2022 Environmental Camp

Growing Organic Herbs

By the Seaside Herb Society of Ormond Beach

The Benefits of Growing Organic Herbs

- ☺ Enhances flavor of our food
- ☺ Improves your health
- ☺ Helps the environment

Cooking with Herbs

Fresh Herbs can be dried or used fresh

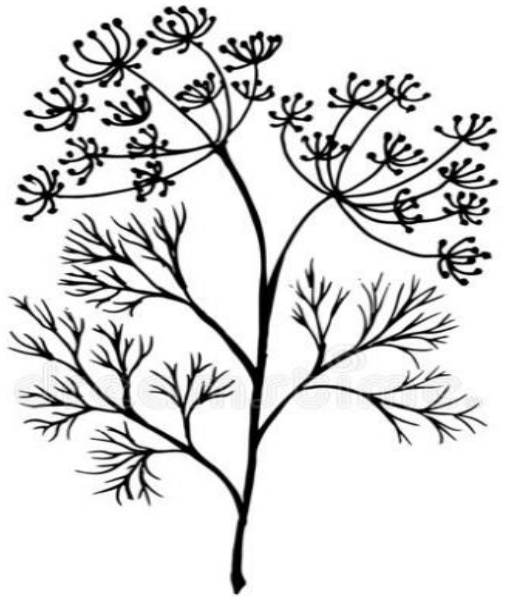
- ♥ Add to recipes
- ♥ Zesty teas
- ♥ Blend into smoothies
- ♥ Make infused olive oil
- ♥ Flavor butter
- ♥ Whisk into salad dressing

Health Benefits of Herbs

- Improve Irritable Bowel Syndrome
- Relieve Indigestion
- Improve Brain Function
- Improve Cold Symptoms
- Mask Bad Breath
- Easy to Add to Your Diet

Mint

- Aid in sleep
- Control Diabetes
- Promote bone health & reduce arthritic pain
- Boosts immune system
- Breathe freshener
- Reduce cavities

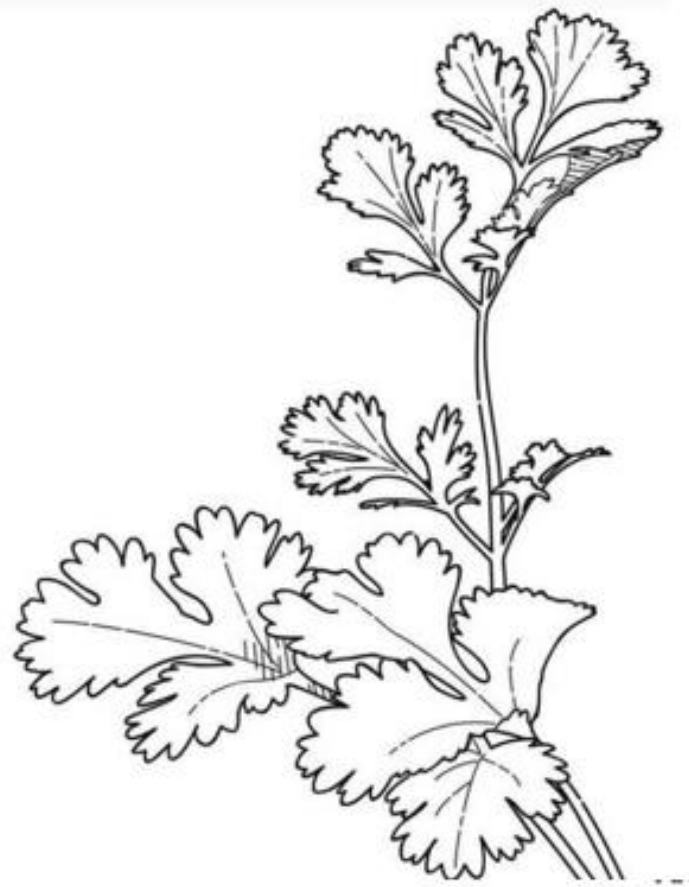


Dill

BASIL

Good For Digestion + gut health
Anti-inflammatory
Fights free radical activity
Skin Benefits
Fights Depression
Diabetes Management
Supports Liver Function and Helps Detoxify the Body

PARSLEY



Reduce water retention and bloating
Helps blood to clot & promotes bone health.
Parsley is rich in vitamin C and other antioxidants,
which help reduce the risk of serious health conditions
like diabetes, stroke, heart disease and cancer.

