herbs lavender has an ancient history. Found in southern Europe, Africa, and Mediterranean to the Canary Islands. In ancient time lavender seeds and flowers were placed under pillows to aid in relaxation and sleep. Lavender flower heads were combined with boiling water to aid relaxation.
**Lemon Grass:** Thai Dishes, Chicken, Beef, Curry sometimes combined with coconut milk. Substitute: Lemon Zest

**Lemon Verbena:** Lemon Verbena is a challenging plant to grow. Pairs well with: Fish, Poultry, Marinades, Salad Dressings, Jams, Sauces and Teas Substitute: Lemon Grass and Lemon Zest

**Mint:**

![](image)

**Mint Plant:**
Originated in Asia and Mediterranean regions. **In many cultures mint is a symbol of hospitality and welcome.** In the Middle East guest are served mint tea as a sign of welcome. In ancient Greece mint leaves were rub on the top of dining tables as a sign of welcome. Mints have been used as air fresheners in synagogues and temples. Mint is contains Vitamin A, Vitamin C and Vitamin B2. Mint also contains essential minerals manganese, copper, potassium and iron. Mint is a culinary treat in Lamb, Eggplant, Desserts Teas, Salads, Vegetables, Fruits, Desserts, Shakes and Drinks. Most common cooking mints are spearmint and peppermint. Substitute: Spicy Basil

The greatest gift of the garden is the restoration of the five senses.

Hanna Rion
Mustard:

**Mustard Plant**
Yellow flower herb. Young tender leaves are used for greens and for salads. Seeds are used as a ground spice in salads dressings, pickles, sauces, in some vegetables and cheeses.
**Oregano:**
Used to flavor beef, chicken, pasta, vegetables, soup and stews. Substitute: Marjoram, Mint, Basil

**Parsley:**
Two main groups of parsley are curly leaf or Italian flat leaf. **Parsley is an annual plant.** Cultivating takes about four to six weeks. Can be grown in pots. Plant can grow tall best location is in the yard. The parsley plant attract wild life and butterfly larvae. Popular herb that can be used in variety of ways. Parsley is common in Middle Eastern and European cuisines. Combine in fruit and vegetable salads, in sandwiches, in soup and gravy.

**Pepper Grass or Cress:**
Can be used in salads and sandwiches.

**Peppermint:**
Used in candies and toothpaste. Dried use as spice for drinks, desserts or as a tea. Peppermint has medicinal properties. Invasive plant and grows easily. As a companion plant grown around roses help keep aphids from roses. Peppermint and spearmint are the two most commonly used cooking mints. Some prefer spearmint because of its milder taste.

**Red Pepper:**

Red Pepper Plant – Herb
Red hot flavor herb. Can be ingredient in most foods. Ingredient in hot sauces. Pod and seeds nutritional benefits capsaicin, vitamin A and vitamin C. Dried whole or grounded into powder. Fresh red pepper in cuisine recipes. Can be grown indoors for about 6 to 8 weeks. After indoor germination set outdoors. Total growing time approximately 15 to 18 weeks. Plant does not grow well in frost temperatures.

**Rosemary:**

**Creeping Rosemary Plant**

The Latin name, *Rosmarinus officinalis* meaning,"dew of the sea". Herb that is ideal as a ornamental or shrub plants. **The plant has a wonderful aroma.** Rosemary herb is a common herb used in Mediterranean cuisines. Seeds can be difficult to germinate. It is recommended to purchase a nursery grown plant. In ancient times the herb was used for medicinal, spiritual rituals and seasoning for cooking. Burning rosemary branches was a practice for cleaning the air until the 20th century in French hospitals.

**Sage:** Ancient herb used for cooking and for medicinal purposes. **Ancient Greeks and Romans used sage to preserve meats and for its medicinal properties.** Ancient societies made numerous claims about sage. To name a few claims: conception, treat the plague, guard against witchcraft and enhance memory. These were ancient beliefs not facts. Nutritional benefits are contains vitamin A, calcium, iron and potassium. Low in calories and fats. Popular in Middle Eastern, Greek and Italian cuisines. Seasons poultry, beans, stuffing and pasta.
Spearmint:

Popular herb used in toothpaste and mouth wash. Use fresh or dried as food spice or teas. Small herb grows from mid summer to mid fall can reach heights of 13" to 18" and produces small blooms. Does well in cooler temperatures and needs approximately 6 hours of direct light per day. Two of the most popular cooking mints are spearmint and peppermint. Spearmint has a milder flavor than peppermint. Used in wide range of sweet, gourmet and savory dishes.

Stevia:

More Information Stevia Herb
Stevia known as Sweet Leaf. An alternative to table sugar. Stevia about 300 times sweeter than table sugar. Comes in liquid and dried form. Grow in full sun light and water frequently. Stevia is 100% Paleo friendly sweetener. Has been used a a sweetener in Japan and China for hundred of years.

Sweet Basil:
Flavor of cloves. Originated in Asia and basil has approximately 12 varieties. **Sweet basil has a sweet aroma** derived from oils in the plant’s stem. Flavors salads, soups and meats.

**Tarragon:**

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**French Tarragon Plant**

Often used in French cooking. Difficult to germinate. Recommended to purchase nursery grown. A perennial plant prefers hot, sunny location. Do not over water. Goes dormant in the winter. Often referred to as, King of Herbs”. Aromatic smell and taste disliked by many plant pest. **Can be a protectorate for other plants against pest if near tarragon plant.** Can reach 2.5 feet and in late fall yellow flowers appear. Used in: Chicken, Eggs, Fish

Substitute: Anise, Fennel.

**Thyme:**
Thyme is a member of the mint family. Thyme has an ancient history. In Ancient Egypt thyme was use for embalming. In Ancient Greece was used in baths. Thought to be a source of courage thyme was burnt in Ancient Greek temples. Roman used thyme to purify rooms. Also, added to cheese and liqueurs for it aromatic flavor. Europe in the Middle Ages thyme was given to warriors and knights to give the bearer courage. Most common types are Garden thyme and Lemon Thyme. Easy to grow in decoratively or home gardens. Grow in sunny hot location. Bonus, thyme is a pest repellent. Soil could be well drained. Perennial herb is drought tolerant plant. Grow by seeds or cuttings. Widely used culinary herb. Pairs well with soups, stews, eggs, vegetables, fish and lamb.

Turmeric:

Dried Turmeric
This is an interesting herb. Grow with root cuttings not seeds. Days to harvest approximately 8-10 months. Slightly shaded or full light is required. Water regularly in well drained soil. Grown best outdoors. Harvesting the roots Indian curry spice. Antioxidants and healing power herb. Indian Ayurvedic and Chinese medicine used to treat arthritis pain, regular digestion and skin disorders. Curried foods common in Indian cuisines. In the United States Alzheimer in people 65 years or older depending on state is 5% to 17%. Indian in the same age range incidents of Alzheimer is 1% to 2.4%. Finding believe this is due to the high concentration of turmeric in the traditional Indian diets. Naturally found in mustard and curry spice.
Gardening is the most therapeutic and defiant act you can do. Plus, you get strawberries!

Ron Finley
Not long ago, American herbalists had to rely on folklore and anecdote. There was little clinical data on herbs, and what did exist was mostly published in German. But researchers (and translators) have been busy of late, and we now have proof that herbs are viable treatments for many ailments.

“Herbs won’t replace pharmaceuticals, but the research shows that—for many conditions—herbs work well, are cheaper than drugs and cause fewer side effects,” says Mary Hardy, M.D., medical director of the integrative medicine program at Cedars-Sinai Medical Center in Los Angeles. “Herbs aren’t quite mainstream, but they’re moving in that direction. Patients are interested in them, and doctors are increasingly familiar with herb research.”
“Twenty years ago, there was no integrative program at Cedars-Sinai” she adds. “Now there is. That says something” Here, then, are the proven, 55 best herbal treatments. Stick to the dose specified in the studies or on the product label. When making teas, use 1 to 2 teaspoons of herb per cup of boiling water, steeped for 10 minutes. Tell your physician about any herbs you plan on using, especially if you’re pregnant or nursing, have a chronic medical condition or take medication regularly.

(1) **Aloe Vera for Burns**
Sometimes studies tell us what we already know. Aloe vera is the herb for minor burns, a fact that was confirmed most recently in the Journal of the Medical Association of Thailand. Keep a potted aloe on your kitchen sill; it requires no care beyond weekly watering. For minor burns, snip off a thick leaf and slit it open; scoop out the gel from the inner leaf and apply to the burn.

(2) **Black Cohosh for Menopause**
The Algonquin Indians used black cohosh to treat gynecological ills, and it was a key part of Lydia E. Pinkham’s Vegetable Compound, sold in the 1870s to treat “female complaints and weaknesses.” In a recent German study on menopausal hot flashes, subjects were given estrogen, a Valium-like tranquilizer or black cohosh (Remifemin, two tablets twice a day). The herb, which is an option for women who can’t take estrogen, worked best. “The vast majority of studies show benefit,” says Mark Blumenthal, executive director of the American Botanical Council.

(3) **Boswellia for Arthritis and Joint Injuries**
Did the three wise men suffer aches and pains from their long camel ride? Luckily, they had frankincense, aka boswellia, a traditional Ayurvedic medicine for arthritis and joint injuries. In a study published in Alternative and Complementary Therapies, Egyptian researchers gave people with osteoarthritis of the knee boswellia and turmeric or a placebo. After three months, the herb group showed significantly greater relief from knee swelling.

(4) **Chamomile for Digestive Problems**
“Chamomile tea, perhaps the best-known herbal tisane, is widely employed as a digestive remedy throughout Europe, and its therapeutic use is well documented,” says David Hoffman, author of Medical Herbalism. This herb relaxes spasms of the smooth muscles and counters inflammation in the gut lining; it also has antiseptic and vasodilatory effects. Allergic reactions are possible, especially if you’re sensitive to ragweed.

