Table of Contents

Introduction
Chapter 1: The Power of Herbs
Chapter 2: The Basics of Herb Gardening
Pollinators
Seed Selection
Essential Tools and Supplies
Chapter 3: Cultivating Your Herbs
Sowing Seeds Indoors
Planning and Designing Your Herb Garden
Companion Plants
Edible Flowers
Growing an Herb Garden in Planters & Pots
Preparing the Outdoor Soil for Healthy Growth
Test Soil Drainage
Check pH Levels
Gauge Nutrient Levels
Amending the Soil
Till the Soil and Prepare the Beds
Transplanting and Caring for Young Seedlings
Preparing the Garden and the Plants
Harden off your Herbs
How to Transplant
Notes
Caring for Seedlings Outdoors
Use Fertilizer
Watering, Mulching, and Weeding Tips
Controlling Pests and Diseases Naturally
Organic Fertilizers
Notes:
Chapter 4: Introducing Herbalism to the Next Generation
The Joy of Gardening with Kids
Gardening Tools and Safety Tips
Starting a Small Kid-Friendly Herb Garden
Notes:
Chapter 5: Harvesting & Storing
Herb Storage Notes:
Chapter 6: Makina Tinctures & Infusions

Oil & Alcohol
The Oil Method
Quick Heat Method (Quickest Method)
The Alcohol or Apple Cider Vinegar Method
Chapter 7: Vinegars and Elixirs
Fresh Herbs and Patience Method
Quicker Method, Using Dried Herbs and Heat
Herbal Elixirs for Health and Wellness
Chapter 8: Culinary Creativity with Herbs
Herb-Infused Cooking Oil
Herb-Infused Butter
Herbal Teas and Infusions Common Tea Herbs Notes:
Chapter 9: Aromatic Adventures
Homemade Potpourri
Herbal Scented Candles Homemade Herbal Perfumes
Chapter 10: Edible Flowers Treats
Edible Floral Cookies
Edible Floral Ice Cubes
Edible Flower Lollipops
Chapter 11: Recipes for Your Body and Home
Herbal Skin CareSage Face MaskLavender Face Mask
Herbal Hair Care
Herbal Bath and Spa Treatments
Homemade Herbal Cleaning Solution
Herbal Insect Repellent
Herbal Sprays for Your Plants

Herbal Recipe
Chapter 12: Crafts & Recipes for Adults & Kids
Herb-Pressed Art and Homemade Cards Pressing Herbs & Flowers Framed Herbs Homemade Cards Herbal Playdough Yummy and Healthy Herbal Popsicles
Appendix: Herb List
Arugula
Basil
Bay Leaf
Bee Balm
Catnip
Celery
Cilantro
Chamomile
Chervil
Chive
Dill
Echinacea
Fennel
French Tarragon
Lavender
Lemongrass
Lemon Balm
Lemon Verbena
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Thyme

Edible Flowers	
Borage	
Butterfly Pea Flower	
Calendula	
Nasturtiums	
Violets & Pansies	
Notes	
References	