

# The Summer Wellness Plan

## The Smart Herb Garden



Smart phones, smart TVs, smart fridges, smart herb garden? What? Smart “things” combine multiple functions and needs into one location for time efficiency, and generally to make our lives easier. So while an herb garden may not be on your list of all things “smart”, planting one this summer can be. How? Your herb garden (like your smart devices) can be a hub that addresses many of your family’s needs. A smart herb garden (when used and planned properly) can help you and your family live a healthier, and more natural life. But how?

- Herbs enhance the taste, appearance, and nutritional value of food.
- You can grow your medicine. Why not opt for an herbal remedy as a first attempt at dealing with a stressful day, a simple cold, allergies, or headache.
- Planting a household garden can be a relaxing form of recreation and encourage family bonding.
- Getting your hands dirty is good for the body, mind, and spirit. Connection to nature eases stress, reduces anxiety, and gives us a greater sense of wellbeing.



**So put down your smart phone and plant a smart herb garden.**

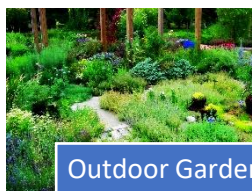
## Back to Basics



Raised Garden



Mason Jar Herbs



Outdoor Garden

### Anyone Can Grow an Herb Garden

No matter how green your thumb is, anyone can grow a simple herb garden. Herbs are generally drought tolerant, germinate easily, and don’t require any pruning or special care. Your space will determine what kind of herb garden to plan for. In a small space, like an apartment, you can transform simple mason jars into an indoor garden or flower pots into a small balcony or patio garden project. If you have a yard, you can create a raised garden on the back deck or start your own in-ground herb garden. There really are no excuses.

**A little space, a little soil, and a little love is a great start to growing your own Smart Herb Garden.**

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### Building Your Smart Herb Garden



**S**

Gardening is good for the **SOUL**! In a Norway-based study, people with some degree of depression spent at least six hours per week growing a garden. The result? Half of the participants reported an improved mood. In addition to studies like these, any gardener could tell you that their mood is elevated during and after gardening. Add some flowers and make it pretty.



**M**

Herbal remedies can provide **MEDICINAL** pain relief and healing. There are a few tried and true medicinal herbs that anyone can grow that are simple to use. Lavender for stress relief, Oregano leaves for an antibacterial/antiviral tea, Thyme made into a poultice as an antiseptic, and Peppermint for digestive relief.



**A**

Grow and use herbs in your home as **AROMATHERAPY** to garner their benefits. You can also burn certain herbs, or use them to create aromatic essential oils. Boost energy and mental focus with the aroma of sweet basil, sage can be burned for cleansing the body and your environment, lavender in your bath or in your pillowcase for sleep.



**R**

Speaking of smart, it's time to use our **RECREATION** and leisure time connecting with nature rather than our devices. Wasting time on your phone? Grow an herb garden! It's a great way to reap the benefits of connecting with the earth, the soil, and spending your time doing something that is relaxing and will give back to you just as much as you provide to it. Plan your garden with your family and make it a summer project to encourage family bonding.



**T**

When you grow fresh herbs, there is no need for additives. Use the **TASTES** of real food to flavor and spice your plate! Sometimes it can be difficult to know what herb to pair with what food but there are a few simple herbs that work for almost anything. With a light peppery flavor parsley works for almost anything. Sweet basil complements most Italian and Mediterranean inspired dishes, and cilantro is great with seafood, Mexican dishes, and curries. Most herbs taste great with summer grilled foods.

So this summer, go get dirty! Get your hands in some soil, enjoy the sun on your face (SPF 15+ of course), and smile at your budding garden everyday.

#### Sources

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