

Herbs in the kitchen



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theHERBAL Cache



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Disclaimer Statement: I am a Herbalist & Educator

I am a herbalist. I educate and provide herbal products for people to improve their wellness and overall health through the use of herbs, lifestyle adjustments and nutritional guidance. I am not a doctor and legally cannot diagnose.

This guide provides information for educational purposes only and should not be interpreted as a diagnosis, cure or treatment of any specific condition. theHERBAL Cache does not claim nor imply that any information provided will treat, cure or prevent any particular disease states.

Before using any herbal remedies, please do your own independent research on dosages, contraindications and drug interactions. For chronic conditions or any health concerns I highly recommend you seek the help of a qualified health practitioner.

Hi, I'm Pam, the founder and owner of theHERBAL Cache.

I have a passion and drive for learning about herbs and sharing that passion with you. As a herbalist, I specialize in making and selling a great selection of herbal products, which include ointments, salves, tinctures, etc..

I also offer presentations and write blog posts on the knowledge that I have gathered in my studies.

I believe that nature is our teacher and we have a lot to learn from her.



On a personal note, I love spending time with my family, which includes Paul, my fiancé, my three daughters, son-in-law and two grandkids. I enjoy gardening, crocheting, reading, watching movies, camping and traveling.

Pam Broekemeier

Why herbs?

Why use herbs over allopathic medicine?

Herbal medicine, also known as herbalism or folk medicine, involves using plants and fungi to improve and maintain health. Approximately 80% of the world's population use herbal medicine as their main form of healthcare today.

Unlike conventional, or allopathic medication, which typically relies on synthetic chemicals, herbal medicine uses naturally occurring plant compounds to heal the body and mind.

Today, herbal medicine is growing in popularity as more and more people look to natural alternatives to prescription drugs.

Benefits

- Herbs can be taken as food
- Better immune support
- Help balance hormones
- Support cognitive function
- Reduce stress and anxiety
- Better digestion
- Help manage inflammation
- Can help with the root cause
- More cost effective
- You can grow or forage for them
- Herbs are natural
- And much more!



Be Careful

Even though there are many benefits of using herbs, there are some things to keep in mind.

- Not all herbs work the same for everybody
- Some herbs, like St John's Wort, can have huge interactions with other herbs and allopathic medicine
- There can be inconsistency in dosages
- Not all parts of a herb are safe or used in the same way

Do Your Research

Always do some research on medicinal herbs and know what they do before taking them. And if you are foraging, or wildcrafting, make sure you can identify plants correctly.

Basil

Ocimum basilicum

"HE WHO PLANTS KINDNESS, GATHERS LOVE"
SAINT BASIL

I think basil is one of those plants that everyone knows. It is so often in the kitchen that it is hard to not run into it at some point.

It is in the mint family, and sometimes called the "king of herbs".

Basil is very easy to grow, whether in a garden or pot. Its companion plant is the tomato.

A side note, holy basil is a different variety of basil.

Benefits of Basil

Basil contains Vitamin A, Vitamin K, Iron, Manganese, Calcium, and essential oils. Plus, it is loaded with antioxidants.

Medicinally, basil may help you:

- increase alertness
- adapt to stress
- with insomnia
- relieve gas and gas pains
- loss of appetite
- constipation
- support the immune system
- with stagnation
- blood glucose levels
- anxiety
- depression
- inflammation



Cayenne

Capsicum annuum

"QUOTES ARE LIKE CAYENNE PEPPER OR SOME OTHER STRONG SPICE: A LITTLE GOES A LONG WAY, AND TOO MUCH IS A DISASTER."
BEN YAGODA

Cayenne Pepper is in the same group of peppers as jalapeños and bell peppers and is a staple in many kitchens as a culinary herb. It has been cultivated and used, both in food dishes and medicinally, for over 7000 years.

Interestingly, both the flavor and health-giving properties are due to the primary ingredient: capsaicin.

Benefits of Cayenne

Cayenne contains a large amount of vitamins and minerals, many which are antioxidants:

- Calcium
- Copper
- Iron
- Lutein
- Manganese
- Magnesium
- Phosphorus
- Potassium
- Vitamins A, B-2, B-6, B-9, C, E, and K

Medicinally, cayenne may help you:

- Relieve inflammation-related pain (when used topically)
- Soothe painful throats
- Ease cold and sinus congestion symptoms
- Boost metabolism
- Improve the health of the digestive system
- Reduce hunger pangs
- Ease certain skin conditions such as psoriasis and impetigo
- Lower blood pressure
- Prostate cancer



Cinnamon

Cinnamomum verum

***"CINNAMON SWIRLS THROUGH DESSERTS LIKE
A DELICIOUS RIBBON OF WARMTH"***
UNKNOWN

Most of us are familiar with cinnamon. It is in almost every kitchen cupboard. We love the aroma and warming feeling that comes with using it in baking.

Cinnamon is made from the bark of the Cinnamomum verum tree, which is grown in Sri Lanka. It has been used world wide for thousands of years.

There are many varieties available, but it's mainly found in two types: cassia and Ceylon. Ceylon is thought to be more potent and contain more health benefits, while cassia is cheaper to produce and more widely available.

Benefits of Cinnamon

Medicinally, cinnamon may help you:

- Avoid UTIs (urinary tract infections)
- Boost antioxidant levels
- Ease arthritis or joint pain
- Help with indigestion
- Improve your immune system
- Increase muscle mass
- Help lose weight
- Lower PCOS effects
- Lower the chance of developing respiratory disorders
- Lower your blood pressure
- Manage Type 2 Diabetes
- Prevent abnormal cell growth (such as cancer cells)
- Prevent yeast infections
- Reduce anxiety
- Reduce bad cholesterol
- Reduce symptoms of Parkinson's Disease
- Relieve pain
- Relieve menstrual cramps
- Help with poor circulation



Cilantro

Coriandrum sativum

***“CILANTRO HAS CLEANSING POWERS.
THAT’S BECAUSE IT TASTES LIKE DISH SOAP.”***
JENNIFER HARTMAN

Cilantro is in the carrot family and has been used dating back to the Neolithic age.