(5) **Chaste Tree for Premenstrual Syndrome**
It won’t preserve virginity, but chaste tree has hormonal effects that minimize monthly symptoms. When 1,634 German PMS sufferers took chaste tree, 93 percent reported benefit. In tests against two other popular treatments, vitamin [B.sub.6] and Prozac, the herb worked as well as the drug and better than the vitamin. “Chaste tree is the best herb for PMS,” says James A. Duke, Ph.D., author of
The Green Pharmacy. “It’s safe and the studies are convincing. “Just be patient: It can take three months to experience benefit. Some women report stomach distress, headache and increased menstrual flow.

![Image of herbs]

(6) **Coffee for Athletic Stamina**

The caffeine in coffee or tea stimulates not only alertness (and jitters and insomnia), but also athletic performance. Korean researchers at the Institute for Elderly Health in Seoul asked athletes to ride stationary cycles until they felt exhausted–before and after drinking the equivalent of one tall Starbucks coffee. After their java break, they were able to ride significantly longer.

(7) **Coffee for Pain Relief**

Anacin and Excedrin claim that their “extra ingredient” provides greater pain relief. What is it? Caffeine. Many reports, including one in the Archives of Internal Medicine, have shown that adding about 65 milligrams of caffeine to aspirin, ibuprofen or acetaminophen increases pain relief by around 40 percent. Caffeine blocks pain perception, has pain-relieving action, and elevates mood, which also helps minimize pain. Next time you have a headache, wash down your favorite pain pill with coffee or tea for more relief.

![IMUNE IMUNE e-training](image)
(8) **Coffee as a Decongestant in Colds, Flu and Asthma**
Caffeine opens narrowed bronchial tubes, according to Joe and Teresa Graedon, authors of The People’s Pharmacy. According to a report in the Annals of Epidemiology, the odds of experiencing current asthma symptoms were reduced 29 percent for subjects who drank coffee on a regular basis when compared with non-coffee drinkers.

(9) **Cranberry for Urinary-Tract Infection**
Cranberry prevents bacteria from sticking to the bladder wall long enough to cause an infection. Finnish researchers divided 150 recurrent UTI sufferers into three groups. One drank cranberry juice (50 milliliters a day). Another took Lactobacillus. The third took nothing. After six months, 36 percent of the no-treatment group and 39 percent of the Lactobacillus group reported at least one recurrence. Of the juice drinkers, only 16 percent had recurrences. Other options are dried cranberries (Craisins) and cranberry-extract capsules. “I recommend cranberry for UTI,” Duke says.
"But if you drink the juice, you have to drink a lot. It’s usually easier to munch on the dried berries or take capsules."

Aromatherapy Herbs

(10) **Echinacea for Colds and Flu**
The root of this daisy-like flower revs up the immune system. According to an analysis by University of Wisconsin researchers, in eight of nine studies evaluating echinacea for upper-respiratory infections, the herb reduced symptoms and accelerated recovery compared with placebos. "As soon as I feel a cold coming on, I take it—and my cold is mild and brief," says Duke. Echinacea is available in teas and capsules, though most herbalists prefer tinctures. Liquid echinacea products may cause temporary, harmless numbing or tingling of the tongue; minor stomach upset is possible with tinctures. To manage your **cold and flu symptoms** while the Echinacea kicks in, you can use an OTC medication. While these medicines won't cure or shorten the duration of your illness, they can help get you back on your feet again.

(11) **Evening Primrose Oil for Lowering Cholesterol**
Evening primrose seeds contain an oil with a high concentration of compounds rarely found in plants: essential fatty acids, specifically gamma-linolenic acid. In one study, reported in The Review
of Natural Products, 79 people with high cholesterol took 4 grams of Efamol every day for three months (which provides about 320 mg of GLA), and their average cholesterol level fell 31.5 percent. The suggested dose for evening primrose oil starts at 1-gram gelcaps twice or three times a day. High cholesterol requires professional care, so consult your physician about GLA.

(12) **Evening Primrose Oil for Rheumatoid Arthritis**
The EFAs in EPO are also a powerful anti-inflammatory. University of Pennsylvania researchers gave 37 arthritis sufferers borage oil (which contains GLA) or a placebo. The placebo had no effect, but the herb group reported 45 percent less pain with no side effects. Other studies utilizing GLA obtained similar results. Rheumatoid arthritis requires professional care, so consult your physician about GLA.

(13) **Feverfew for Migraine Prevention**
British scientists at the University of Exeter analyzed six studies of feverfew, concluding that the herb significantly reduces the frequency of migraine occurrence. “In my experience,” Duke says, “feverfew prevents migraines in about two-thirds of those who use it consistently.” Dosage is generally 50 to 150 mg per day of powdered leaves.

(14) **Flaxseed for Menopausal Discomfort**
Safety concerns have reduced the number of women on hormone replacement therapy, but flaxseed is rich in phytoestrogens (plant estrogens) that can take the heat out of hot flashes. At Laval University in Quebec, Canada, researchers gave 25 menopausal women HRT or flaxseed (1.4 ounces per day, mixed into food). After six months, flaxseed relieved hot flashes as effectively as HRT.

(15) **Flaxseed for Osteoporosis**
Because flaxseed is a natural hormone replacement therapy, it also mimics HRT’s bone-preserving ability. Oklahoma State researchers gave a placebo or flaxseed (1.3 ounces per day) to 38 postmenopausal women for 14 weeks, and measured blood and urine for markers of bone loss and regrowth. The flaxseed group showed decreased bone resorption and calcium excretion, indicating reduced bone loss.

(16) **Garlic as an Antibiotic**
From ancient times through World War I, garlic has been used to treat the wounded. During the 1920s, researchers at Sandoz Pharmaceuticals in Switzerland isolated garlic’s antibiotic compound, alliin, which has no medicinal value until the herb is chewed, chopped or crushed. Then an enzyme transforms alliin into a powerful antibiotic called allicin. Modern antibiotics are more potent and easier to take (just try chewing a dozen raw cloves), but if you’re concerned about ulcers, use more garlic in your diet. Researchers at the University of Washington have shown that garlic kills H. pylori, the bacteria that cause ulcers. Raw garlic has the most antibiotic potency, but garlic still has benefits when cooked. “I use lots of garlic in cooking,” Duke says, “for reasons of taste and health.”
(17) **Garlic for Cholesterol Control**
Researchers at New York Medical College in Valhalla analyzed five studies and found that one-half to one clove of garlic per day reduces cholesterol by 9 percent. If you’d rather not eat fresh garlic every day, garlic supplements, including “deodorized” brands, have a similar effect. (Supplements with proven benefit include Kwai and Kvolic.) “Garlic doesn’t work as well as the statin drugs,” says Blumenthal, “so if your numbers are really high, you may need medication. But if your cholesterol is just mildly elevated or if it’s normal and you want to keep it that way, garlic definitely helps.” Garlic can impair blood clotting; if you notice increased bruising, stop taking it and consult your physician.

(18) **Garlic for Cancer Prevention**
Garlic reduces the risk of several cancers. In the long-term Iowa Women’s Health Study, researchers followed 41,837 middle-aged women. Subjects who ate the most garlic had the lowest risk of colon cancer. A few cloves a week cut risk by 32 percent and greater intake decreased risk even more. While fruit and vegetable consumption in general helps prevent cancer in this study, garlic yielded the greatest preventive benefit of all the plant foods analyzed. Other studies have shown that garlic helps lower risk for prostate and bladder cancers.

(19) **Ginger for Motion Sickness**
In ancient China, sailors chewed ginger root to prevent motion sickness and modern studies have confirmed that ginger prevents nausea and vomiting. Danish scientists at Svendborg Hospital observed 80 naval cadets in heavy seas and found that those who took ginger experienced 72 percent less seasickness than a placebo group. Take a 1-gram capsule of powdered ginger root about an hour before you embark, and another every two hours or as needed (without exceeding 10 grams a day) during a journey, Ginger’s only side effect is occasional minor heartburn. “It works for me,” Duke says.

(20) **Ginger for Morning Sickness**
Speaking of nausea, ginger also assists in preventing morning sickness. In a study published in Obstetrics and Gynecology, researchers at Thailand’s Chiang Mai University gave 70 nausea-plagued pregnant women ginger powder (1 gram a day) or a placebo. In the latter group, 28 percent reported relief. But in the ginger group, the figure was 88 percent, use the dose given in the study, or brew a tea using 2 teaspoons of freshly grated root per cup of boiling water.

(21) **Ginkgo for Alzheimer’s Disease**
The big study was published in 1997 in the journal of the American Medical Association: Researchers in a multicenter study gave 202 people with Alzheimer’s either a placebo or ginkgo extract (120 mg a day). A year later, the ginkgo group retained more mental function, and subsequent studies have corroborated this finding. Ginkgo improves blood flow around the body—including through the brain. It’s safe. but it has anticoagulant properties, so increased bruising is possible.
(22) **Ginkgo for Mental Acuity**
Beyond its benefits for Alzheimer’s, four recent studies show that ginkgo improves mental function in people who are cognitively normal. In a study published in Phytotherapy Research, 31 health, adults, ages 30 to 59, received ginkgo (120 to 300 mg a day) or a placebo. The herbs significantly improved several measures of memory. Buy a standardized extract and take 120 to 240 mg a day.

(23) **Ginkgo for Erection and Libido Problems**
Ginkgo improves blood flow into the genitals. In a study published in the Journal of Urology, 60 men with erection problems caused by narrowed arteries and impaired blood flow to the penis were given ginkgo (60 mg a day); after six months, half had regained erection ability. When researchers at the University of Hawaii and Stanford University tested ArginMax, a sexual-enhancement supplement that contains ginkgo, ginseng and L-arginine, 80 percent of the male subjects had improved erection function, while 74 percent of the female subjects reported more libido, less dryness and greater frequency of orgasm.

