

Everyday Herbs

Herbs are everywhere and you DO use them everyday! Often called the “useful plants”, herbs can be used in many ways.

Aspirin, that most basic of pain relievers has its basis in the use of a tea made from the willow tree. Digitalis, a basic drug used in cardiac medicine was originally derived from the foxglove. And what’s in that bottle of Listerine? Thymol, the essential oil of thyme! It’s the antiseptic ingredient so vital to a healthy mouthwash. Spearmint does likewise in your toothpaste.

Dill’s lively, warming flavor transcends the tastebuds by helping calm upset tummies. Lavender calms the spirit with its earthy, sweet notes while the rose lifts you with its full, floral aroma and flavor.

Aloe, comfrey, plantain and mullein are all essential components of many excellent skin salves, lotions and remedies. They can be easily grown in the backyard organic garden here in south central Texas. Just as easily, they can be harvested and processed for the home-made preparations noted above.

The San Antonio Herb Society’s Resource Guide includes chapters describing the use of herbs in greater detail. We hope you’ll get your own copy soon and discover the useful plants all around us everyday!

The San Antonio Herb Society does not advise, recommend or prescribe herbs for medicinal use. Information is provided as an educational service and The San Antonio Herb Society cannot be held liable for its content. Please consult a health care provider before pursuing any herbal treatments.



SAN ANTONIO HERB SOCIETY

Meets the 2nd Thursday of every month at 6:30 pm.
3310 North New Braunfels
San Antonio, Texas 78209
<http://www.sanantonioherbs.org>



Almost all of the everyday basic items in our pantries have their basis in age-old traditions. These traditions have been confirmed in many, many cases by scientific research. In modern times, many herbs are incorporated in many prepared, packaged grocery store items. In this brochure, we hope to demonstrate a few of these.



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herb	commercial product/use/properties
Aloe	Colgate shaving foam, Naturade hand lotion, St. Ives shampoo Soothing gel and healing aid for burns & skin problems; gut tissue soother and digestion aid
Chamomile	Celestial Seasonings Chamomile Tea, bundle of manzanilla Calming properties – think Peter Rabbit's bedtime tea
Cilantro	Pace® Picante sauce, Sally's Salsa Spicy leaf flavors picante sauces and pico-de-gallo
Dill	Vlasic Pickles, McCormick's seeds, seed packet Fragrant leaves add flavor to pickles and salads; also has soothing properties that help aid digestion
Eucalyptus	Vick's Vapo-Rub, Robitussin drops Koala bears' main food; a nasal decongestant for humans
Ginger	Archway ginger snaps, Reed's Ginger Beer Flavors cookies and soda; ancient and modern use as an anti-nausea aid.
Lavender	Yardley's soap, Camille's Culinary Lavender Buds Fragrant flower buds and leaves add flavor to drinks and treats; fragrant additive to potpourris, bath products, lotions, perfumes; has calming and relaxing properties
Oregano	Tony's Pizza, French's ground herb Leaves used to flavor spicy dishes (pizza, spaghetti sauces); easy to grow as a ground cover or low edging
Parsley	Spice Time parsley flakes, Quantum Breath Protect Typically used as a plate garnish; traditional use as a breath freshener and digestive aid; High in minerals calcium & iron, and vitamins A, C and B
Peppermint	Crest toothpaste, Leaves add sharp flavor to mints, drinks, toothpaste; digestive aid (anti-nausea aid);
Poppies	McCormick's seeds, American Meadows seed packet Seeds used on breads and in sauces or dressings; flowers
Sage	Stove Top stuffing mix, The Spice Hunter (dried herb) Fragrant, resinous leaves add flavor to breads (dressings), egg & vegetable dishes; has anti-bacterial and anti-fungal properties
Spearmint	Wrigley's gum, Altoids mints Leaves add sweet flavor to gums, mints, drinks, toothpaste; digestive aid (anti-nausea aid)