



# 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
- Heals skin blemishes
- Reduces bloating
- A skin cleanser
- Air Purifier



# Sage Benefits:



Reduces anxiety

Lowers cholesterol

Improves concentration

Stops night sweats

Improves bad body odor

Heals cold sores

Promotes healthier skin

Purifies & cleans the air



# 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:



Popular in teas and desserts  
Chewed to help nausea & breath  
Refreshing when added to drinks  
Adds a fresh boost to veggies & meats  
Used in lip balms & skin salves  
Inhaling peppermint steam clears the  
sinuses as well.



# Basil Uses:



Eaten as flavorful pesto sauce

Basil is rich in antioxidants

Goes well with tomatoes & vinegars

Whole leaves are used to top pizza

Also pairs well with seafood

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

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 soothes 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.