(24) **Ginkgo for Anti-Depressant-Induced Sex Problems**
An enormous number of Americans take antidepressants. The relief comes at a price: a substantial risk of libido loss erection impairment, vaginal dryness and inability to reach orgasm. Investigators at the University of California at San Francisco gave ginkgo (209 mg a day) to 63 people suffering from antidepressant-induced sex problems. The herb helped 91 percent of the women and 76 percent of the men to return to normal sexual function.

(25) **Ginkgo for Altitude Sickness**
Traveling from a low elevation up to the mountains often produces symptoms of altitude sickness, such as headache, sluggishness and excessive thirst, due to the decrease in available oxygen. (Over a few days, the body makes more red blood cells, which boosts oxygenation of the blood.) Researchers at the Hopital de Chamonix in France gave 44 mountaineers ascending the Himalayas ginkgo (80 mg twice daily) or a placebo. In the latter group, 82 percent developed respiratory problems related to altitude sickness, but among the ginkgo users, the figure was only 14 percent.

(26) **Ginseng for Athletic Stamina**
Many athletes take ginseng as part of their training. In a study published in Clinical Therapy, Italian researchers gave 50 physical education teachers a placebo or ginseng (with some vitamins and minerals), and then had them run on a treadmill. Hearts and lungs in the ginseng group worked more efficiently, and those subjects’ stamina increased significantly. Ginseng is safe, but it does have anticoagulant action. so increased bruising is possible.

(27) **Ginseng for Immune Enhancement**
Many studies show that ginseng revs up the immune system. Scientists at the University of Milan, Italy, gave ginseng (100 mg a day) or a placebo to 227 people. A month later, everyone received a flu shot (which does not kill the flu virus, but rather stimulates the immune system to resist infection).
In the placebo group, 42 people got the flu, but in the ginseng group, the figure was just 15, demonstrating that ginseng enhanced immune response to the shot.

(28) Ginseng for Diabetes
Ginseng also reduces blood-sugar levels. In a study published in Diabetes Care, 30 subjects newly diagnosed with diabetes were given ginseng extract (100 or 200 mg a day) or a placebo, with the ginseng groups showing lower blood-sugar levels. Other studies concur. Diabetes requires professional treatment; consult your physician about ginseng.

(29) Ginseng for Erectile Dysfunction
According to a review of studies at Yale University, ginseng boosts the body’s synthesis of nitric oxide. As NO increases, so does the likelihood of erection. In a report in the Journal of Urology, Korean researchers gave 45 men with erection impairment a placebo or ginseng (900 mg three times a day). Those taking the herb experienced significant erection improvement.

(30) Ginseng for Low Sperm Count
At the University of Rome, Italy, researchers gave ginseng (4 grams a day) to 30 men suffering from low sperm counts. Three months later, the subjects’ counts almost doubled, from an average of 15 million/ml to 29 million/ml.

(31) Goldenseal for Digestive-Tract Infections
Goldenseal, an herbal antibiotic, is often marketed in combination with echinacea as a treatment for infections, but it is effective only in the digestive tract, not for colds or flu. At the University of Illinois in Chicago, researchers tested goldenseal against H. pylori, the bacteria that cause ulcers, and the herb inhibited bacterial growth. For GI infections (ulcer, food poisoning, infectious diarrhea, etc.), ask your doctor about using goldenseal in addition to medical therapies.

(32) Hawthorn for Congestive Heart Failure
In heart failure, the heart keeps beating, just not as forcefully as it should; people with the condition become exhausted from minor exertion. Many studies show that hawthorn stimulates fatigued hearts to beat more normally. In a study published in Phytomedicine, German researchers gave hawthorn (240 mg a day) or a placebo to 40 people with heart failure. Three months later, the hawthorn group was able to exercise significantly longer. “We reviewed much of the published research on hawthorn recently,” Blumenthal says, “and 13 of 14 studies showed benefit in heart failure.”

(33) Hibiscus for Hypertension
Hibiscus is the trumpet-shaped, tropical flower that puts the color in Red Zinger tea. A report in the Journal of Ethnopharmacology found that 12 days of drinking hibiscus tea (2 teaspoons per cup of boiling water several times a day) lowered systolic and diastolic blood pressure by 11 percent. High blood pressure requires professional care; ask your doctor about adding hibiscus to your treatment plan.
(34) Horse Chestnut for Varicose Veins

“Mainstream medicine offers only support hose and surgery,” says Blumenthal, “but standardized horse chestnut seed extract has shown efficacy in most clinical trials.” At the University of Heidelberg, Germany, 240 sufferers of newly visible varicose veins were treated with compression stockings or horse chestnut (50 mg aescin twice a day). After 12 weeks, both groups reported equal relief. Off the tree, horse chestnuts are poisonous, but commercial extracts are detoxified and safe.

(35) Horsetail for Skin Healing

Before steel wool and abrasive cleansers, this herb helped scour pots and pans. Today it’s used to heal the skin. A Spanish study published in Revista de Enfermeria showed that horsetail speeds the healing of wounds; it’s also used in skin-care products.

(36) Lavender for Anxiety

Lavender flowers are an age-old remedy for anxiety. British researchers at the University of Wolverhampton had women add lavender oil or a placebo to their bath water. Bathing by itself is calming, but in this study, a bath infused with lavender oil significantly reduced anger, frustration and
negativity. Use a handful of lavender flowers, or buy lavender oil and add several drops to your bath. Ingesting lavender oil is toxic; keep it away from children.

(37) **Lemon Balm for Relaxation**
The 17th-century English herbalist Nicholas Culpeper wrote that lemon balm drives away all melancholy. That’s an overstatement, but science has shown that lemon balm is tranquilizing. The herb and its oil have been used in Alzheimer’s care units to calm those who are agitated. To decompress after a tough day, try a cup of lemon-balm tea; for extra benefit, mix with chamomile.

(38) **Lemon Balm for Herpes**
Lemon balm has antiviral action. As reported in Phytomedicine, German researchers gave 66 people in the early stages of herpes simplex labialis outbreaks lemon-balm cream or a placebo. The herb group had milder outbreaks that healed faster. Lemon balm is the active ingredient in the herpes treatment Herpalieve. “If you have herpes,” Duke says, “drink lemon-balm tea. If you have an outbreak, apply lemon balm to the sore.”

(39) **Licorice for Sore Throat**
In a study in the Journal of Alternative and Complementary Medicine, researchers gave either a placebo or Throat Coat, a licorice tea from Traditional Medicinals, to 60 sore-throat sufferers 4 to 6 times a day for seven days; the tea tipplers reported significantly less pain on swallowing. Add a teaspoon of chopped or powdered root to a beverage tea, and feel relief almost immediately.

(40) **Milk Thistle for Liver Health**
Silymarin in milk thistle seeds has a remarkable ability to protect the liver. This herb has been shown to help treat hepatitis and alcoholic cirrhosis, and it’s been found more effective than traditional medicine at treating “deathcap” mushroom poisoning. “In our analysis,” Blumenthal says,” 19 of 21 studies support milk thistle seed extract for liver conditions.” Because most drugs are metabolized through the liver, many herbalists recommend silymarin for anyone who takes liver-taxing medication.
(41) **Papaya for Herniated Disks**

Papaya has been used by Caribbean Indians to treat skin wounds and infections and by the Japanese to treat digestive disorders. In 1982, the Food and Drug Administration approved injections of the papaya enzyme chymopapain to dissolve cellular debris in herniated or slipped vertebral disks in the back. Allergic reactions are possible.

(42) **Peppermint for Indigestion**

In ancient Greece, people chewed a sprig of mint after feasts to settle the stomach, a tradition that evolved into our after-dinner mints. German researchers gave 118 adults with persistent indigestion a standard drug (cisapride) or twice-daily capsules of enteric-coated peppermint oil (90 mg) and caraway oil (50 mg), another traditional stomach soother. (The enteric coating allows the capsules to survive stomach acid and release their oil in the small intestine, where non-heartburn indigestion develops.) Four weeks later, the drug and the herb blend produced the same relief. If you use herbal oils, do not exceed the recommended dose, and keep them away from children. You also can brew a peppermint tea, and add a teaspoon of chopped caraway to meals. “When I get indigestion,” Duke says, “I go to the garden, pick some peppermint, chew some leaves, and make tea. It works for me.”

(43) **Peppermint for Irritable Bowel Syndrome**

IBS involves persistent abdominal cramps, bloating, flatulence, and diarrhea or constipation. British researchers at the University of Exeter analyzed five studies of peppermint oil as a treatment, and found that it provided benefit. (See the previous item for options and cautions.)

(44) **Psyllium for Diarrhea and Constipation**

Psyllium is a tiny seed that contains mucilage, a soluble fiber that swells on exposure to water. For diarrhea, psyllium can absorb excess fluid in the gut. For constipation, psyllium adds bulk to stool, which presses on the colon wall and triggers the nerves that produce the urge to go. You may find psyllium at health-food stores, but it’s easiest to take Metamucil, which is psyllium with flavoring. When using psyllium, drink plenty of water. Allergic reactions are possible.

(45) **Red Pepper for Pain Relief**

Capsaicin, the compound that gives red pepper (cayenne) its fiery flavor, is a potent topical pain reliever, according to the Handbook of Nonprescription Drugs. When rubbed on the skin, it causes mild superficial burning. But that sensation desensitizes nearby pain nerves, and soothes pain in deeper tissues. Capsaicin is the active ingredient in several over-the-counter pain-relieving creams, such as Capsin, Zostrix and Pain-X.

