Kitchen Herb Bundles

Twine - consider using non toxic, varieties without oils, wax or petrochemicals.
Scissors
Variety of plants (best to keep smaller than 6 inch cuttings)

First decide the intention for the bundle. Herb bundles can be used for cooking or for cleansing purposes. Begin by gathering the herbs by the stem in one hand. A best practice is to keep the taller herbs to the center. When you feel you have gathered enough for your purpose, begin to wrap the stems at the bottom and move upward until you have covered the length of the bundle. Secure the bundle with a tie. For kitchen bundles, it's best to keep them small as many recipes do not call for large quantities of herbs. For a more decorative bundle place flower petals or weave in aromatic herbs before wrapping the bundle to balance the flavors. Let the bundle dry completely before using.

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- Scissors
- Variety of plants (best to keep smaller than 6 inch cuttings)

Chocolate Mint
- Appearance: Oval leaves in dark green with tinges of red in the leaves and stems during summer months.
- Flavor: Bright, full minty flavor with a presence of chocolate aroma.
- Use: Can be in teas, baking, and desserts.
- Medicinal: commonly brewed in teas with the intention of aiding digestion, promote anti-inflammation, and reduce heartburn. Chewing on a spring is a quick and easy way to freshen breath.

Bay Leaves
- Appearance: A small evergreen shrub with flat oblong leaves and small bare stalks that are topped with 6-10 blossoms of soft purple flowers.
- Flavor: Has a distinctive floral smell and taste, is closely related to rosemary and mint so you may catch some similar hints of flavor in the overall taste of this edible floral.
- Medicinal: Dried lavender flowers can be used in teas and fragrant sachets. Calming properties can help aid in easing anxiety and promoting relaxation.

Bottle Rosemary Oil can been used by massaging into your scalp to soothe hair. Condition hair, worn in a diluted water formula to repel bugs, and massaged onto joints to soothe inflammation.

Disclaimers
- This information is intended for educational purposes only and should not be considered a recommendation or endorsement of any particular medical or health treatment. Please consult a health care provider before pursuing any herbal treatments.
- This is not a professional or medical advice and should not be considered as such. Please consult a medical professional for any health concerns.

Lavender
- Appearance: Is a fragrant to the touch evergreen shrub, with long narrow needle shaped leaves and sometimes blue or purple flowers.
- Flavor: Leaves and flowers of the plant can be eaten. The overall flavor of the leaves is a sage-like & peppery taste with the flowers having a slight sweetness to them. Use the leaves in cooking or baking, and the flowers in salads.
- Medicinal: Using the leaves and flowers in tea has claimed to have been useful in helping to reduce bloating & support gut bacteria. Steep 1 teaspoon of leaves in boiling water for 5-10 mins for a single serving of tea.

Lemon Grass
- Appearance: Light green in color, with a up to 4 ft spread and as tall as 9 ft height, this tall grass has leaves about 1 in wide at maturity that curve down at the tips.
- Flavor: Bright, full minty flavor with a presence of chocolate aroma.
- Use: Can be in teas, baking, and desserts.
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Rosemary
- Appearance: Year-round herb with long trailing stems that spill over containers or great low ground coverage. With small bright green, arrow shaped leaves and a soft texture. When dried the leaves are light-brownish green or dark green.
- Flavor: Can be described as a bright peppery flavor that is bold and pungent. Often used to flavor red sauces, fish and meats.
- Medicinal: Has been used to aid in relieving stomach or menstrual cramps, clearing built up mucus, and as an antibacterial tonic.

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