Three Ways We Use Herbs: Working with Garden Grown Herbs in Tea, Cooking and Skin Care
Mighty Greens: Who We Are

• We are a cooperative business, founded in 2014, and run by students at Eastern Senior High School and Cardozo Education Campus.

• We are a program of local DC non-profit, City Blossoms.

• We grow organic vegetables, herbs, and flowers on our two micro-farms here in Washington, D.C. and sell that produce to our schools and broader communities.

• During the school year we meet weekly to maintain the garden and our business.

• We are deeply passionate about making our community a healthier environment and connecting with people who don’t have access to good produce.
Why We Do What We Do?

• To improve the earth, give back to our communities, and feel a sense of pride in what we do
• To help people have better access to fresh food that is grown organically
• To create a space that is different -- one where we are allowed to be vulnerable as ourselves
• To connect back with our family roots.
Common Herbs and Flowers We Use

- Oregano
- Thyme
- Rosemary
- Chives
- Sage
- Peppermint
- Lemon Verbena
- Lemon Balm
- Holy Basil
- Catnip
- Calendula
- Hibiscus
Dehydration: What and Why?

• Dehydration is the process we use to remove water from our herbs and flowers
• We use dehydration to preserve our herbs so that we can use and sell them year round!
• Using dehydration strengthens the smell and flavor of the herbs and flowers we use in our products
Methods for Dehydration

Use a Dehydrator:
- Reliable
- Fast
- Expensive to purchase

Air Drying:
- Takes longer
- Cheaper
- Can be set up almost anywhere
Tips for Dehydrating: Dos and Don’ts

• Make sure your herbs are not layered on top of each other, they need space for air to flow so they don’t get moldy

• Give your herbs some shade! Leaving them in direct sunlight will make the color, taste, and smell fade away

Tip for Air Drying: Staple your herbs to the inside of a paper grocery bag to make sure they still have the right amount of air and shade.
Loose Leaf Tea

Our Process:

Step 1) Harvest all herbs and flowers
Step 2) Dehydrate them
Step 3) De-stem and crush
Step 4) Mix your herbs and flowers based on taste and smell
Step 5) Store in airtight containers

Why Tea?

The herbs we grow have medicinal purposes that you can benefit from by drinking them.

For example, catnip can calm us down and help us focus!

Tea Tip: When brewing our tea, we always let it sit for 5-7 minutes in the pot with a top on to hold in steam!
Herb Seasoning

Our Process:

Step 1) Harvest your herbs
Step 2) Dehydrate them
Step 3) De-stem and crush
Step 4) Mix together equal parts of each herb + equal part kosher salt

How We Use Them:

• We use our herbs to cook with and as a marinade.
• They can be used on almost anything. Pasta, chicken, fish, eggs, to name a few!
Skin Care

Our Process:

Step 1) Harvest, Dehydrate and Crush your herbs

Step 2) In a double boiler, heat your oil of choice on low. We like to use coconut or olive oil.

Step 3) Add your herbs and let them sit for about 2 hours over low heat, stirring regularly.

Step 4) Strain your herbs using cheesecloth

Step 5) Reheat in the double boiler and add beeswax (1 oz for every cup of oil)

Step 6) Store in airtight containers

Herbs/ Flowers we Recommend:
• Peppermint
• Calendula
• Lemon verbena
What’s Next?

• Seedling sales (April & May)
• Summers Farmers Market

Stay In Touch!

• Stop by our table to purchase all of the products we described!
• Follow us on Instagram at @mightygreensdc
• Sign up at our table to receive our quarterly newsletter