



Jerry Baker
America's Master Gardener®

PLANTS THAT HEAL



THE MIRACLE PLANTS

Herbs are among the most useful of all plants, having a long history as medicines, dyes, perfumes, and foods.

At one time or another, almost every herb was used in folk or herb medicine. From anise (improving digestion) to horehound (cough soother), majoram (relieving sinus congestion) to yarrow (blood clotter), herbs have been used to treat just about every ailment known to man.

Got a stuffy nose? Try a little garlic. Dandruff a problem? Get rid of it with parsley! Your best friend has fleas? (I meant the four legged kind). Banish the bugs with powdered fennel! As you will see, herbs can be made into hundreds of simple but effective home remedies that really work!

Get Growing!

The best part is that most herbs are easy to grow, so there's no excuse for not keeping a few around the house. And, there's hundreds of varieties to choose from. Herbs can be grown outdoors, in or adjacent to the vegetable garden for easy harvest, or indoors near the kitchen sink. Herbs can also add interest to an annual or perennial flower garden with their wide range of color, texture and fragrance.

Healing Wonders From Your Garden

This Special Report will introduce you to the magic of herbs and herbal medicine. You'll learn how easy it is to make your herbs rise, shine and get rarin' to grow, starting from the very basic (soil prep), and ending with harvesting and storage. You'll also discover which herbs are used to prevent, cure, and heal various conditions, and how to use them in a variety of ways.

Trust me, these seemingly magical motions, potions, and lotions are just simple, common sense solutions that'll help you help yourself. So let's take a walk down the garden path and unlock the mystery of herbs.

7 SECRETS OF SUCCESS - OUTDOORS

Herbs are easy to grow and as you'll soon find out, very rewarding for you and your family. Here's what you need to do to get on the right garden path.

Secret #1: Soil Prep

To prepare the soil for growing herbs outdoors, add the following:

- 15 lbs. pelletized lime,**
- 15 lbs. pelletized gypsum,**
- 5 lbs. high phosphorus (5-10-5) garden food, and**
- 1 lb. Epsom salts**

per each 50 sq. ft. of garden area.

Secret #2: Feeding

Every 6 weeks, feed your herb garden before noon with my **All Season Green-Up Tonic:**

- 1 can beer,**
- 1 cup ammonia,**
- 1/2 cup liquid dish soap,**
- 1/2 cup liquid lawn food, and**
- 1/2 cup molasses or corn syrup**

applied with a 20 gallon hose-end sprayer.

Secret #3: Insect And Disease Control

Every 3 weeks, wash down the plants until the first hard frost with my **All Season Clean-Up Tonic:**

- 1 cup liquid dish soap,**
- 1 cup chewing tobacco juice, and**
- 1 cup antiseptic mouthwash**

in a 20 gallon hose-end sprayer, filling the balance of the jar with warm water.

Secret #4: Site Selection

Choose a sunny, protected area; most herbs need full sun for at least 6 hours each day. Herbs need sun because it helps them produce the essential oils which give them their unique flavors and fragrances. Herbs grown in shade have lower oil content which decreases their value for cooking and potpourris. A few herbs, however, such as catnip, parsley and mints, will tolerate partial shade.

Herbs also require a well-drained soil with a pH range of 6.0-7.5. Most do real well in sandy, alkaline soil that's friable.

Secret #5: Soil Conditioning

Before planting, you must condition the soil. Mix in organic matter such as peat moss, compost, etc.; limestone (if necessary); and a high phosphorus fertilizer, such as 5-10-5, into the soil to a depth of 12 to 18". After spading this material under, let it set for 7-10 days. Then begin planting.

Secret #6: Planting

Dig a hole slightly larger than the plant's root ball. Plants in cell packs should be loosened and gently removed from the container. Hold the plants by their leaves so you don't damage their delicate stems. Gently loosen the roots, place the plant in the hole at the same depth as in its container, and firm the soil in around it. If your herbs are in peat pots, you can break off the rim and plant them directly in the ground. Be sure that the peat pot is covered by soil. Once the herbs are planted, water thoroughly.

Secret #7: Maintenance

Once established, most herbs are somewhat drought tolerant. Water deeply when necessary because most herbs don't do well in wet or poorly drained soils. Avoid heavy or frequent applications of fertilizer during the growing season. Over-fertilization may cause low oil production or leggy, stretched growth. Established plants should be fertilized at 6 week intervals during the growing season.