(46) **St. John’s Wort for Depression**

For mild depression, St. John’s wort often works as well as Prozac and Zoloft, but with fewer side effects. “We recently concluded a comprehensive review of the scientific literature on St. John’s wort, and 21 of 23 studies support it for mild-to-moderate depression,” says Blumenthal. Studies showing benefits have used 600 to 1,800 mg a day; most have used 900 mg a day. Stomach upset
is possible, and St. John’s wort interacts with many drugs, including possibly reducing the effectiveness of birth-control pills. Depression requires professional care; ask your physician about St. John’s wort.

(47) **Saw Palmetto for Benign Prostate Enlargement**

In a study published in the journal *The Prostate*, saw palmetto extract (32-0 mg) was compared with finasteride in 1,098 men with prostate symptoms. After 24 weeks, both treatments were equally effective, but the herb caused fewer side effects. Researchers at the Minneapolis Veterans Affairs Medical Center analyzed 18 studies and found saw palmetto to be effective for prostate symptoms.

(48) **Tea for Heart Health**

Tea, particularly green tea, has rocketed to prominence as an herbal medicine. It’s high in antioxidants, which help prevent heart disease. In a study published in the Archives of Internal Medicine, Dutch researchers followed 3,454 residents of Rotterdam. Compared with those who drank no tea, those who drank two cups a day had 46 percent less risk of heart attack, while those who drank four cups a day enjoyed 69 percent lower risk. Drinking tea also improves survival odds after heart attack.

(49) **Tea for Cancer Prevention**

Researchers at the University of Southern California surveyed 501 Asian women with breast cancer and 594 who were cancer-free. Those who were cancer-free drank the most green tea; as consumption rose, risk fell. Also, Japanese researchers reported in *Cancer Letters* that breast-cancer survivors who drank three or more cups a day reduced the risk of recurrence. Green tea also appears to protect against cancers of the colon, rectum, and pancreas. Most research has used green tea.

(50) **Tea for Bad Breath and Gum Disease**

Forget breath mints. Instead, researchers at the University of Illinois College of Dentistry in Chicago suggest a cup of tea (black or green), which contains compounds that stop the growth of bacteria that cause bad breath. An added benefit: Tea helps prevent gum disease, the main cause of adult tooth loss.

(51) **Tea Tree Oil for Athlete’s Foot**

Tea tree isn’t tea; it’s an Australian plant with an antifungal, antiseptic oil. In a study published in the Australasian Journal of Dermatology, researchers had people with athlete’s foot apply tea tree oil (50 percent concentration) or a placebo. After four weeks, 31 percent of the placebo group and 64 percent of the tea tree contingent were cured. Pharmaceutical ointments work faster, but tea tree oil is clearly effective. “Apply it with a Q-tip twice a day,” Duke says.

(52) **Tea Tree Oil for Dandruff**

As reported in the Journal of the American Academy of Dermatology, Australian researchers studied 126 people with dandruff, which is caused by a skin fungus. Subjects were given either an ordinary
shampoo or one containing 5 percent tea tree oil. After four weeks, flaking was reduced 11 percent in the plain-shampoo group, but 41 percent in those who used tea tree oil. It’s not a miracle cure, but if your dandruff shampoo isn’t working as well as you’d like, add a drop or two of tea tree oil each time you shampoo.

(53) **Turmeric for Arthritis and Joint Injuries**
Curcumin, the yellow pigment in this Indian spice, is an anti-inflammatory. In combination with boswellia, it treats osteoarthritis, according to investigators at India’s Central Drug Research Institute. Use turmeric or yellow curries in cooking. “I developed a recipe called ‘Arthritis Soup,’” Duke says, “containing lots of anti-inflammatory herbs. The recipe also calls for 2 tablespoons of turmeric.” When taking capsules, follow label directions.

(54) **Valerian for Insomnia**
Studies have shown that valerian aids sleep, often as well as pharmaceutical sedatives and without being addictive. In a study published in the European Journal of Medical Research, investigators gave 202 insomniacs valerian or a Valium-like tranquilizer. After six weeks, both treatments were equally effective. “Research strongly supports that valerian works,” Blumenthal says. “It’s been used widely and safely for hundreds of years.” Note: It takes a week or more to begin noticing benefit. Also, raw valerian root smells and tastes terrible (“like funky socks,” Blumenthal says), so pills are more palatable.

(55) **White Willow Bark for Back Pain**
White willow bark contains salicin, a close chemical relative of aspirin. According to a German study of 451 people with low back pain, 240 mg a day of willow bark worked better than conventional therapeutic options. Like aspirin, willow bark can cause stomach distress, and it shouldn’t be given to children.
Aromatherapy Herbs

Chamomile
Relaxation, Breathing & Burns

Cinnamon
Antispasmodic, Bronchitis

Yarrow
Promotes Healing

Spearmint
Relaxation

Lavender
Arthritis, Stress, Circulation

Peppermint
Relieves Flu Symptoms

Valerian
Calming

Lemongrass
Nerve Pain, Headaches & Cold Sores

White Willow
Arthritis, Toothaches & Muscle Pain

Flaxseed
Temperature Conductor

Rosemary
Promotes Healing

Yellowdock
Improves Circulation
10 HERBS THAT HEAL

COUGHING? ADD ROSEMARY
The eucalyptol in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

GOES WELL WITH
WHITE BEANS, POTATOES, POLYNIA, APPLES

CRAMPY TUMMY? ADD MINT
Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms. This reduces belly discomfort by 40 percent.

GOES WELL WITH
EGGPLANT, TOMATOES, MELON, GREEN PEAS

MENSTRUAL CRAMPS? ADD OREGANO
Enjoying 2 tsp of fresh oregano daily during menstruation reduces or eliminates cramps. That’s because this herb’s thymol and carvacrol, relax uterine muscles to prevent painful contractions.

GOES WELL WITH
MUSHROOMS, TOMATOES, OLIVES, SQUASH

ACHY JOINTS? ADD CURRY POWDER
The curcumin in curry inhibits the body’s production of prostaglandin E2, an inflammatory compound that over-sensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

GOES WELL WITH
LENTILS, RICE, CAULIFLOWER, SPINACH

UPSET GI TRACT? ADD DILL
Indian scientists found that dill’s limonene works as well as prescription antibiotics at killing harmful intestinal bacteria such as E. coli.

GOES WELL WITH
CUCUMBERS, BEETS, CARROTS, GREENS

BLOATED? ADD PARSLEY
Thanks to its stores of apiole and myristicin, parsley is a natural diuretic that relieves bloating due to water retention by preventing salt from being reabsorbed into bodily tissue.

GOES WELL WITH
PASTA, TOMATOES, GRAINS, ONIONS

CONGESTED? ADD CAYENNE
The fiery capsaicin in cayenne deactivates substance P, a neurotransmitter linked to inflammation. The result is less sinus congestion and pressure.

GOES WELL WITH
LEAFY GREENS, BEANS, SOUPS, RICE

FEELING DOWN? ADD BASIL
The eugenol and rosmarinic acid in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.

GOES WELL WITH
TOMATOES, PIZZA, PASTA, OLIVES

FEELING TIRED? ADD CILANTRO
The carnosolic acid in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the body buildup that causes chronic fatigue, joint pain and depression.

GOES WELL WITH
AVOCADOS, CORN, BLACK BEANS, CURRIES

HAVING NAUSEA? ADD GINGER
Ginger’s gingerol and shogaol calm digestive tract spasms to reduce nausea better than motion-sickness drugs.

GOES WELL WITH
POTATOES, MISO SOUP, RICE, PEARS
<table>
<thead>
<tr>
<th>HERB</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROSEMARY</td>
<td>A rinse made from this herb adds luster to dark hair and strengthens and softens damaged hair shafts. Make a strong rosemary tea for an after-shampoo rinse.</td>
</tr>
<tr>
<td>CHAMOMILE</td>
<td>Infused into a strong tea, chamomile and thyme make a great and gentle cleaner for oily and acne-prone skin. Use a towel of this tea into your bath to help clear up body blemishes, not to mention the relaxation.</td>
</tr>
<tr>
<td>LAVENDER</td>
<td>Lavender is soothing and antiseptic, so it's a great solution for burns, psoriasis, infections, and sensitive skin in general. Make a spritzer with strong lavender tea, or a small spray bottle filled with distilled water and a few drops of lavender oil.</td>
</tr>
<tr>
<td>ROSEWATER</td>
<td>Since ancient times, rosewater has been used as a gentle antiseptic and an anti-inflammatory. Use a cotton ball as a toner or spritz onto your face a few times a day. And don't forget, you'll smell great!</td>
</tr>
<tr>
<td>NEEM</td>
<td>Because it's anti-bacterial, neem oil is used to treat acne, eczema, psoriasis, dandruff, and it has a strong, garlic-type smell, so it may not be part of your daily skin care routine, but it's great to have around for when you really need the stronger stuff.</td>
</tr>
<tr>
<td>COMFREY</td>
<td>To make your own comfrey oil, stuff a jar of olive oil with comfrey leaves and let sit for 6 weeks. You can then use this oil on dry hands, chapped lips, scrapes, and burns. If you're really DIY, melt some beeswax or cocoa butter with the comfrey oil to make a salve of thicker consistency.</td>
</tr>
<tr>
<td>SAGE</td>
<td>Sage is astrigent, so a strong tea made of sage and mixed with a bit of witch hazel or apple cider vinegar serves as a great daily toner for oily skin. Or if you want, simply use the plain tea as a daily facial rinse.</td>
</tr>
<tr>
<td>TURMERIC</td>
<td>Mix 1 tsp of turmeric powder with 2 tbsp rice flour and 3 tbsp of plain yogurt. Mix everything together and then slather it on a clean face. Let it dry for 15-20 minutes, rinse off, gently scrubbing as you go. Is a great cleanser and adds a lot of moisture to your skin.</td>
</tr>
<tr>
<td>HENNA</td>
<td>Henna powder is a great way to add shine and protection to our hair. If you're looking for the shine without the reddish tint, go for “neutral henna,” which is actually the plant Cestia aboveta, but conditions and nourishes the hair just the same.</td>
</tr>
<tr>
<td>BASIL</td>
<td>Basil is particularly useful if you live in a polluted area and your skin has lost its luster; crush a handful of basil leaves and pour a cup of hot water over them to make a strong tea. Once cooled, splash your face with it as a detoxifying, circulation-promoting toner.</td>
</tr>
<tr>
<td>EVENING PRIMROSE</td>
<td>Evening primrose oil contains linoleic acid, an essential fatty acid that is unfortunately not produced by our body, but it promotes healthy, rejuvenated skin. Take the oil both internally and use topically on your skin to firm and hydrate, help heal blemishes and reduce signs of lines and wrinkles.</td>
</tr>
<tr>
<td>ALOE</td>
<td>Aloe is well known for treating burns and scrapes, but you can use it on any irritated skin. A face mask made of aloe, honey, and kelp will greatly soothe and moisturize your skin. You can buy the gel in stores but it’s always best if you have a plant to ensure purity. Make sure your aloe gel doesn’t contain any cosmetic toxins.</td>
</tr>
<tr>
<td>BURDOCK OIL</td>
<td>Burdock oil is an ancient healer for dry, itchy scalp. It can help get rid of dandruff and keep the skin on your scalp healthy. For best results, rub a little bit into your scalp after you wash your hair and while your hair is still damp. Burdock root oil contains essential fatty acids and phytosterols, which promote hair growth and a healthy scalp.</td>
</tr>
<tr>
<td>GERANIUM</td>
<td>The essential oil of this common garden flower is used in many cosmetic products for balancing skin and hair. If your skin is oily, simply add 2-3 drops of geranium oil to a bowl of water and splash your face. For dry, sensitive skin, make a healing oatmeal-geranium mask out of oatmeal, water, a teaspoon of melted honey, and 4-5 drops of geranium oil.</td>
</tr>
</tbody>
</table>
Growing ginkgo from seed