Stevia

Prevents Dental Cavities

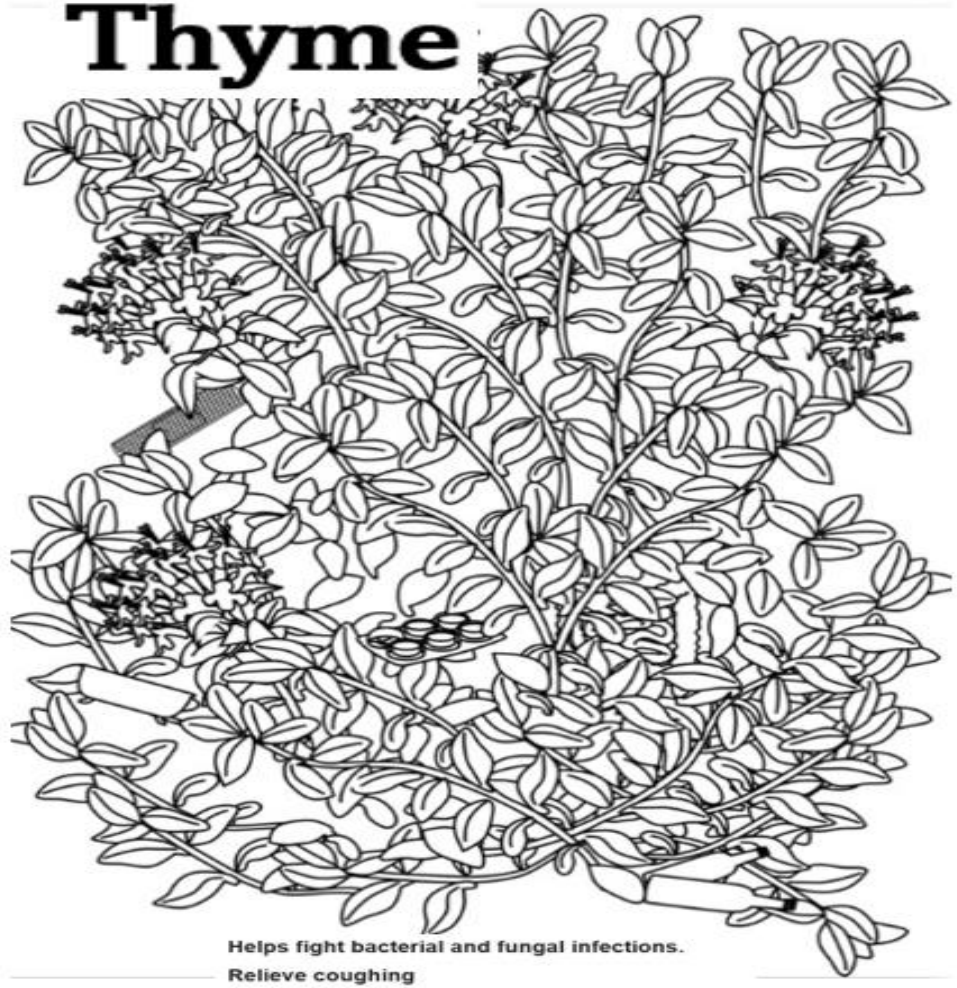
Stablizes Blood Sugar

Reduce Blood Pressure

Sugar Substitute

Reduce Cancer

Thyme



Helps fight bacterial and fungal infections.

Relieve coughing

Antioxidant effects.

Treat patchy thinning hair loss (alopecia areata)