To help retain soil moisture and control weeds, mulch well. And during severe winter weather, protect the plants by covering them with straw, pine bark or evergreen boughs.

To maintain plant size and encourage branching, pinch off the growing tips periodically during the growing season. Begin pinching when plants are 6" tall, and continue to pinch after every 4 to 6" of new growth. This will help the plants remain compact and bushy, and will result in more abundant harvests.

4 SECRETS OF SUCCESS - INDOORS

Growing herbs indoors is fast, fun and easy. Here's what you have to do:

Secret #1: Location

- The perfect blend of soil for growing herbs indoors is:
**1/3 sharp sand,
1/3 clay loam, and
1/3 organic matter or professional planter mix.**
Then per peck of soil mixture, add:
**1/2 cup Epsom salts,
1/4 cup coffee grounds (rinse them clean), and
4 egg shells (dried and crushed to powder).**
- Location, location, location is the key to growing herbs indoors. A kitchen window with 4 to 5 hours of sunlight is ideal; the higher humidity near the sink is an asset.
- Large, shallow trays filled with gravel and water are great for holding pots together.
- 9 or 10" bulb pans (or shallow clay pots) work very well for annual herbs.
- Nighttime temperatures of 50°F minimum is beneficial.
- Turn your herbs a half turn each week to keep the plants shapely and from becoming leggy.
- Never permit flowers indoors.

Secret #2: Reviving Indoor Herbs

That kitchen windowsill which was set aside as a window herb garden may occasionally sag every now and then. Parsley may develop long, frail stems with poorly colored, soft foliage. Other specimens may look weary and dreary.

Let's see what you can do to give them a new lease on life. First, if they are tall, slim, and anemic-looking, they need more light, but without high temperature. Between 45° and 55°F is ideal, if there is a really sunny window nearby. Or you may have a cold-frame or storm window sash that can be converted into a tiny window "greenhouse".

Secret #3: No Hot Kitchens

I'm not going to say that herbs or any other cool-temperature plants which require a lot of sunlight can be brought

back to health in a warm kitchen, especially if they are in a west or northwest window. If, however, the temperatures in the window go below 45°F at night, and do not rise above 60°F during the day, then herbs will probably thrive.

In treating sick plants, first remove all dead or dying foliage, and in doing so, examine each for aphids or other insects. If any are found, mist spray the foliage with my

All Season Clean-Up Tonic:

1 tbsp. shampoo,

1 tbsp. chewing tobacco juice, and

1 tbsp. antiseptic mouthwash

in a quart of warm water.

In picking or cutting herbs for culinary use, do so carefully so you don't rob any one stem completely of its foliage. In cutting chives, for instance, clip a few stalks here and there without shearing them away wholesale. This way, you'll have enough to "come and pick another day".

Secret #4: Maintenance

Though herbs in general are supposed to like a light, sandy, poor soil, I find that plenty of good compost should be present in the sandy loam.

Water regularly, but do not overwater. Every time I leave my house plants in the care of someone while I am away, I come home to find water standing in the saucers. A steady diet like this is fatal to all but a few plants. Of all herbs, probably only mint would survive.

Water indoor herbs when the surface of the pots dry off. Do it thoroughly, but pour off any excess which fails to disappear from the saucers at the end of an hour or so.

In a nutshell, then, here are the rules for health in the windowsill herb garden: sunshine, cool temperatures, freedom from insects and disease, a light soil made up of sifted compost and sand, regular *light* feedings with my All Season Green-Up Tonic, and moderate, but regular waterings. An occasional misting of the leaves will also help. And of course, the plants need fresh air without direct drafts and as much humidity as they can get in a modern, centrally heated home.

HELPFUL, HEALING HERBS

ANISE (*Pimpinella Anisum*)

Smells and tastes like licorice. Seeds used in flavoring baked goods. Promotes digestion, alleviates nausea, and relieves cramps. Fresh leaves rubbed on the clothes repel insects. A strong teaspray will repel aphids.

BALM LEMON (*Melissa officinalis*)

A lemon scent which makes a good tea of the same flavor. Leaves used in herbal medicine to reduce fevers, calm nerves, and gladden the heart and mind. Good general repellent, helpful throughout the garden.

