



# Creative Gardener

...inspiring gardeners to create

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## Potted Herb Garden Recipes

Grow This...Make That!



### **Delizioso**

*Grow This!* Combination for a large pot (18 to 24 inch high and wide)

Oregano 'Hot and Spicy'

Basil 'Genovese'

Parsley 'Italian Flat leaf'

'La Roma' bush tomato plant

*Make that!*

### **Broiled Herb and Cheese Tomatoes**

4 fresh tomatoes, cut in half

1 tablespoon fresh basil leaves

Leaves of oregano and flat leaf parsley

Fresh parmesan cheese.

Slice tomatoes in half. Place on a baking sheet.

Chop basil and a few leaves of oregano and parsley together until well mixed. Sprinkle evenly on tomatoes, top with fresh parmesan cheese. Add salt and pepper to taste. Broil until cheese begins to melt and lightly brown.

### **Respite and Aromatherapy**

*Grow this!* Individual potted gardens or combine two or three in a grouping.

Chamomile - relaxing

Lemon Balm - uplifting

Lavender - healing

Rosemary - invigorating

Peppermint - uplifting

Thyme - cleansing

Lavender - healing

Rose-Scented Geranium - skin calming

Lemon Verbena - cleansing and aromatic

Calendula - skin healing

*Make that!*

### **Herbal Sea Salt Scrub**

1 cup sea salt, fine grind

2 cups coconut oil

2 tablespoons mix of fresh calendula petals, lavender buds, and leaf of a rose geranium (or simply use whatever is ready in the pot at the time) Place all ingredients in a wide mouth jar and mix well, allow to sit for a few hours before use.

To use: Dampen skin. Vigorously, but gently, massage the salt/oil mixture onto the skin with a massaging (not scrubbing) circular motion. Use caution around scratched or cut areas. Rinse off with warm water. Makes a nice massage for rough hands or tired feet.

### **Natural Herbal Home Cleaning**

*Grow This!* Plant in single 8 to 10 inch pots - harvest as needed and transplant after a few seasons as plants crowd the pot.

Rosemary

Thyme

Peppermint

Lavender

Lemon Verbena

Sage

*Make That!*

### **Natural Soft Scrub Cleaner**

Harvest leaves and stems from your container garden to make this fragrant, mildly abrasive scrub to clean sink, tubs, countertops, and glass stovetops.

3/4 cup baking soda

1/4 cup dried herb leaves, any of the above in combination or alone

1/4 cup unscented castile soap

1 tablespoon water

Combine the baking soda and herbs. Pulse the mix a few times in a spice or coffee bean grinder to break down the herbs into the soda. You don't want it to be a fine dusty powder, so it may take only a few taps to pulse the grinder. In a small bowl, add the castile soap and water. Stir until it is a well-mixed paste. If it is too runny, add more soda and herbs; if too thick, add more water. You want it to be a spreadable consistency like toothpaste. You can add a few drops of rosemary or peppermint essential oil to ramp up the aroma and cleaning qualities. Mix well. Store in a glass jar.

## Tea Time

Grow this in a trio of pots!

Camellia sinensis  
Chamomile  
Lemon Verbena  
Stevia  
Lavender 'Hidcote'  
Spearmint

Make that!

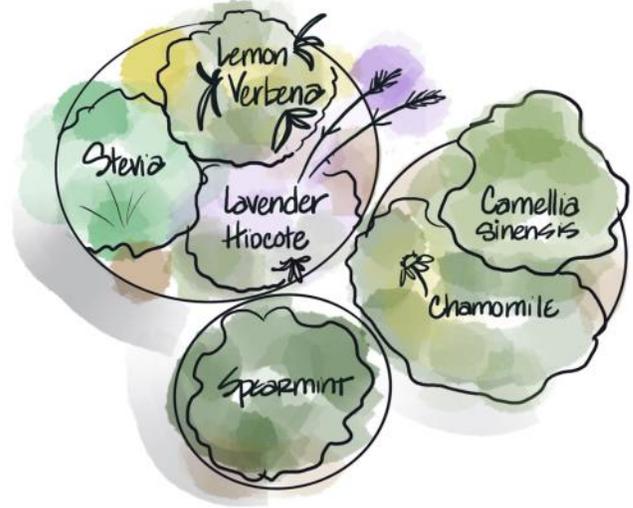
### Herbal tea Blends

Make tea blends to store in your tea cabinet so you can enjoy the flavors of your herb garden any time of year.

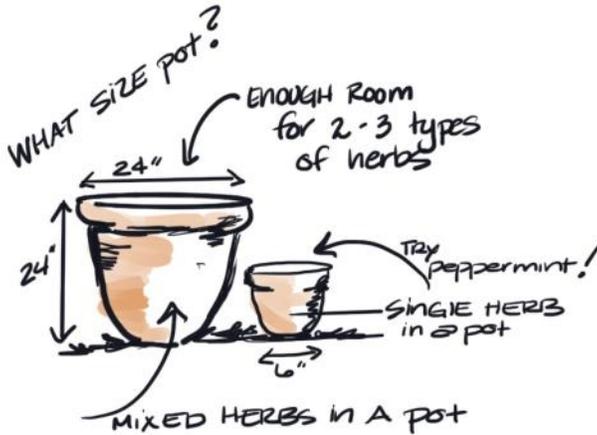
### Herbal Sweet Citrus Mint Tea

3 teaspoons dried lemon verbena leaves  
1 teaspoon dried lavender buds  
1 teaspoon dried mint leaves  
1 teaspoon dried Stevia leaves

Place all ingredients in a small glass jar or tea tin. Lightly crush all together to mix the flavors well and make all pieces consistent in size. Store in a tin or glass jar in a dark cabinet. Use an overflowing teaspoon per cup of water.



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### Tips for Planting and Care

#### Size

Use the right size for what is being grown in the pot. Balance the height and width of plants to the dimensions of the pot. Plant aggressive herbs like mint in their own pot.

#### Drainage

Water drainage through containers is an absolute must. Make sure there are drainage holes and the soil is not compacted. Do not put rocks on the bottom of the pot.

#### Water

Water containers when dry, avoid over-watering, especially herbs that prefer dry conditions like rosemary and lavender. How much water depends on weather, the plants requirements and the type of pot. Pots can dry quickly in the heat of the summer, so check often and water as needed.

#### Potting soil

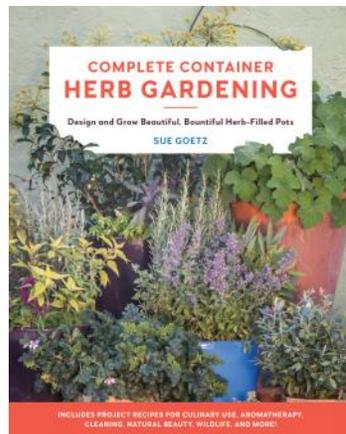
Use quality potting soil blends for outdoor potted plants. The soil blends will have nutrients and well draining for container plants to thrive.

Recipes, ideas and inspiration at [HerbLoversGarden.com](http://HerbLoversGarden.com)

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