





Healing Herbs

Growing herbs at home is a fun, money-saving hobby that also happens to be good for your health.

ROSEMARY

This pretty, aromatic herb contains compounds, such as carnosic acid, that have been shown to fight cancer cells. What's more, the smell of rosemary may even improve your memory. In a recent study from the University of Northumbria, in the UK, people performed better on various memory tasks if rosemary scent was pumped into the room. is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region.

Grow tip: Rosemary grows best with full sunshine and frequent watering. "I like to plant it where you will brush it as you walk by," Hetrich says. "All you need to do is touch it and it'll release its very fragrant aroma."

THYME

Thyme has long been used

as an herbal remedy for respiratory problems such as bronchitis, and it also has antiseptic properties. (Thymol, one of the compounds it contains, is a key ingredient in Listerine.) Even better, thyme is virtually calorie-free and provides a delicious boost of flavor to soups, salads, and just about any other recipe you can think of, even champagne!

Grow tip: Small but plentiful flowers make this herb a pretty option for your home. Thyme's well suited for indoor growing because it stays small in size. Just make sure it has access to plenty of sunshine.

LAVENDER

Lavender isn't just a pretty plant; it's also packed with health benefits. Its fragrance is soothing (helping you to fall asleep), and it contains antioxidants known as polyphenols that fight belly bloating.

Grow tip: Lavender is a relatively large plant that grows best outdoors, Hetrich says. Keep it in a sunny area that gets eight hours of light each day. Lavender requires well-drained soil, so if you do opt to plant indoors, make sure your pot has holes in the bottom to provide adequate drainage.

BASIL

Basil is known to calm nerves, is a good source of fiber, and has a detoxifying effect on the liver. (Out late partying? Try incorporating basil into your brunch!) Basil oil has also been found to help clear skin blemishes, thanks to its powerful anti-inflammatory activity. A little basil goes a long way.

Grow tip: Basil is a hardy plant that grows easily, indoors or out. It doesn't need much care and requires watering only every other day.



Cafe Growth

Our new cafe has “exceeded even our own lofty hopes” says Daniel Scott - Good at Heart Owner.

CONSTRUCTION

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