BASIL (*Ocimum Basilicum*)

An antispasmodic and general stomach cure-all. Basil tea, sweetened with honey, is often used for coughs. Repels most common pests, also repels flies and mosquitoes. A favorite for flavoring tomatoes, pizza, salads, dressings, vegetables, chicken and cheese dishes.

BAY (*Laurus nobilis*)

Leaves and fruit used as astringent, carminative and digestive. Used to flavor soups, chowders, meats, stews, chicken, turkey, and vegetables. Leaves repel many pests of organic flours, cereals, and grains; simply place a few leaves in each container.

BAYBERRY (*Myrica pensylvanica*)

The bark and roots were used as astringents, tonics, and stimulants. Leaves made a tea good for sore throats and bronchial congestion. Leaves used in flavoring meats and added to soups and stews. Use sparingly.

BEEBALM (*Monarda didyma*)

Citrus-tasting leaves make a pleasant flavored tea. Used by many to induce sleep, and for pimples. Improves growth and flavor of tomatoes. A good general repellent.

BORAGE (*Borago officinalis*)

Remedy for snake and insect bites, and other infections. Also used as a gentle laxative and blood cleanser. Use fresh, dried or frozen in soups, tea, stews and sauces. Attracts bees, deters tomato hornworms.

CARAWAY (*Carum Carvi*)

Warm aromatic odor and flavour for cooking pasties, cheeses, sauces and soups. Once used in poultices for colds, and as a tea to relieve gastric troubles and aid digestion.

CATNIP (*Nepeta Cataria*)

Used for chronic bronchitis and diarrhea. A mild stimulant, nervine, and antispasmodic. A favorite of cats, it repels flea beetles and other insects. Use tea as a repellent.

CHAMOMILE (*Matricaria recutita*)

A good flea repellent for use around dogs and cats; may be added to pet pillows for this effect. A reputation for healing sick plants when grown nearby. Considered by many to be antispasmodic, antiseptic and anti-inflammatory. A delightful tea is made from the flowers.

CHERVIL (*Anthriscus Cerefolium*)

Has a sweet mild anise flavor. Once used to prevent plague. A poultice of leaves is used for bruises and rheumatism. Used like parsley, as a garnish. Improves the growth and flavor of radishes when planted nearby.

CHIVES (*Allium Schoenoprasum*)

Stimulates the appetite and aids digestion. Has healthy amounts of iron. Mild onion flavor useful in dishes in which you use onions, such as salads, baked potatoes, omelettes, etc.

COMFREY (*Symphytum officinale*)

The allantoin in this plant is used to reduce inflammations, both internally and externally. Only vegetable source of Vitamin B-12, comfrey has more protein than beefsteak.

CORIANDER (*Coriandrum sativum*)

Used as a poultice for rheumatism. Seeds used as a flavoring for other medicines. Used alone as an anti-spasmodic, stomachic. Also repels aphids and other harmful insects.

EUCALYPTUS LEMON (*Eucalyptus citriodora*)

Strong lemon odor. The oil is considered a very strong antiseptic. The aromatic oil of Eucalyptus is a repellent to insects.

FENNEL (*Foeniculum vulgare*)

Leaves used as flavoring in salads, stews and vegetables. Removes fishy odor from seafood and fish. Powdered Fennel is used as a flea repellent for animals.

GARLIC (*Allium sativum*)

One of the most widely used medicinal herbs. Good for high blood pressure, and used to treat colds, fever, flu, coughs, earache, bronchitis, shortness of breath, sinus, stomach ache, diarrhea, dysentery, gout, pneumatism, ulcers and snakebites. Used in tomato dishes, soups, sauces, salads, meats, etc.

HOPS (*Humulus lupulus*)

Has a mild sedative effect. Helpful in stomach cramps, and as a general digestion aid. Also used in flavoring beer.

HOREHOUND (*Marrubium vulgare*)

Considered a premiere remedy for coughs and bronchial problems. Also used to restore normal balance of secretions of various organs and glands. Good companion to tomatoes since it seems to improve yield and quality. Good general repellent.

HYSSOP (*Hyssopus officinalis*)

A cleansing herb. Considered valuable in chest infections, reducing blood pressure, and improving circulation. Used externally for healing wounds and ulcers. Repels cabbage moths and is a companion to cabbage and grapes. Young shoots are often used in salads, soups, meats, poultry, fatty fish and stews.