Germination

You can gather ginkgo seeds when they fall from the tree. Then you need to depulp them and heat stratify them for three months to allow the embryo to fully mature.

A Ginkgo biloba seed is covered in a tegument, or seed coat, composed of a hard inner layer and a fleshy, yellowish outer layer. Depulping the seed refers to its outer layer. To remove it, soak the newly gathered fruit in a bucket of hot water. Then crush the pulp to extract the seed. Once rinsed and dried, the seed will look like a large pistachio.

You can then cold stratify it for six months. Successful germination with this method is not assured, however.

Another method involves depulping the fruit as soon as it falls from the tree, but then stratifying the seeds for 18 months. They can then be planted a year and a half later, in spring.

To stratify the seeds, place them between layers of moist sand or peat moss and store them in a cool or cold spot until you plant them in spring. Stratification refers to any method used to prepare and pretreat seeds to encourage them to germinate.

Obviously, we are referring here only to those seeds you intend to plant in the spring. If you plant them in the fall, they will stratify naturally in the soil.
Remember that in nature seeds fall to the ground and spend the winter in a damp, cold spot. This means that they are ready to germinate as soon as temperatures rise in the spring. Artificial stratification is intended to reproduce these conditions. For any fruit or seeds that ripen in early summer, you need to reproduce conditions in nature by layering the seeds in sand and keeping them warm for two months before cold stratifying them. Cold stratification is enough for seeds that ripen later in the season.

An easy stratification method is to combine the seeds with moist sand or peat moss in plastic bags and then refrigerate them until the next spring.

If you purchase your seeds from a supplier, the outer layer will probably already be removed, and it is likely that they will already be depulped. It is a good idea to scarify them, however, to soften the inner layer. This involves lightly notching the seed coat to encourage it to germinate.

Finally, here is another method, developed by Norman C. Deno, a recognized seed germination expert. He first depulped and then thoroughly cleaned the seeds. He rinsed them for 7 days in a row to remove the germination inhibitors covering them. Without this treatment, none of the seeds germinated. He then planted them in a mixture of peat moss and sand at a temperature of 21°C. Using this method, he obtained an 80% germination rate over a 5 to 10 week period. He then planted the seedlings in a seed starting mix.

No matter what method you use, it takes a lot of patience to grow ginkgo from seed!
Growing Ginseng: Start a Ginseng Farm

You can earn money by growing ginseng in your very own ginseng farm.

By W. Scott Persons

Dried ginseng roots are a valuable crop you can grow yourself with a little patience and care.

While it's not exactly a get-rich-quick scheme like those touted on matchbook covers, growing ginseng promises financial rewards that do sound almost too good to be true. But the fact is that, if you live where the climate is right, in five years (and with little capital investment) you can grow as much as $30,000 worth of the prized botanical on only half an acre of woodland!

But where, you may ask, do you have to reside in order to be a prime candidate for growing this green gold? Well, the hardwood forests of the eastern United States and Canada are ginseng's natural habitat, but it can be cultivated almost anywhere north of central Alabama . . . if the area receives between 20 and 40 inches of rainfall annually. No sophisticated techniques are needed to raise the precious crop, either . . . only a goodly portion of patience and a willingness to get your hands dirty. I grow ginseng quite successfully, though I've had only a few years' previous experience in vegetable gardening.

Pick a Planting Site for your Ginseng Farm

Wild 'sang, as old-timers call the plant, flourishes best beneath a stand of mature hardwoods on a gentle northeast-facing slope that has thick, moist leaf litter and little undergrowth. Such a place is naturally ideal for cultivating ginseng, but the botanical should thrive in almost any well-tended, well drained but moist-location that doesn't receive
too much direct afternoon sunlight. (Some growers even construct their own lattices—6 to 7 feet above the plants—to provide the necessary 75 to 80% shading.)

When prospecting for a suitable spot, I look for a few wildlings that are similar to ginseng, such as trilliums, jack-in-the-pulpits (*Arisae matriphyllum*), May apples (*Podophyllum peltatum*), rattlesnake ferns (*Botrychium virginianum*), or wild ginger (*Asarum canadense*). The type of soil isn't critical to growing success, although a sandy loam with a pH level of 5.0 to 6.0 is preferable. During dry weather, however, you should check to see whether or not the soil under the leaves remains moist, without being overly damp... and water, if needed.

### Prepare Your Ginseng Bed

Once you've located—or created—a promising area for cultivating your crop, you can go ahead and prepare the bed for it by first removing all undergrowth. (If there is a thick over story surrounding the plot, thin that somewhat to allow air to circulate over the bed.) Next, stake out an area 4-1/2 to 6 feet wide and as long as you like for the growing area, adding 1 foot along each side for an access trench/walkway. Keep in mind that running the bed down a gentle slope will encourage the shedding of surface water.

When you're satisfied with the situation of your plot, break up the soil 6 to 8 inches deep, removing as many tree roots as possible. To facilitate drainage, mound the dirt taken from the bordering trenches along the centerline of the bed, but don't otherwise raise its level. And, if your "ginseng garden" lies on a slope, join the border trenches at its top to form an inverted "V" (to divert rain runoff).

### How to Grow Bolivian Maca Root

By Kelsey Erin Shipman, eHow Contributor

The Maca plant has been cultivated by the Bolivian people living in the high Andes for thousands of years. The root of the Maca plant is often used to balance hormones and naturally enhance libido function. Maca plants will not grow well in hot climates but can be grown in the winter months of most northern latitudes. Maca root growth extracts nutrients from the soil and can deplete the viability of the land when planted year after year. Indigenous farmers usually allow the land to rest for three to five years between Maca plantings.
**Things You'll Need**

- Seeds
- Manure or compost
- Water

**Instructions**

1. 
   1. Locate a growing area with full sun and well-draining soil. Maca plants prefer cool average temperatures between 30 degrees and 55 degrees Fahrenheit, though they can withstand vast temperature ranges.

2. 
   2. Prepare the soil by removing stones and breaking up large clumps of dirt. Pull weeds in or near the growing area.

3. 
   3. Mix manure or compost into soil.

4. 
   4. Check the pH of your soil. Maca plants do best in alkaline soil with a pH of 5 and heavy mineral content.

5. 
   5. Bury the seeds ¼ inch below the surface level of the soil. Seeds will take four days to germinate in soil at a temperature of 65 degrees Fahrenheit.

6. 
   6. Water seeds lightly immediately after planting. Without fully saturating, keep the soil moist until seedlings reach 6 inches in height. Once seedlings mature, fully soak the ground with water one to two times per week.

7. 
   7. Add another layer of compost or manure half way into the growing cycle as this will maintain growth and add needed nutrients.

8. 
   8. Harvest Maca roots after about seven months in the ground. Partially dig away the soil on one side of the plant to see the size of the root. Edible roots are typically 2 to 5 centimeters in size.
The ABCs of Gardening

MACA SEEDS

Peruvian “Superfood of the Andes” known as Lepidium meyenii, is a natural adaptogen, improving libido, overall energy levels, stamina, memory and learning, healthy teeth and bones, and stabilizing hormone levels.
Growing St. John's Wort Indoors

*Herbal Prozac*

*St. John’s Wort*, Hypericum Calycinum or Aaron’s Beard, is an easy to *grow herb*, with over three hundred of varieties. It is used primarily for medicinal purposes. *St. John’s Wort* is believed to have been named after St. John the Baptist. It originated in Europe and Asia where it grew wild in woods, fields and along roadsides. Sometimes called "*herbal Prozac,*" *St. John’s Wort* is mostly used to relieve depression and anxiety.

