

SPRING HERBS TO GET BY



Chives

They are pretty, compact, super easy to grow, easy to take care of, and super healthy. This perennial plant grows in clumps with 12 to 18 inches tall. It features one-inch-wide purplish-pink pom-pom flowers, which are used in fresh salads. The slender, hollow leaves have a mild onion flavor to enhance salads, soups, sauces, chili, and other foods.

How to propagate Chives:

Sow seeds indoors for six to eight weeks before setting out in the garden in full sun or part shade. (Or you can buy them already sprouted at your local nursery). You can plant in the garden a few weeks after the frost or before the last average frost date.

Suffer from Spring Allergies? Try some freeze-dried nettles. This plant is packed with tons of trace minerals. Herbalists call this green medicine because it helps reduce allergy symptoms (itchy eyes, sneezing, and scratchy throat). It also helps reduce inflammation, relieve a swollen prostate, regulate blood sugar levels, and lower blood pressure, all in easy-to-take capsules. My favorite companies are Eclectic Institute and Pure Mountain Botanicals.



Quercetin

Quercetin is a plant pigment and potent antioxidant found mostly in onions, grapes, berries, cherries, broccoli, and citrus fruits. It is a versatile antioxidant that protects tissues from injury and inflammation. When taken on an empty stomach in the morning, Quercetin can also help with seasonal allergies. The usual dosage is 2 capsules on an empty stomach. My favorite companies are Bluebonnet and Pure Encapsulations.

Bergamot Essential oil

Bergamot has a refreshing and enticing aroma. You can buy a small bottle and sprinkle a few drops on your pillowcase (Note: it might leave a distinct color on the cloth, so use an old one). You can also put a few drops in a bowl by your bed. Add a few tablespoons of hot water over the oil, and your room will fill with this lovely scent.



Sara Chana's Easy Spring Cookie Recipe

Ingredients

1 cup almonds raw
1 cup oats old
fashioned
1 cup spelt or rice flour
½ cup maple syrup
½ cup light olive oil

Instructions

1. Mix all the ingredients in a food processor using the blade.
2. Smash in the processor until the mixture is thoroughly mixed.
3. Take out the mixture by the teaspoon and make it into balls.
4. Place the balls on a cookie sheet and press them with a thumb to make a thumbprint.
5. Bake for 20 to 30 minutes, then let it cool off.

These are great fresh, but you can freeze them for later consumption.

*Note: This paper is for information and not medical advice.
Consult your doctor before adding any herbs or supplements to your diet.*