

10 Healing Herbs You Should Grow Workshop Smoothie

Some herbs can be used for treating specific ailments and others can have a generalized benefit to health when used regularly. The following examples display practical uses for you in your culinary landscape. Make a dressing, marinade, tea or use any of these herbs in your creative kitchen!

1. Holy Basil – Stress, inflammation, supports cardio health.
2. Sage – Smudge stick for energy purification, as digestive aid, balance blood lipids, may help memory.
3. Oregano – Immune supportive, anti-bacterial, anti-fungal and anti-inflammatory effects, assists upper respiratory function. Add
4. Thyme – Super cough and sore throat remedy especially paired with elderberry, anti-microbial and great for acne, helps lower blood pressure and cholesterol.
5. Stinging Nettle – Leaves used to assist liver clearing, can soothe achy joints, allergies.
6. Rosemary – Used for digestive stimulation, as bug repellent, also helpful in circulation, improving concentration and memory.
7. Mint – For digestive distress, headaches, cough and fatigue.
8. Lavender – Helpful for insomnia, relaxation and as skin salve (hands)
9. Parsley – Beneficial for bad breath, helps promote bone health, improve immune system, heart health and detoxification.
10. Dandelion – Pretty yard weed, assists the liver in detoxing, helps PMS symptoms.
11. Cilantro – Can assist with heavy metal detox, protects against oxidative stress, helps settle digestion.
12. Dill – Helps reduce oxidative stress, depression, may act as a bug repellent, anti-microbial, aids digestion.



Blue Lavender Smoothie

Add to blender container:

One handful of each – blueberries, banana, avocado, spinach

Add 1 cup your favorite milk

Add 1 tbsp. fresh lavender

Add 2 handfuls ice

Add 1 tsp vanilla

Optional: 1 scoop protein powder of choice

Blend and top with optional nasturtiums or pansies (edible blossoms), bee pollen, raspberries, cacao nibs, mint leaves.

Serves 2