



Mint

Perennial herb (returns each year). Likes full sun to part shade, and moist but well-drained soil. Grow it in a pot because it spreads! Sprouts in 2 weeks.



Historically Used

Ancient Egypt

Mint was used to help your stomach digestive food and get rid of gas.

Ancient Greece and Rome

The sweet smell of mint was used in funeral ceremonies.

Middle Ages

Used to help heal bites from animals.

Civil War Era

Used to treat nausea, stomach pains, and as a flavoring for medicines.

Today

Mint is used in toothpaste, mouthwash, and chewing gum to freshen breath.



How Mint Can Help You

- It can help get rid of stomach aches and gassy belly.
- Helps prevent the growth of bacteria in your mouth.
- Can help headaches go away.
- Can help clear a stuffy nose and make breathing easier.
- It is full of vitamins and antioxidants that help boost your immune system.
- Can help with sore muscles.





Chamomile

Annual herb (plant each year). Likes full sun and well-drained soil. Sprouts in 1 - 2 weeks.



Historically Used

Ancient Egypt

They used chamomile to treat fevers and as a beauty treatment.

Ancient Rome

Used it to promote overall health.

Middle Ages

Chamomile was used to treat asthma, nausea, and skin diseases.

Traditional Chinese Medicine

Used to treat stomach problems, cramps, and infections.

Today

Chamomile is used in skin creams and teas to help your skin and mind calm.



How Chamomile Can Help You

- Chamomile tea helps you relax and sleep. It is known for its calming effects.
- Soothes your tummy: It can help with upset stomachs and digestion.
- Chamomile can help your body fight off germs.
- It can help calm your skin if you have skin irritations.





Lemon Balm

Perennial herb (returns each year). Likes part shade to shade, and moist but well-drained soil. Grow it in a pot because it spreads! Sprouts in 1 - 2 weeks.



Historically Used

Ancient Egypt

Lemon balm was used to help you settle and calm your nervous system.

Ancient Greece and Rome

They planted lemon balm near hives to attract and calm bees.

Middle Ages

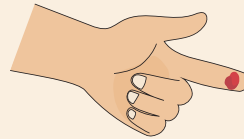
Scattered it on floors to make rooms smell nice.

World War I

Lemon balm oil was used to disinfect wounds and prevent infection,

Today

Lemon Balm is often used in tea to help calm you down and help you sleep.



How Lemon Balm Can Help You

- Can help focus your mind and improve your memory.
- It helps you calm down and relax.
- It can help you sleep.
- Lemon Balm can soothe your tummy.