Prevent dementia

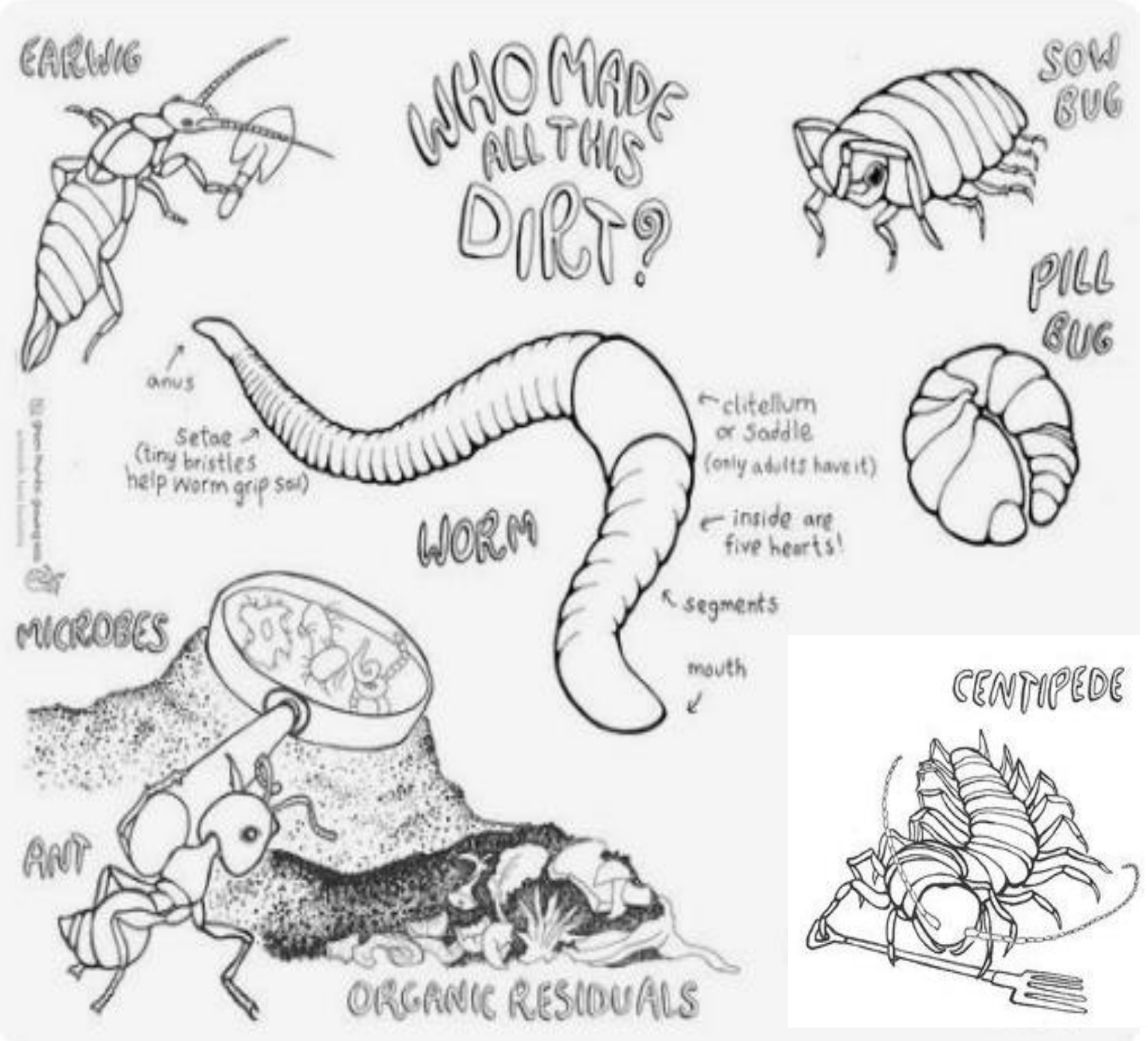
Alleviate depression, epilepsy, and headaches

