



TOP 5
MEDICINAL PLANTS
YOU CAN GROW
AT HOME
& YUMMY WAYS
TO USE THEM

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THE BENEFITS OF GROWING YOUR OWN MEDICINE

ANTI-INFLAMMATORY

Anti-inflammatory properties are very important as many conditions and diseases are linked to inflammation. These include cardiovascular disease, asthma, arthritis and skin conditions including eczema and psoriasis. If you can reduce inflammation it can help reduce the risk of some conditions. If you already have these conditions, it can still help in relieving symptoms and as a preventative to stop symptoms worsening.

ANTI-OXIDANT

Anti-oxidants are vital in reducing oxidative stress in the body. High amounts of oxidative stress have been linked to cancer, cardiovascular disease and chronic fatigue to just list a few. Including antioxidants in your diet can assist in counteracting free radicals, which helps decrease the chances of some of these conditions occurring.

ANTIMICROBIAL, ANTIFUNGAL, ANTIVIRAL

Antimicrobial, antifungal and antiviral help rid the body of microbes, fungi and viruses. This means you can use them in home made household cleaning products and eat them to support your immune system and reduce the chances of a cold - but if you do get a cold it can help reduce the severity.

PLEASE NOTE:

As with all herbs, there can be unforeseen side effects or interactions with other supplements or medications and any regular use should be discussed with your health care provider.

GARLIC

TOP 3 REASONS TO INCLUDE GARLIC IN YOUR DIET

1. ANTI-INFLAMMATORY FOR CARDIOVASCULAR DISEASE AND ACHY JOINTS
2. ANTI-OXIDANT - GOOD FOR PREVENTING CARDIOVASCULAR DISEASE
3. IMMUNE FUNCTION & ANTIMICROBIAL - BOOST IMMUNITY & SHOULD YOU GET SICK, IT CAN HELP TOO

ROASTED GARLIC AND ONION SOUP

- 2 onions
- 2 globes of garlic (a globe is a whole head of garlic)
- 1.5 L of vegetable stock
- one bay leaf
- sprig of rosemary
- salt and pepper to taste
- Preheat oven to 200°C

Peel and slice garlic and onion.

Place garlic and onion in a baking tray, drizzle with olive oil and bake for 20 min at 200°C.

Place roasted garlic, onion and vegetable stock into a blender and blend until smooth.

Pour into a saucepan, add the bay leaf and rosemary, bring to the boil and simmer for 10 min.

Remove the rosemary and bay leaf, add salt and pepper to taste. Serve.



PLANT IN
AUTUMN & SPRING

GROWING GARLIC

You can grow garlic that you buy from the supermarket, but choose an organic bulb as some bulbs are sprayed with growth retardant.

Break the head up into separate cloves and plant them so the pointy tip of the clove is pointing up and around 1.5 - 2cm below the surface.

Make sure the cloves are planted in a sunny position in a pot or garden bed in rich, well draining soil.

A layer of mulch around each plant keeps weeds down and keeps your soil moist.

HARVESTING

Garlic is ready to harvest in late spring or summer - approximately seven to eight months after planting. The signs to look out for are the green leaves turning brown and the flower stems - if present - beginning to soften, although staying green.



TUMERIC

TOP 3 REASONS TO INCLUDE TURMERIC IN YOUR DIET

1. ANTI OXIDANT
2. ANTI INFLAMMATORY - GOOD FOR ARTHRITIS AND IRRITABLE BOWEL SYNDROME
3. RESEARCH SHOWS THAT TURMERIC IS BENEFICIAL IN REDUCING THE RISK OF CARDIOVASCULAR DISEASE

TUMERIC SPICED NUTS WITH GARLIC

2 1/2 C of your preferred nuts or seeds e.g. almonds, walnuts, peans, sunflower seeds and/or pepitas

1/2 tsp tumeric

1 tsp paprika

1/2 tsp cayenne

2 cloves of garlic chopped

salt to taste

1 tbsp olive oil

Preheat oven at 180

Mix all ingredients in a bowl so the nuts and seeds are well coated. Place onto an oven tray in a single layer.

Bake for 15 mins (give them a bit of a mix so they brown evenly).

Enjoy as a snack or add to a salad.



PLANT IN
SPRING

GROWING TURMERIC

You can use shop-bought turmeric roots to grow your own plants. In Adelaide, plant the root 10-15cm deep in spring (Adelaide Hills dwellers might want to wait a month or two). Compost your soil well and feed plants with an organic fertiliser such as Blood N Bone and keep plants well watered. When the plant gets a little ratty-looking in early winter or at the end of autumn, cut it down to the ground. It will re-shoot next spring.

HARVESTING

Dig up the whole plant, roots and all at the end of the summer growing season. Or cut what you need from outside rhizomes.

Store tubers in the fridge crisper wrapped in tin foil.