LAVENDER (*Lavandula angustifolia*)

Used in perfumes and potpourris. Said to reduce acne and puffiness of the skin. It's useful for nerve disorders, hoarseness and sore throats. Used externally for toothaches and sore joints. The scent repels mosquitoes, flies, moths, etc.

LOVAGE (*Levisticum officinale*)

Love potion ingredient. Once used for stomach problems and colic in children. Used in flavoring salads.

MARJORAM (*Origanum Majorana*)

Scattered throughout the garden, it improves the flavor of herbs and vegetables. Used in seasoning meats, poultry, vegetables and legumes.

OREGANO (*Origanum vulgare*)

Helpful when planted near vine crops like cucumbers and melons. Repels cabbage butterflies from broccoli and its kin. Used in pizza, spaghetti and other tomato sauces. Good ground cover for steep slopes.

PARSLEY (*Petroselinum crispum*)

Use fresh, dried or frozen in soups, salads, stews and vegetable dishes, with meats, poultry and seafood.

PENNYROYAL (*Mentha Pulegium*)

Used medicinally in Europe as a diuretic and for itchy, burning skin. Minty flavored herb. Repels fleas and other obnoxious insects.

PEPPERMINT (*Mentha papeita*)

Noted for its stimulating properties. An excellent alternative to caffeine. Reliever of most stomach upsets. Repels ants and most crawling insects. Used for flavoring candies, frostings, etc.

ROSEMARY (*Rosmarinus officinalis*)

Used in many natural cosmetic products. Also used as a poultice. Rosemary's sweet and savory flavor compliments many meat and vegetable dishes. Said to repel bean beetles. Repels carrot flies from carrots and cabbage pests.

RUE (*Ruta Graveolens vulgare*)

European folk medicine, Rye has been used to treat gas pains and colic as well as improve digestion. In the garden, it deters Japanese beetles.

SAGE (*Salvia officinalis*)

Used as a mouthwash and gargle for sore throats. Reduces perspiration. Used in preparing meats, fish and poultry. Often used with fatty meats and game to lighten their taste.

SAVORY (*Satureja hortensis*)

Used in flavoring beans, and said to be an aid to the well known brown bean/gas problems. Mellows the strong flavor of cabbage and turnips. Repels bean beetles and other pests. Improves flavor and growth of beans.

SPEARMINT (*Mentha spicata*)

A stimulant, carminative and antispasmodic. Useful for children because it is milder than peppermint. Said to repel flies and rats. Repels cabbage family pests.

TANSY (*Tanacetum vulgare*)

Reputation as a spring tonic. Used in flavoring old country Easter cakes; is sometimes substituted for pepper. Used as an effective insect repellent. Repels Japanese beetles, squash bugs, striped cucumber beetles and ants.

THYME (*Thymus vulgaris*)

Use as a local anaesthetic pain killer. Thyme tea has been used as an antiseptic calminative, antispasmodic, stimulant and diuretic. One of the most common culinary herbs. Repels cabbage worms.

VALERIAN (*Valeriana officinalis*)

Reputation for treating many sorts of nervous conditions, known as a antispasmodic and calmative. A mild sedative and nervine. Used everywhere in the garden as an overall repellent and companion. Attracts earthworms.

WINTERGREEN (*Gaultheria procumbens*)

Its chief constituent is methyl salicylate, a precursor of aspirin. Tea from the leaves has been used as a sore throat gargle. A good groundcover for wooded sites.

WOODRUFF (*Galium odoratum*)

Used as a antispasmodic, calmative, and diuretic. Said to act as an anodyne in migraine headaches, and to relieve conditions such as restlessness and insomnia. Flavoring for white wine. Repels insects from clothing and linens.

WORMWOOD (*Artemisia Absinthium*)

A powerful stomach remedy for indigestion and gastric pain. Wormwood tea has been used externally for sprains and bruises. A well known animal and insect repellent. Repels fleas from pests and moths from wool.

POTPOURRI

Beauty Bath Tea

So here's a beauty bath straight from the garden that'll help you or your loved one look their very best: take a half-handful each of thyme, rosemary, mint, orange peel and lemon peel, and put them in a cloth bag. Now let the bag steep in a hot bath. Lounge in the bath until the mixture cools. Your skin will tell you what's happening.