Healthy Herbs grow best in Healthy Dirt

Organic soil is made-up of

natures bugs and old plants turned back into the soil

Bugs work the soil



ORGANIC SEEDS

GROW IN

ORGANIC SOIL

Organic crops produce many free seeds

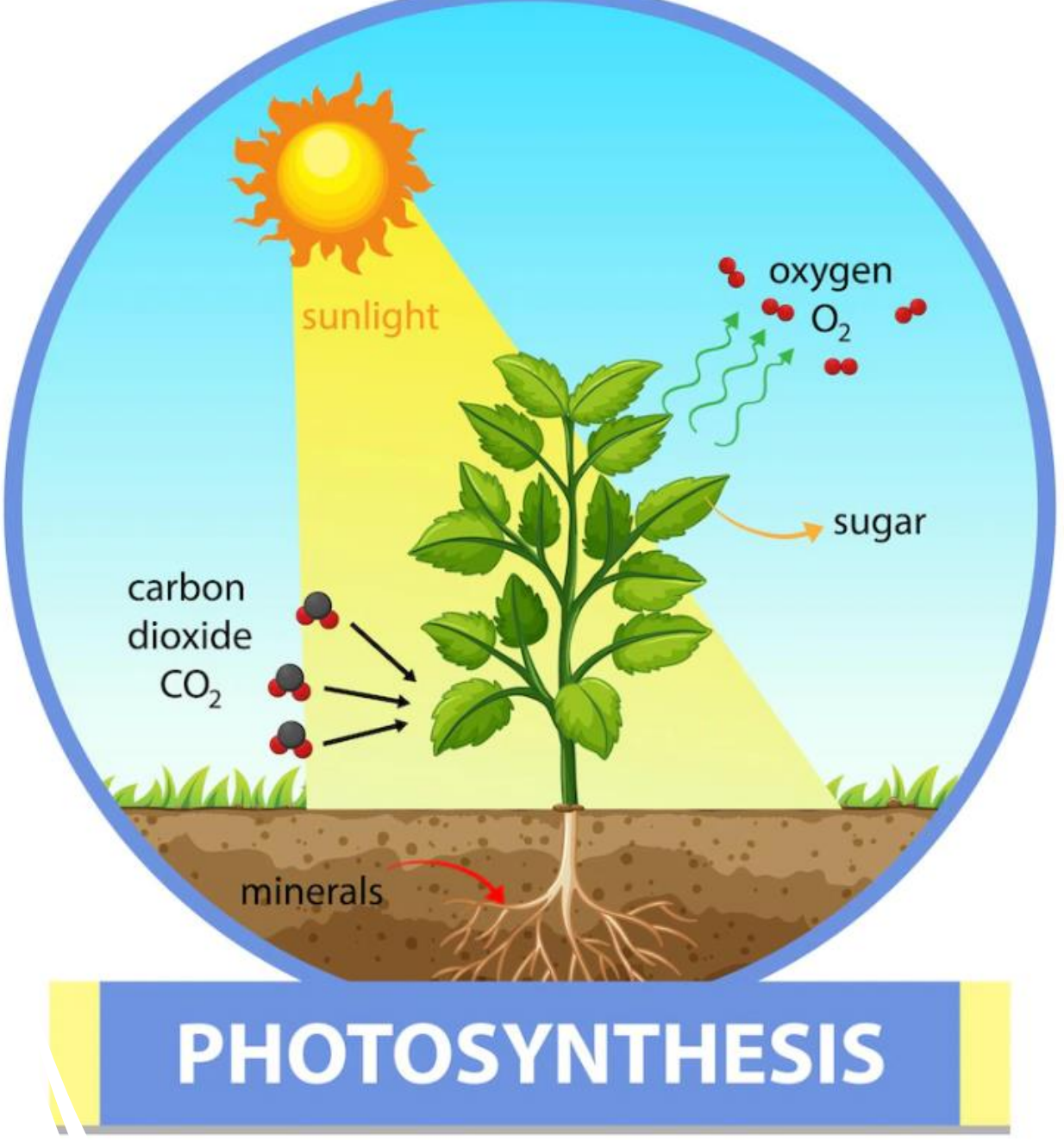
Chemical Herbicides are designed to eliminate organic plants