The history of using *St. John’s Wort* also goes back thousands of years, and it has been used as a safe and effective herbal medication for at least 2400 years. The founder of medicine, Hippocrates, was known to prescribe *St. John’s Wort herb* for relief of such common ailments as dysentery, tuberculosis, haemorrhage, jaundice, colds, and insomnia.

*St. John’s Wort* is a hardy, partially woody perennial, an upright growing, unpleasant smelling, clumping plant. Its small, smooth, oval leaves have numerous tiny oil glands, borne in opposite pairs along the stems. The small golden yellow flowers are borne in large dense cymes in midsummer. The small, ovoid seed capsule contains round black seed. The crushed flowers ooze a red, blood-like pigment containing hypericin.

*For best results adjust your gardening plans to Moon calendar*

**Culture**

The wonderful thing about this herb is that it’s also very easy to grow.

*Seed Spacing* Push the seeds just below the surface at a depth not over two millimetres.

*Seed Germination* 8 to 14 days. Speed germination by soaking the seeds in warm water for 20 minutes.

*Plant Spacing* About 18 inches apart.

*Soil Requirements* This plant prefers well-drained sandy or clay soils.

*Sun & Lighting* Likes a sunny spot, but will tolerate some shade.
Uses

St. John’s Wort is one of the most popular herbs in North America and Europe. Although it’s known primarily as a herbal antidepressant for mild to moderate depression, it has a long history of use as an antiviral, an anti-inflammatory, for nerve injury and pain, and as a topical treatment to promote wound healing. Recent preliminary studies have found that St. John’s Wort may also decrease alcohol intake.

St. John’s Wort has been used to treat a variety of conditions. Taken internally, St. John’s Wort has a sedative and pain reducing effect, which gives it a place in the treatment of neuralgia, anxiety, tension and similar problems. It is especially regarded as an herb to use where there are menopausal changes triggering irritability and anxiety. In addition to neuralgic pain, it will ease fibrositis, sciatica and rheumatic pain.

Externally it is a valuable healing and anti-inflammatory remedy. As a lotion it will speed the healing of wounds and bruises, varicose veins and mild burns. The oil is especially useful for the healing of sunburn.

The calming properties of St. John’s Wort herb have been useful in treating bedwetting, insomnia, and other nervous conditions, as well as some form of melancholy. An oil extract of the herb can be taken for stomach ache, colic, intestinal problems, and as an expectorant for the congestion in the lungs.

A herbal tea made from the flowers is good for anaemia, headache, insomnia, jaundice, chest congestion, and catarrh. A tea made from the herb has been used for uterine cramping and menstrual difficulties. The oil extract also make a good external application for burns, wounds, sores, bruises, and other skin problems.

It is believed that burning the plant in bonfires would drive away evil spirits, purify the air and promote healthy crop growth.
Growing microgreens for profit can be a great way to turn your gardening skills into a solid income from selling your microgreen crop to local grocers, individuals and restaurants.

Microgreens became popular about 20 years ago, when a few trendy California chefs started growing and using them to add “bling” to their garnishes and salads. That popularity has continued to grow, with microgreens named as one of the hot new food trends by several restaurant magazines, even National Public Radio.

This popularity has created a steady demand for this micro-crop, and made it one of the best new crops for urban farmers, as it takes very little space to grow microgreens, indoors or outdoors. If you’re considering starting an urban farm with microgreens as a primary crop, here are the top ten questions and answers about this popular specialty crop.

1. **What is a microgreen?**

Microgreens are tiny edible plants that are older than a sprout, but younger than a full-grown plant. Microgreens are harvested after the first “true” leaves have developed. They are the smallest of the salad greens, and can be grown from almost any plant variety that would produce a mature plant, such as beet, radish or mustard.

2. **What’s the difference between sprouts and micro greens?**

Because of their size, microgreens are often confused with sprouts. They are not sprouts. Sprouts are just germinated seeds grown in water that are eaten whole, with the seed, root and stem still
attached. Microgreens are not grown in water, as are sprouts. They are commonly grown in soil or on a sterile growing mat such as a fiber mat. The seed density for microgreens is much lower than for sprouts, which allows plenty of room for each tiny plant to grow, and prevents the disease problems common to sprouts. Microgreens are harvested by cutting, without any roots.

3. Can I grow microgreens in my area/climate?

Unlike most crops, microgreens can be grown almost anywhere, even during winter in northern climate zones. Because microgreens take so little space, it is practical, and profitable, to grow them indoors when weather conditions don’t permit outside growing.

4. What are the best plants to grow as microgreens?

Because microgreens are widely used to add “zing” to a main course or salad, the most popular varieties are the spicy ones. These include arugula, which adds a spicy, peppery flavor to other foods, basil, celery, cabbage, cilantro, a widely used spicy herb, endive, mustard and tangy radish. In addition to the popular spicy microgreens, growers will also produce a wide range of colorful greens, such as rainbow chard or kale.

5. How much money can a microgreen business make?

Because the crop cycle is so short, commercial growers can make a good income in a very small space. Most microgreen varieties are ready to harvest in about two weeks, so a capable grower can produce 20-25 crops per year. By stacking the growing channels or trays vertically, four times as much can be produced in the same space.

Using a four rack system, many growers are producing an average of 50 pounds of microgreens in a 60 square foot growing area per 2-week crop cycle. At $25 per pound, that’s a return that beats just about any other legal crop. Most growers report an average harvest of 5 to 6 ounces of microgreens per single tray (10” x 20” ) when grown on a single level, such as a tabletop.

6. Are special seeds required for microgreens?

The seeds used for microgreens are untreated seeds, preferably organic, that are the same seeds used to grow full-size plants. As the plants are grown much closer together, it takes more seed to grow microgreens than field-grown crops. That’s why purchasing seeds from a wholesale source is a must for profitability.

7. What kind of soil does microgreens require?

Although many hydroponic growers use no soil to produce microgreens, growing in soil is easier for most small growers. Any high quality potting soil will work, especially those “fortified” with natural nutrients such as kelp.
8. When should microgreens be harvested?

Most microgreens are ready to harvest when they have produced a second set of leaves, known as “true leaves.” Some growers also let the microgreens continue to grow an additional week or so to produce baby greens, also a popular and profitable sideline crop to sell to buyers.

9. Do microgreens have special nutritional value?

Studies have shown many microgreens, such as red cabbage, broccoli, and radish often contain up to 40 times more nutrients that mature plants. According to Professor Qin Wang at the University of Maryland, microgreens are 4 to 40 fold more concentrated with nutrients. His research team tested 25 different commercially grown microgreens, and found consistently high levels of important nutrients like vitamin C, vitamin E, vitamin K, lutein and beta-carotene. Dr Gene Lester, a USDA researcher says, “All these nutrients are extremely important for skin, eyes and fighting cancer, and have all sorts of benefits associated with them. To find these high levels of nutrients, I find that quite astonishing.”

10. How much does it cost to start a microgreen business?

Because growing microgreens does not require expensive equipment like tractors and tillers, the startup costs can be quite affordable, as low as just a few hundred dollars. Even indoor growers can use low-cost fluorescent fixtures to keep costs down, and outdoor growers can build a basic hoop house to grow microgreens for around $3 per square foot. One successful grower has called microgreens the best “shoestring startup” for new urban farmers. To learn more about starting your own microgreen business, read Growing Microgreens For Profit.
ELDERBERRY WINE

- 10 lbs fresh, ripe elderberries
- 1 lb finely granulated fructose
- 4-1/2 to 5 pints RO water
- 1 tsp acid blend
- 1 tsp yeast nutrient
- 1 tsp pectic enzyme
- Montrachet wine yeast

Wash, destem and inspect the berries for ripeness and soundness. Put berries in a stainless steel or enameled pot with 1/2 pound of fructose sugar and half the water. Slowly bring to boil while stirring occasionally and turn off heat. Cover and set aside to cool to room temperature. Strain berries over primary through a nylon straining bag and hang bag over primary to drip drain for two hours. Very gently press pulp to extract a little more juice, but do not overdo this. Stir in remaining fructose sugar and dry ingredients (except yeast) and stir well to dissolve. Add enough water to bring to one gallon and add yeast. Cover primary and wait for active fermentation. Ferment 2 weeks and siphon off sediments into secondary. Top up and fit airlock. Ferment two months, rack, top up, and refit airlock. Repeat after additional two months. Stabilize, wait 10 days, rack, sweeten to taste, and bottle. Age one year before tasting.
How to Grow Star Anise From Seeds

By Frank Whittemore, eHow Contributor

Star anise is a culinary and medicinal spice from Asia.
Star anise, also known as Chinese star anise, is a tall, spreading evergreen tree indigenous to tropical and subtropical areas of eastern Asia. The seed pods of the tree are used in both culinary and traditional medicinal application. As the plant does not do well in temperatures below freezing, growing star anise is typically limited to the warmest of USDA hardiness zones, specifically zones 9 and 10 within the United States. Star anise trees can be propagated by seed, but usually take several years to bear fruit.

**Things You'll Need**

- Fresh star anise tree seeds
- Seed tray
- Seed starter mix
- Pencil
- Large zip plastic bag
- 3-gallon pots
- Potting soil

**Instructions**

1. Fill the cells of a seed tray to within 1 inch of the top with a good seed starter soil mix. Place one star anise seed in each seed tray cell. Cover each seed with the seed starter mix to fill the cells almost to the top.

2. Water each cell within the seed tray thoroughly so the soil is damp but not wet. Poke holes through a large plastic bag with the pencil. Place the seed tray in the plastic bag, and seal the bag. Set the seed tray in a warm, well-lit area away from direct sun.

3. After the seeds sprout, remove the seed tray from the plastic bag. Continue to water the seedlings periodically, keeping the soil moist, but not wet.