GINGER

TOP 3 REASONS TO INCLUDE GINGER IN YOUR DIET

1. GINGER IS WELL KNOWN FOR HELPING WITH NAUSEA AND DIGESTIVE ISSUES
2. ANTI INFLAMMATORY - GOOD FOR HELPING REDUCE THE RISK OF CARDIOVASCULAR DISEASE
3. ANTIVIRAL & ANTIFUNGAL - USE IT AS A PREVENTATIVE TO HELP KEEP COLDS & FLUS AWAY

HOME MADE GINGER TEA

Serves: 1-2

1 tbsp fresh grated/sliced ginger

2 C filtered water

1 tbsp honey or pure maple syrup

1/2 lemon, juiced

Optional additions

Cinnamon stick

Camomile flowers

Fresh mint leaves

Pinch of cayenne pepper

Peel and grate ginger root. If you slice it, slice it thin and use more. If you want to add cinnamon, mint, camomile or cayenne, add it here.

If you are using a saucepan, bring the water to a boil, add ginger and turn off heat. Put the lid on and let it steep for 10 minutes.

If you are using a teapot, add ginger to the teapot and pour boiling water over the ginger. Let it steep for 10 minutes.

Add fresh lemon juice and honey or maple syrup. Stir and enjoy.

If you want a cold tea, store it in the fridge and add ice cubes before serving.



Recipe credit- mindbodygreen.com

PLANT IN
LATE WINTER / EARLY SPRING

GROWING GINGER

Ginger has thin, strap-like leaves and can be grown from store bought ginger roots but ensure to choose roots that are young, fresh and plump.

Ginger enjoys hot, moist conditions so mulch around the base of the plants to keep up the soil moisture.

HARVESTING

Harvest your ginger roots about 12 months after planting.

The older the ginger roots, the stronger the flavour.



ROSEMARY

TOP 3 REASONS TO INCLUDE ROSEMARY IN YOUR DIET

1. ROSEMARY HELPS YOUR BODY COPE WITH STRESS
2. HELPS TO SUPPORT THE IMMUNE SYSTEM & IS PARTICULARLY GOOD FOR CHEST CONGESTION
3. HAS ANTIBACTERIAL PROPERTIES & IS GREAT TO ADD TO HOMEMADE HOUSEHOLD CLEANING PRODUCTS

ROSEMARY SPICE RUB

- 1/4 C of dried or fresh rosemary
- 2 tbsp dried oregano
- 2 tbsp dried garlic
- 1 tbsp dried sage
- Salt and pepper to taste

Use as a crust on your favourite meat.
Tastes great with chicken, lamb, beef, pork or veal.



PLANT IN
SPRING, SUMMER & AUTUMN

GROWING ROSEMARY

It's easy to start new rosemary plants with cuttings from existing evergreen plants.

Just take 30cm long tip cuttings in spring, summer or autumn and pop them in Jeffries organic potting soil.

Rosemary loves the Adelaide climate.

HARVESTING

Rosemary can be picked at any time and is delicious in meat dishes.

Give it a try in deserts and summer drinks. It makes an interesting alternative to more traditional herbs.



PEPPERMINT

TOP 3 REASONS TO INCLUDE PEPPERMINT IN YOUR DIET

- SOOTHES THE GUT TO HELP WITH BLOATING OR DIGESTIVE DISCOMFORT
- ANTI-MICROBIAL - GREAT TO USE AS A DECONGESTANT AND TO USE WHEN YOU HAVE A COLD OR FLU
- ANTI-OXIDANT

PEPPERMINT AND CACAO SMOOTHIE

- 1 Frozen Banana
- 1 C of ice
- 1 tbsp cacao
- 2 tbsp fresh peppermint (stems removed)
- 1/4 teaspoon vanilla extract
- optional handful of fresh spinach

If you prefer your smoothies a little sweeter, add honey.

Put all ingredients in a blender, blend and pour into a cup and enjoy!



PLANT IN
LATE SPRING

GROWING PEPPERMINT

Although not as invasive as other mints, it is still a good idea to plant peppermint in a pot or be mindful of its tendency to spread.

Peppermint prefers a moderately rich soil (so make sure you mix compost into your soil) and partial shade. It is easy to grow, so why not grow a few varieties.

HARVESTING

Peppermint can be picked at any time. Right before flowering, cut the stems 1 inch from the ground. You can harvest one mint plant two or three times in one growing season.



GARLIC



PLANT IN ...

Autumn & Spring

Prefers rich soil so
compost and mulch well.
Plant in full sun.

HARVEST IN ...

About 8 months after planting,
harvest when the tops begin
to turn brown; don't wait until
the tops have completely died
back.

GINGER



Late Winter/Early Spring

Prefers rich, moist soil so
add compost and a thick
layer of mulch.
Plant in filtered sunlight in
well drained soil.

About 8 - 10 months after
planting, harvest when the
leaves have died down.
Dig up the whole plant.

TUMERIC



September to October

Prefers well drained soil.
Add compost to unsure
slow release of organic
nutrients.
Can tolerate light shade.

About 9 - 10 months after
planting, harvest when the
lower leaves turn yellow or
stems dry and fall over.
Can dig at the edges and
harvest rhizomes from the
growing plant.

ROSEMARY



October to November

Best to plant cuttings in
light, sandy soil.
Can tolerate full sun and
well drained soil.

All year round once the plant
is established from around
12 weeks.

PEPPERMINT



October - November

Best to plant cuttings in
light, well drained soil
so add compost to clay
soils.

All year round once the plant
is established from around
8 - 12 weeks.