

#### Materials

- Twine - consider using non toxic, varieties without oils, wax or petrochemicals
- Scissors
- Variety of plants (best to keep smaller than 6 inch cuttings)

# Kitchen Herb Bundles

First decide the intention for the bundle. Herb bundles can be used for cooking or for cleansing purposes. Begin by gathering the herbs by the stem in one hand. A best practice is to keep woodier herbs to the center. When you feel you have gathered enough for your purpose, begin to wrap the stems at the bottom and move upward until you have covered the length of the bundle. Secure the bundle with a tie. For kitchen bundles, it's best to keep them small as many recipes do not call for large quantities of herbs. For a more decorative bundle place flower petals or weave in aromatic herbs before wrapping the bundle to balance the flavors. Let the bundle dry completely before using.

#### Rosemary

- Appearance: Is a fragrant to the touch evergreen shrub, with long narrow needle shaped leaves and sometimes blue or purple florals
- Flavor: Leaves and flowers of the plant can be eaten. The overall flavor of the leaves is a sage-like & peppery taste with the flowers having a slight sweetness to them. Use the leaves in cooking or baking, and the flowers in salads.
- Medicinal: Using the leaves and flowers in tea has claimed to have been useful in helping to reduce bloating & support health gut bacteria. Steep 1 teaspoon of leaves in boiling water for 5-10 mins for a single serving of tea. Bottled Rosemary Oil can be used by massaging into your scalp to condition hair, worn in a diluted water formula to repel bugs, and massaged onto joints to soothe inflammation.

#### Oregano

- Appearance: Year-round herb with long trailing stems that spill over containers or great low ground coverage. With small bright green, arrow shaped leaves and a soft texture. When dried the leaves are light-brownish green or dark green.
- Flavor: Can be described as a bright peppery flavor that is bold and pungent. Often used to flavor red sauces, fish and meats.
- Medicinal: Has been used to aid in relieving stomach or menstrual cramps, clearing built up mucus, and as an antibacterial tonic.

#### Lemon Grass

- Appearance: Light green in color, with a upto 4 ft spread and as tall as 6ft height, this tall grass has leaves about 1 in wide at maturity that curve down at the tips.
- Flavor: Mild Citrus flavor, almost floral, with a slight gingery zest. There are two parts to the lemongrass, The white bulb that start at the root and goes about three inches up
- Medicinal: Dried leafy parts of the grass can be boiled in tea and have been useful in helping boost immunity, lower cholesterol and aid in managing blood sugar levels.

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#### Chocolate Mint

- Appearance: Oval leaves in dark green with tinges of red in the leaves and stems during summer months.
- Flavor: Bright, full minty flavor with a presence of chocolate aroma. Can be use in teas, baking, and desserts.
- Medicinal: commonly brewed in teas with the intention of aiding digestion, promote anti-inflammation, and reduce heartburn. Chewing on a spring is a quick and easy way to freshen breath.

#### Lavender

- Appearance: a small evergreen shrub with flat oblong leaves and tall bare stalks that are topped with 6-10 blossoms of soft purple florals.
- Flavor: has a distinctive floral smell and taste, is closely related to rosemary and mint so you may catch some similar hints of flavor in the overall taste of this edible floral.
- Medicinal: Dried lavender flowers can be used in teas and fragrant sachets. Calming properties can help aid in easing anxiety and promoting relaxation.

#### Bay Leaves

- Appearance: When fresh this short stemmed aromatic leaf is a dark glossy green with a lighter green under side. Typically oblong oval shaped with a slender point at the end. When dry, this leaf takes on a softened olive green hue.
- Flavor: Subtle Black Pepper and pine flavors make for a subtle bitterness that adds well to any broth or cooking liquid to cut flavors from being too heavy. Whole leaves or pieces should be removed after being used for flavoring your cooking.
- Medicinal: Has been known to aid in the flow of menses, relaxation/ease of anxiety, and a rich source of antioxidants. Bay leaf is also valued for its antiseptic and anti-inflammatory properties.

#### Sage

- Appearance: Shrubby evergreen perennial, with a woody stem, soft gray-green long oval leaves with a unique soft texture.
- Flavor: Distinct woody flavor often described as strong, musky, and slightly minty. Great for flavoring fatty meats like pork, game meats, and rich cream sauces.
- Medicinal: Has been used to aid in relieving sore throat, indigestion, and regulating the body's nervous system.

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