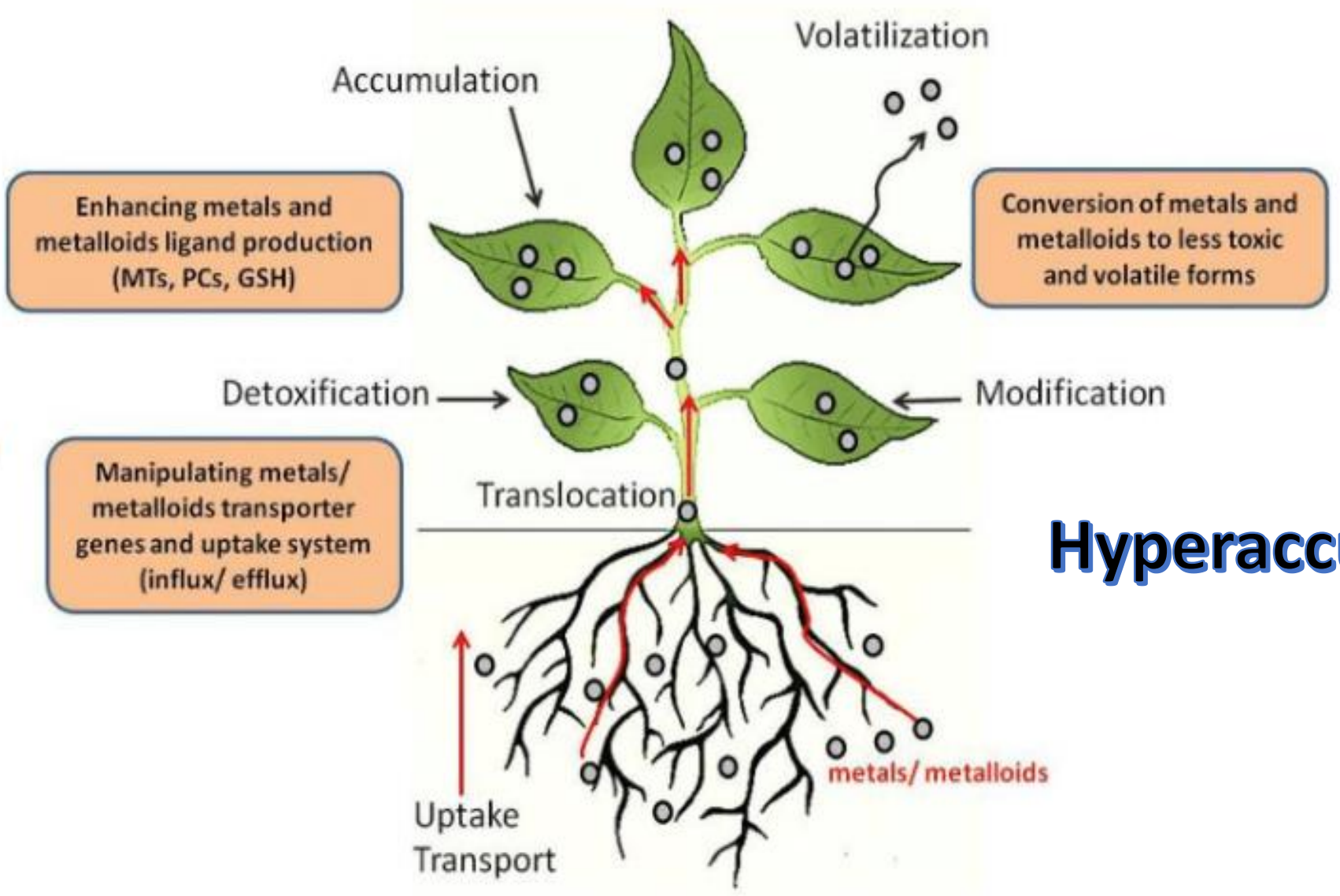
Using fewer pesticides and chemical fertilizers

- ✓ reduces the chemical load in our environment which will help reduce & reverse climate change
- ✓ Plants, animals, and humans are not exposed to toxic chemicals.

Organic Plants Help Our Environmental

- Repair soil, water, and air
- Turn toxins into minerals in our soil
- Reverse climate change





Hyperaccumulators

Companion plants

Help each other grow!

They allow for optimal use of soil space.

Tomatoes above ground

Beetroots underground

ATTRACT POLLINATORS

Planting colorful flowers and herbs with strong scents will attract pollinators like bees and butterflies.

ATTRACT BENEFICIAL PREDATORY INSECTS

The same flowers and herbs can attract helpful insects like wasps and ladybugs. These insects will help curb pest infestations throughout the garden.

Some companion plants repels pests!

Garlic or onions

Epson Salt
Manure
Organic Fertilizers
Boost the flavor and quality of oils in your herbs

Growing Herbs

- Best temperatures for germination are between 50 degrees and 80 degrees

- Optimal temperature for germination will vary depending on plants.

- Cold weather crops will like 50 – 60 while warmer weather crops will prefer 60 to 70.

- 80 degrees is the upper end. Fewer seed will germinate, but you may get some.

THE END