

Mint Benefits:





Improves breath & improves asthma
Slows memory loss

Aids digestion

Reduces nausea & headaches

Helps respiratory coughs

Decreases risk of cancer

Helps with depression & fatigue

Relieves allergies & Hay Fever



Basil Benefits:





Anti-Inflammatory
Anti-aging properties
Rich in antioxidants
Stress reducer

Reduces bloating

Heals skin blemishes

A skin cleanser

Air Purifier



Sage Benefits:



Reduces anxiety Lowers cholesterol Improves concentration Stops night sweats Improves bad body odor Heals cold sores

Purifies & cleans the air

Promotes healthier skin



Rosemary Benefits:



Improves memory

Good source of iron & calcium

Reduces muscle pain

Promotes hair growth

Natural pest control

Improves digestion



Oregano Benefits:





Helps fight the common cold Good source of vitamin E & iron Helps skin issues-dandruff & acne Treats respiratory disorders Natural antibacterial properties Reduces inflammation Even protects against cancer



Sunflower Benefits:

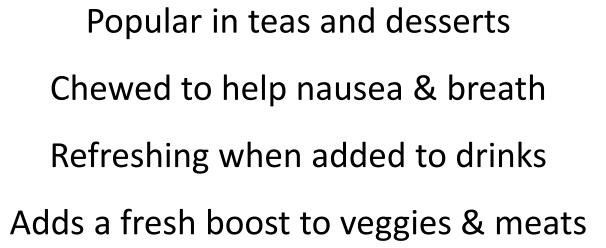


Help prevent cancer Helps with arthritis Promote calmness Keep skin healthy Fight inflammations Help bones stay strong



Mint Uses:





Used in lip balms & skin salves

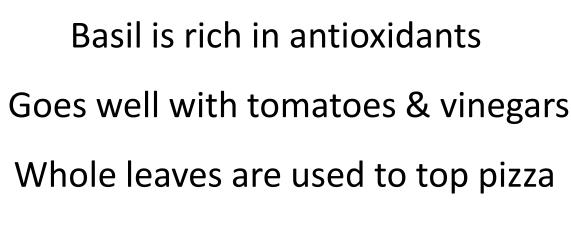
Inhaling peppermint steam clears the sinuses as well.





Basil Uses:





Eaten as flavorful pesto sauce



Used as a unique flavor in **ice cream**-like strawberry basil flavor.

Also pairs well with seafood

Basil also kills bacteria & sooths stings



Sage Uses:



One of the longest used herbs, used by ancient Egyptians.

Common in soups & omelets

Drinking sage tea sooths the throat

Sage teas & oil lower inflammation

Sooths the nerves and anxiety

Sage also kills E. coli & Salmonella

Purifies & cleans the air



Rosemary Uses:

A classic spice for chicken, roasted vegetables, bread & Italian food

Used as scent in air fresheners

As a tea, helps fight illness

Help heal wounds when put on skin

The oil treats hair dandruff

Dried sprigs ward off mice at home





Oregano Uses:





Oregano means "joy of the mountain" in Greek.

Good source of vitamin E & iron

Pairs well with tomatoes in sauces & pizza.

Naturally kills bacteria

Used in tangy vinaigrettes

Also spices up veggies and meats



Thyme Uses:



Thyme comes from the Greek word for **courage**.



Makes a great spice for roasted veggies

Good source of many vitamins & minerals



Grown as low ground cover that can replace grass lawns (uses less water).

Thyme kills bacteria & viruses

It was also used in ancient religious ceremonies.