4. When the seedlings are approximately 3 to 5 inches tall, transplant them to 3-gallon pots filled with a good potting soil. Place the pots in full sun in an area protected from the weather. Continue to water the plants to keep the soil damp. Allow the seedlings to mature to saplings for 3 years.
Plant star anise saplings in rich, well-draining soil in full sun. Place the trees between 1 1/2 and 2 feet apart to provide room for harvesting as the trees mature. Continue to irrigate the trees regularly to keep the soil damp, but not wet.

How to Grow Black Cumin -- Nigella Sativa

I rarely see any articles on how to grow Nigella sativa and today received a Google alert on how Pakistan is now starting to grow this miraculous seed. I begin to wonder if pure and true Nigella sativa can be grown in other parts around the world? It may be like growing a banana tree in New York or cactus in Alaska.

I caution anyone with a debilitating disease to depend on a new crop of Nigella sativa also. As most know the ground is deprived of nutrients these days, some say up to 90% in some parts of the world. Trying to grow Nigella out of its natural surroundings has yet to be proven to be effective. These things are in trial.

My favorite seeds come from Egypt and my favorite oil comes from Hemani in Saudi Arabia. Although I do like El Capitan very much. These oils are very hard to find and so I refer my clients to a few known sites I recommend:

http://nigellasaativa.weebly.com/buy-black-seeds.html

and my store:  http://nigellasaativa.weebly.com/e-store.html

According to the Plant Genetic Resource Program in Pakistan, they are now in the process of growing Nigella due to its high demand. You should begin planting your seeds in November, but you may grown them indoors in peat pots if you want. Keep in mind to start the planting prior to the first frost.

The rows should be 30 cm apart (10 to 12 inches) and the ground must be saturated deep with water. After about two weeks you should see the seeds germinate. If you want to grow them inside in peat pots do this prior to the autumn or spring and transplant them outside in your garden area 25 cm apart. Inside peat pots take around 7 weeks to germinate and grow
big enough to transplant.

Once the flowers bloom, place the pods in a brown paper bag to dry out completely. Rub the pods in the bag with your hands to release the seeds. Cut a corner of the bag and let the seeds fall out into a sieve or filter of some kind. Sift them well and take the seeds and make sure the seeds are completely dry before storing them in an airtight container.

**Key Reference**
Black cumin: The secret miracle heal-all remedy

What if we told you there was a seed so densely packed with healing compounds that cancer, bacteria, viruses, ulcers, diabetes, chronic inflammation, and many other common health conditions hardly stand a chance in its presence?

Health Benefits of Black Pepper

- helps with digestion
- prevents gases
- promotes sweating & urination
- helps lose weight
- relieves joint pain
- promotes healthy skin
- relieves cough & colds
- antibacterial
- keeps arteries clean
- great antioxidant, good for hernia and insect bites.
- treats respiratory conditions (like asthma)
- it treats tooth decay & toothache
Quantum Agriculture Technology
Orgone, Schuman
Bio-Dynamics
SCIO technology
Hook the QX-MCI red plug to the Cloudbuster

HTTP://QUANTUMAGRICULTURE4U.COM/
Seaweed Fertilizer — Using and Composting Seaweed for Your Garden

To make a long story short, I love seaweed. I mean the garden loves seaweed, and the garden is the ultimate boss, so I aim to please the garden!

The short version of this love fest for seaweed follows...

In edible terms, the many forms of aquatic plants are called 'sea vegetables', and you'll find the likes of dulse, kombu, wakame and more in shops.

Like vegetables they are bursting with minerals and oh so good for you — even if you only have some wrapped around sushi sometimes.

Seaweed in the garden, how do I love thee... let me count the ways:

1. Seaweed fertilizer is actually a bit mis-named. It is more of a tonic, due to the low quantity of nitrogen and phosphorus... although it does have the full range of
properties in it to improve your soil. As well as supplying bulk to condition the soil, seaweed contains around 60 trace elements, growth hormones and nutrients, and fungal and disease preventatives. Interestingly any soil imbalances, such as a deficiency of nitrogen, will be corrected by adding seaweed which will balance the soil environment so that nitrogen fixing bacteria are helped along.

2. Seaweed stays put if you put it on the garden. It doesn't blow away or clump together or roll away.

3. Seaweed deters pests. Birds don't like to get hurt with it when it's hard and scratchy and don't like getting tangled with it when it's wet and slinky.

4. Same with dogs, cats and many other critters. It's just too darned awkward, and for some animals the smell is off-putting.

What's the best way to use seaweed on the garden?

Firstly, there is no need to wash seaweed because the sand and salt water clinging to it contains essential elements that will benefit plants. Unless you happen to have a high sodium content in your soil, remember, there is no need to wash seaweed before using it in or on your garden.

Secondly, don't try cutting seaweed up with a mower because there are stones, sand and shells hiding in it.

Thirdly, dry and hard seaweed is just as phenomenal for plant growth as when it's wet and soft. The older and harder it is, obviously the longer it will take to break down and supply nutrients to the soil for feeding your plants.

Fourthly, many countries have rules about protecting their marine coastlines, which includes the harvesting of seaweed. Commercial operators you are not, so it's unlikely you will deplete this resource by strolling along the local beach and filling up a bag with seaweed.

However check beforehand, and if you can't find any information about your area, or there are no notices on the beach, follow these guidelines:

It is fine to pluck floating seaweed and seaweed below the high tide mark. Seaweed that has washed up above the high tide mark often makes a valuable contribution to the biodiversity of the beach and surrounds. It helps stops sand erosion and provides a habitat for local plant and insect life.
And lastly, there is concern that polluted waters pollute the sea life also. Sadly fish certainly have accumulations of medicines, farming chemicals, heavy metals such as mercury and zinc. Be aware that seaweed could be also so aim to get it from unpolluted water.

Now get your creative juices flowing... because seaweed is so versatile, here are some tried and tested ways gardeners and farmers, have used seaweed. . . .

Green algae is a form of seaweed

- Put seaweed straight on top of the garden, wet or dry. Snake it around plants and chop the bigger kelp fronds first with a sharp spade or let them dry then break them up. Great for tree roots — no need to go close to trunk, put it further out and up to the drip line.
- Composting seaweed is popular and produces wonderful compost—put in hand deep layers between other materials. Seaweed acts a compost activator to help speed up... well, the compost making.
- Many growers of potatoes like to dig out a trench and put seaweed in the bottom, then a layer of good soil or compost. The seed spuds sit on this and are covered with more soil. Putting seaweed in the bottom of holes before planting other plants, such as tomatoes, asparagus and rhubarb is an excellent way to supply seaweed fertilizer to the plants' roots.

Potatoes can also just be put down on good soil/compost and a very thick seaweed mulch wrapped around them in a large protective circle. The potatoes are kept moist and protected from the sun and wind and as they grow, pile up more seaweed to protect the growing plants. You get nice clean spuds and a rich bed of soil for the next crop.
- Let seaweed go dry and crisp then break it up and sprinkle on soil.
- Make compost tea. Put a large handful of seaweed in a bucket of water (preferably rainwater) and leave to soak for a minimum 3 weeks and up to a year. Put a loose lid on.

On a larger scale, use a net onion bag or a porous sack to hold seaweed and put it in, or tie it to hang in a larger barrel or rubbish bin of water. After using the compost tea, you can reuse the seaweed several times with fresh water, then put the seaweed in the compost or use on your garden.

![Giant kelp floating in the ocean](image)

The above method to make seaweed tea means you will need to keep it away from the house due to the strong smell.

To make a more beneficial seaweed compost tea containing active organisms, and eliminate smells you will need an aerator to oxygenate it, or buy some Microbial Inoculant to generate microbial activity.

Both of these can be bought at garden centres or online. For simple, cheap oxygen machines try pet shops that sell fish tank equipment. Follow the instructions to set these systems up and you will produce supreme liquid seaweed fertilizer.

If the liquid is too dark, dilute the seaweed tea with water until it is normal tea coloured, then spray on plants. Seaweed compost tea can be applied to the roots of plants or foliar fed on leaves. It's not likely to hurt plants if too strong; it's more a waste of good nutrients that can't be utilized.

As well as supplying nutrients for leaves to absorb, seaweed tea sprayed or misted onto leaves, inhibits pests, viruses and fungal problems such as mildew and blight.
The Basic Science of Biodiversity

Our aim is to provide a basic understanding of organic gardening science; the key principles and concepts that are functioning behind the scenes of nature. With thousands of biochemical activities occurring simultaneously, it can be a complex study to understand nature. Thanks to the advancements and improved understanding in microbiology (specifically Elaine Ingham's work at the Soil Food Web in Oregon on soil microbiology), we can take this daunting topic and break it down into easy-to-understand pieces.

**THE POWER OF THE MICROORGANISM WITHIN THE SOIL**

Underneath our soil is a world bigger than you can imagine. In fact, each tablespoon of soil is filled with life as over 1 billion microorganisms of all sorts thrive and struggle for existence. It is through their collective "predator-prey" interaction under ground that provides any plant, tree or turf the food, water, protection and energy it needs in order to survive and flourish above ground. Elaine Ingham has coined the popular term, "Soil Food Web" to describe this web of interactions happening beneath the soil. Here is a basic flowchart she came up with:

When soil is fertile, the conditions are right for the aerobic, or "oxygen loving", beneficial microorganisms to thrive, enabling stable, luscious plant life above ground.
When soil is compacted, it is not fertile. The conditions are not right for these mission critical worker bees to keep the plant life green, growing and disease free. As they die, so do the possibilities for the plant to have all the support it needs to reach its maximum expression.

It is said that a plant, tree or turf allocates 1/3 of its energy to growing its roots, 1/3 of its energy to growing its stalk, stem, leaf and fruit, and 1/3 of its energy to producing food for these beneficial microbes!