Delightful Teas

Most herbal teas are brewed by infusion, which means taking 1 teaspoon of dried leaves or 3 teaspoons of fresh leaves and placing it in 1 cup of boiling water. Steep to taste, adding honey if desired. Herbs to use: anise, basil, bay, borage, catnip, fennel, hop, majoram, mint, pennyroyal, rosemary, sage, tansy, and thyme.

One good thing to remember when using herbs is that dried herbs are much stronger and "more insistent" than fresh ones. So you only have to use one-half to one-third as much dried as you would fresh.

Garlic Repellant

The strong smell of garlic apparently offends as many bugs as people. To make this tonic, cut up 6 cloves of garlic, mix them with 1 tbsp. baby shampoo in 1 quart of water, and spray it on your plants. A hot-pepper spray is said to have a similar repellant effect on some insects. Also, cut up 2 or 3 cloves of garlic and sprinkle them among your rose bushes to keep the aphids away.

Garlic Remedies

Add several chopped cloves of garlic to 1/2 cup of boiling water, and let it steep for 6 to 8 hours. Gargle for a sore throat, or swallow to ease flu symptoms.

Mix a small amount of olive oil with a slice of garlic, heat briefly, and strain. Use a few drops of the warm oil to soothe an earache.

HERB RECIPES

Here's a few of my favorite, old time herb recipes:

Herb Butter

Soften 1/2 stick butter (sweet, unsalted if possible). Add 1 tbsp. finely minced fresh herb or 1/2 tsp. dried herb. Cream together, adding a few drops lemon juice. Use on hot breads, vegetables, baked potatoes.

Herbs to use: basil, tarragon, thyme, chives, dill, parsley, marjoram, or rosemary.

Herb Vinegar

Clean and dry wide-mouthed glass jars. Gather fresh herbs. If dusty, rinse in cold water and pat dry (water clouds vinegar). Fill jar lightly with herbs. Heat, do not boil, good cider or wine vinegar. Pour vinegar over herb, cover with a non-rust lid or just put waxed paper over mouth of jar.

Set jar in room temperature location for two or three weeks. Strain through cheesecloth and bottle.

Herbs to use: dill, basil, salad burnet, tarragon, mint.

Herb Jelly

2 cups herb infusion

1/4 cup vinegar or apple cider.

4-1/2 cups sugar.

Heat the above until sugar is dissolved (high heat). When boiling, add 1/2 bottle liquid pectin. Rolling boil for 1-1/2 minutes. Take off the fire. Add 1 or 2 drops of food coloring if desired. Fill sterilized jelly glasses, and seal with paraffin.

Herbs to use: sage, basil, thyme, parsley, marjoram, rosemary, mint. Infusion: 2-1/2 cups boiling water over 1 cup fresh herb. Let cool and strain.



For more information on Jerry Baker's amazing lawn and garden tips, tricks and tonics using common, everyday products, please write to The YardenCare Company, P.O. Box 6047, Wixom, MI 48393 or call (810) 960-3993.