By feeding the beneficial microbes, a symbiosis is set up where the plant gets what it needs in the form of minerals, water and energy. All of these interactions between microbe-microbe and microbe-plant allow for nutrients to be cycled and absorbed by the plant.

You do not see fertilizers and irrigation keeping up old growth forests, like Yosemite, the Redwoods, etc.. These forests are a perfect example of natural nutrient and water cycling and prolific biomass without the use of any human/mechanical interventions.

**GROW THE SOIL, THE PLANT TAKES CARE OF ITSELF**

The decomposition of organic matter - which the microbes mostly perform - sluff off hundreds of thousands of organic substances. These substances, such as humic acid, fulvic acid, ulmic acid, humin and humate provide both a food source for the microbes as well as the perfect storage facility for plant nutrients. This organic matter is only 1 to 6% of soil matter making it extremely precious and important!
The ability for these substances to be converted and absorbed by the plant depends on the soil structure, and its Cation Exchange Capacity, or CEC. CEC measures the soil's ability to absorb and release nutrients. The higher the CEC, the more capable the soil is of giving the plant what it needs when it needs it.

A common myth today is that we think we have to feed the plant instead of letting the plant feed itself. It is written in its genetic code what it needs when it needs it, just like any other animal or human. In its root zone, or rhizosphere, thousands of reactions a second are taking place. The plant is always monitoring its needs and adjusting to get them met with the proper nutrient, if the nutrient is available. In fertile soil, nutrients are both easily exchanged and readily available to the plant because of the job done by the soil microbes.

The need to add Nitrogen, Phosphorous, Potassium, Calcium, Magnesium, Manganese, Zinc, Copper, Cobalt, Boron, Iron etc. is practically eliminated in fertile soils. Most if not all of these nutrients are found naturally somewhere between the top soil and bedrock layer of our earth. When native americans roamed these lands, top soil reached depths of 6 to 8 feet or more! The deeper the top soil, the easier it is for beneficial microbes to set up shop and translocate nutrients from greater distances.

**STABLE SOIL = STABLE PH = MAXIMUM UPTAKE**

This is the basic formula for getting the most out of your soil. In order to "extract" the widest array of vital minerals from the soil, the pH has to be just right. Under the direction of the plant, the Soil Food Web is adjusted moment by moment, creating a resulting pH in the root zone. The ratio of bacteria to fungi roughly determines the value of the pH. The higher bacteria count, the more alkaline. The higher the fungi count, the more acidic. Since the plant chooses who it wants to feed, it controls this ratio to its liking. An optimal pH where the most nutrients are available is 6.4. This illustration shows where minerals are optimally available:
**THE EFFICIENCY OF CARBON**

The benefits of getting carbon out of the atmosphere and fixed back down into the earth extend far beyond decreasing the carbon footprint. Adding particular organic substances can quickly get organic carbon back into the soil where it belongs and can benefit plant and soil life.

**Organic carbon molecules soak up water and make it available to the plant and its soil biology as they need it.**

**Organic carbon is a backbone element to humic substances, which remediate soil structure & make all nutrients available!**

**Organic carbon molecules assist with water and air filtration, improving them in the surrounding landscape.**

It also improves soil tilth, aeration and overall molecular structure. There is a direct correlation between soil quality due to increased carbon and efficiency. The better the soil, the more efficient and cost-effective.
AVAILABLE MINERALS MAXIMIZE YIELD AND QUALITY

When a plant is able to follow its preferred pathway of development, it can grow and express itself to its fullest potential. The plant needs minerals in an available form in order to follow its preferred pathway of development.

For example, if Cobalt is not available to a plant, then that plant cannot create Vitamin B12, as Cobalt is a required mineral. The plant compensates, and sometimes substitutes minerals for preferred ones if the preferred ones are not available due to poor soil conditions. This can lead to toxic by-products that affect plant color, smell, oil and taste.

It isn't just Vitamins. The plant needs available minerals in order to produce every enzyme, hormone, amino acid, carbohydrate and protein required to manifest and grow itself.

What makes nutrients available and what feeds them to the plant?

The answer is the behavioral patterns of a healthy Soil Food Web.
If the soil is full of beneficial bacteria, fungi, protozoa, nematodes, earth worms, micro and macro arthropods, then there is healthy nutrient cycling for whatever is planted above ground!

And, if the soil is full of minerals that are in an available form, the microbes can cycle and translocate those minerals and other nutrients to the plant.

The plant receives the nutrients & energy and converts them into the building blocks it needs to grow itself vigorously and easily.

**HOW DO WE ESTABLISH A MICROBE LOVING SOIL?**

If we want our plants, trees, turf, farm or garden to get superior results, we have to put back biology into the soil. After we put them back, we want to feed them and keep them happy. The impact they have grows in time, as their network becomes more established.

The good news is, it doesn't take long and results are apparent within days.

Without doing any testing (unless your soil has some extreme condition), these are the basic steps you can take to quickly restore soil vitality and vigorous growth:

1. **ADD HUMIC SUBSTANCES TO INCREASE MICROBIAL FOOD SOURCES, CARBON CONTENT, AND CEC IN THE SOIL.**
2. **ADD HEALTHY, ACTIVE AND DORMANT MICROBES.**
3. **ADD OVER 80+ MINERALS IN A BIOLOGICALLY AVAILABLE FORM.**
4. **FEED ALL THE MICROBES IN THE SOIL WITH SELECT FOODS.**
   Optional: do a top dress with a quality humus and worm cast
   Optional: inoculate more biodiversity, including protozoa & nematode using compost tea / extract

If you were to use our products, **Diatomic Humus** elegantly accomplishes #1, #2 and #3. Because it creates no biofilm, it is easy to distribute on a massive, commercial scale.

**Halo** provides the missing minerals, and a nice amount of fulvic acid coupled with marine bacteria and viruses. So, it fills #1 requirements partially, and #3.

**Rhizo Boost** satisfifies #2 because it is a beneficial fungus, specifically designed to live in symbiosis with the plant's roots. It attaches itself and becomes part of the root! Mychorrhizae helps to break down and transport nutrients from great distances. It functions like a biological nutrient internet, responding to the requests of each plant it is connected to. It is especially useful in breaking down phosphates and making them available!
Fancy Fish and Krazy Kelp satisfy #4 requirements. These are carefully selected microbial foods, based on their ability to effectively feed and grow massive amounts of beneficial bacteria and fungi. They also provide a natural NPK fertilizer that is a perfect substitute for synthetic approaches.

OPTIONAL: Alaskan Humus, old, woody composts, and a high quality worm cast are great for top dressing. They create a protective top soil layer, assist in disease suppression, and leak their nutrients top, down ion the rhizosphere.

OPTIONAL: Biodiverstea, our compost extract and tea brand, supplies billions of micro-organisms and a wide range of species to the soil. All the microbes added by the Diatomic Humus are greatly enhanced with compost tea/extract!

Homeopathy to make your plants profitable

"Homeopathy cures a larger percentage of cases than any other method of treatment and is beyond all doubt safer, more economical, and the most complete medical science..." Mahatma Gandhi

1. We have to see if the compound is Water, Oil or Alcohol soluble. This determines what solution to use for tincture extraction. 15+% Alcohol is often best.
2. Next is it Heat sensitive, if Not a tea infusion can be done. If Heat sensitive then use room temperature.
3. How long to let the infusion sit is the next issue and the HPUS can direct you if you have questions.

Making a Homeopathic Tincture is Very Easy and it is Something the Drug Companies do not want you to know. It is their Greatest Fear
Scientific Research in Homeopathy

Triple Blind studies, Double-Blind Randomized Placebo-Controlled Trial, Systematic Reviews & Meta-Analysis, and Evidence-base

By Professor Desire' Duboumet

6-2012

http://www.downloads.imune.net/medicalbooks/Scientific%20Research%20In%20Homeopathy%202012.pdf
The World does not have just a Carbon excess problem, but an Oxygen deficiency problem. Plants are the solution!

Problem
The World’s Problem is too much Carbon Dioxide + too little Oxygen.

Solution
The Solution is Plants

According to Quantum Electro-Dynamics, plants take CO₂ and convert it to O₂. We must encourage all land around the world to develop large desalination plants that use the sea water to grow plants HYDROPONICALLY.

In the Garden of Eden the Serpent tempted the woman and the man. They gained knowledge, but lost innocence.

Mankind has developed many false beliefs based on the premise of this knowledge. These false beliefs have jeopardized the planet. False beliefs such as synthetic drugs and foods, that petroleum should be our fuel, allopathic medicine, tobacco, dextrose sugar, meat as a staple food, unequal education to keep minorities down, the survival of the fittest, and that the media is real and unbiased. In fact these false beliefs make money and greed become uncontrollable. Money is a drug.

Now at the time of change, an Angel of both sexes will tempt the serpent. The serpent is the base lizard brain in all humans. This lizard brain is the source of anger, hate, aggression, greed, and the delusion and clinging to false beliefs that make money but threaten the very existence of human life on this planet. The Angel will defeat the greed and delusion of the lizard brain and lead humanity to a thousand years of peace harmony, freedom from excess degenerative disease, excess greed, discrimination, and inequality.

The Angel will return us to the Garden of Eden.

1. We must stop the over consumption of meat and switch to the more healthly fruits and vegetables. Wake up people's minds.
2. Switch from fossil fuel to Bio-fuels and Bio-mass fuels.
3. Limit petro-synthitic chemical production and use organic chemicals from plants such as sugar or herbs.
4. Use dextrose sugar for Batteries, and fructose sugar for foods.
5. Use more Natural Medicine by changing the law to not just protect Patents but to protect Natural Recipes and Natural Made Medicines.
6. Stop the Danger of GMOs to destroy the balance.
Look deep into nature, and then you will understand everything better.

-Albert Einstein

Return to the Garden