Herbal Use Chart					
Common Name (Botanical Name)	Longevity	Height	Spacing	Bloom Time	Uses*
Anise (<i>Pimpinella Anisum</i>)	Annual	to 2'	8"	Summer	C,B,M,P
Balm Lemon (<i>Melesissa officinalis</i>)	Perennial	2'	18"	July-Sept	C,PM
Basil (<i>Ocimum Basilicum</i>)	Annual	1-2'	1'	July-Aug	C,PO
Bay (<i>Laurus nobilis</i>)	Perennial	to 20'	5-6'	Spring	C,M,O,F
Bayberry (<i>Myrica pensylvanica</i>)	Perennial	to 35'	6-10'	Midsummer	M,PO
Beebalm (<i>Monarda didyma</i>)	Perennial	1-3'	18"	July-Aug	M,B,C,PO
Borage (<i>Borago officinalis</i>)	Annual	2-3'	2'	Midsummer	M,C,O
Caraway (<i>Carum Carvi</i>)	Biennial	to 2'	6-8"	Spring	M,C,B
Catnip (<i>Nepeta Cataria</i>)	Perennial	1-3'	12-16"	June-Aug	M,C
Chamomile (<i>Chamaemelum nobile</i>)	Perennial	to 1'	18"	June-Aug	M,PO
Chervil (<i>Anthriscus Cerefolium</i>)	Annual	2'	9-12"	Summer	M,C,PO
Chives (<i>Allium Schoenoprasum</i>)	Perennial	to 18"	6-8"	June	C,O
Chives (<i>Allium Schoenoprasum</i>)	Perennial	to 18"	6-8"	June	C,O
Comfrey (<i>Symphytum officinale</i>)	Perennial	3-5'	2-3'	May/Frost	M
Coriander (<i>Coriandrum sativum</i>)	Annual	2-3'	4"	Spring-Fall	C,M,PF
Fennel (<i>Foeniculum vulgare</i>)	Annual	3-4'	6-12"	July-Sept	M,C,F
Fennel (<i>Foeniculum vulgare</i>)	Perennial	to 2'	3-4"	Midsummer	M,C
Garlic (<i>Allium sativum</i>)	Perennial	20-25'	8,10'	Midsummer	B,C,M
Hops (<i>Humulus lupulus</i>)	Perennial	2-3'	10-20"	Summer	C,M
Horehound (<i>Marrubium vulgare</i>)	Perennial	2-3'	1-2'	June-Aug	C,EO
Hyssop (<i>Hyssopus officinalis</i>)	Perennial	to 3'	4-6"	June-July	C,PEO
Lavender (<i>Lavandula angustifolia</i>)	Perennial	to 3'	4-6"	June-July	C,PEO

Lovage (<i>Levisticum officinale</i>)	Perennial	5'	2'	June-July	C
Marjoram (<i>Origanum Majorana</i>)	Perennial	1'	6-8"	Aug-Sept	C,PO
Oregano (<i>Origanum vulgare</i>)	Perennial	1-2'	8-10"	July-Sept	C
Parsley (<i>Petroselinum crispum</i>)	Biennial	18"	10-14"	Early Summer	C,O
Pennyroyal (<i>Mentha Pulegium</i>)	Perennial	6-8"	4-6"	Aug-Sept	B
Peppermint (<i>Mentha piperita</i>)	Perennial	2'	12-18"	July-Aug	C,M,B,O
Peppermint (<i>Mentha piperita</i>)	Perennial	2'	12-18"	July-Aug	C,M,B,O
Rosemary (<i>Rosmarinus officinalis</i>)	Perennial	3-5'	18"	Early Summer	C,PEO
Rue (<i>Ruta graveoleus</i>)	Perennial	3'	2-3'	June-Aug	M
Sage (<i>Salvia officinalis</i>)	Perennial	12-30"	20"	June	C,EO
Sage (<i>Salvia officinalis</i>)	Perennial	12-30"	20"	June	C,EO
Savory, Summer (<i>Satureja hortensis</i>)	Annual	12-18"	10"	Midsummer	C,B
Savory, Winter (<i>Satureja montana</i>)	Perennial	6-12"	10-12"	July-Sept	C
Spearmint (<i>Mentha spicata</i>)	Perennial	2-3'	12-18"	Midsummer	C,B,O
Tansy (<i>Tanacetum vulgare</i>)	Perennial	3'	2'	July-Sept	B,M
Thyme (<i>Thymus vulgaris</i>)	Perennial	12"	12-15"	June-July	C,PB
Thyme (<i>Thymus vulgaris</i>)	Perennial	12"	12-15"	June-July	C,PB
Valerian (<i>Valeriana officinalis</i>)	Perennial	4'	2'	June	B,M
Valerian (<i>Valeriana officinalis</i>)	Perennial	4'	2'	June	B,M
Wintergreen (<i>Gaultheria procumbens</i>)	Perennial	2-6"	6"	July	B,C,M
Woodruff (<i>Gallium odoratum</i>)	Perennial	8"	8-10"	May-June	M
Wormwood (<i>Artemisia Absinthium</i>)	Perennial	2-1/2'	1-2'	July-Aug	M,P
Yarrow (<i>Achillea Millefolium</i>)	Perennial	3'	8-12"	June-Sept	M

*Uses Code: B = Beverage C = Culinary F = Fragrance M = Medicinal O = Ornamental P = Potpourri
 Heights shown in the lists are maximum outdoors, with frequent cuttings, most will be less than half this size indoors.