Even though this herb is readily used for its culinary purposes, especially in Mexican dishes, many people do not like it because it tastes like soap to them.

Fun fact, its seeds, called Coriander, are used to flavor gin and other liquors, such as Chartreuse and Benedictine.

Benefits of Cilantro

Cilantro contains copper, zinc, folate, calcium, iron, potassium, magnesium and are also high in vitamin C and B-complex vitamins.

Medicinally, cilantro may help you:

- “wash out” heavy metal toxins
- with hives, sunburns and poison ivy
- prevent and cure smallpox
- help reduce the risk of colon cancer
- help lower cholesterol and blood pressure
- support healthy heart function
- help prevent inflammation
- help regulate menstrual cycles
- heal mouth wounds and ulcers, and prevent bad breath
- help reduce anxiety
- prevents UTIs (Urinary Tract Infections)
- helps with gas and bloating



Dill

Anethum graveolens

"I'M KIND OF A BIG DILL"
UNKNOWN

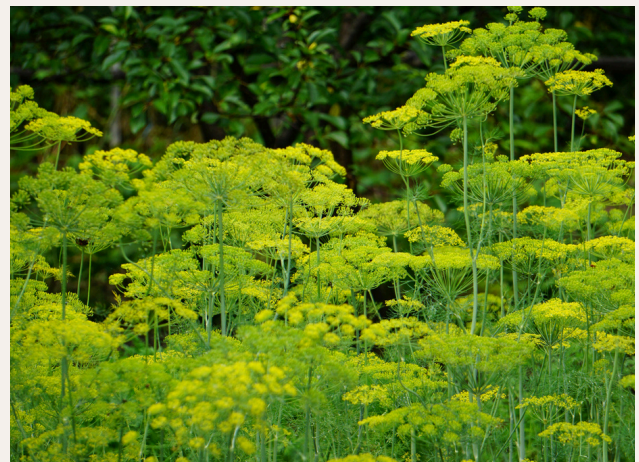
The earliest known record of dill is credited to the ancient Egyptians and dates back over 5,000 years. Today, it is mostly looked at when using it to make pickles.

The ancient Greek physician, Dioscorides, used charred dill seeds to help heal wounded soldiers by applying the mashed charred seeds directly to wounds. In Rome, gladiators were fed meals covered in dill in order to give them strength and courage. The Conqueror Charlemagne made dill available on his banquet tables to help prevent indigestion in guests who had overeaten. The Chinese have used the herb for thousand of years to help reduce fevers, anxiety, and aid digestion.

Benefits of Dill

Medicinally, dill may help you:

- with digestive issues
- ease menstrual cramps
- help stop coughs and flus
- promote sleep
- loss of appetite
- liver problems
- urinary tract disorders
- kidney disease
- fevers
- bronchitis
- hemorrhoids
- spasms, epilepsy, convulsions
- nerve pain
- anxiety
- depression
- psoriasis
- wounds
- genital ulcers
- lowers cholesterol



Garlic

Allium sativum

***"SHALLOTS ARE FOR BABIES;
ONIONS ARE FOR MEN;
GARLIC IS FOR HEROES."
UNKNOWN***

Garlic is a staple found in just about every home. It is a warming herb that is wonderful in teas and meals, making it easy to incorporate into any diet and health regime.

Did you know that mosquitos don't like garlic and that ancient Romans ate garlic before entering battle!

Benefits of Garlic

The use of garlic dates back as far as 6,000 years ago. It was used by the ancient Egyptians as a medicine and in cooking.

According to researcher from the University of Copenhagen, studies have shown that garlic can be effective in fighting bacteria known to cause lung conditions, cystic fibrosis, as well as pneumonia, bone infections, and sepsis.

Medicinally, garlic may also help you:

- lower high cholesterol and blood pressure
- cure ear and lung infections
- clear sinuses
- prevent common colds and infections
- support your digestion
- relieve earaches
- reduce fevers
- relieve joint pain and arthritis
- helps to remove heavy metals from the body



Parsley

Petroselinum crispum

WHY DID THE PARSLEY ALWAYS FEEL LEFT OUT?

IT NEVER MADE THE MAIN COURSE, ONLY GARNISHED IT!

Parsley reigns as the queen of garnishes! It is used to help decorate so many plated foods.

The sad part, is that this wonderful medicinal herb is pushed to the side of the plate and not eaten most of the time. It is only seen as a decoration.

So hopefully after reading this, you will be able to help educate others about this beautiful garnish and get them to eat it, not just leave it on the plate.

Benefits of Parsley

Parsley is high in antioxidants, vitamins A, C, and it contains 154% of your daily recommended amount of vitamin K, an essential vitamin that supports bone health, skin, and heart health.

Medicinally, parsley may help you:

- with poor appetite
- edema
- urinary tract infections (UTIs)
- kidney stones
- bloating, constipation and gas
- nourish your blood
- heart disease
- reduce risk of cancer
- eczema
- insect bites
- sprains
- menstrual cramping
- allergies and hay fever
- coughs and asthma



Peppermint

Mentha piperita L

***"I'D GET BETTER GRADES,
BUT I TORE ALL THE LIGAMENTS IN MY HEAD."
PEPPERMINT PATTY***

As a member of the Mint family, peppermint is not a species, but a natural hybrid of water mint and spearmint that was first cultivated in 1750 in England.

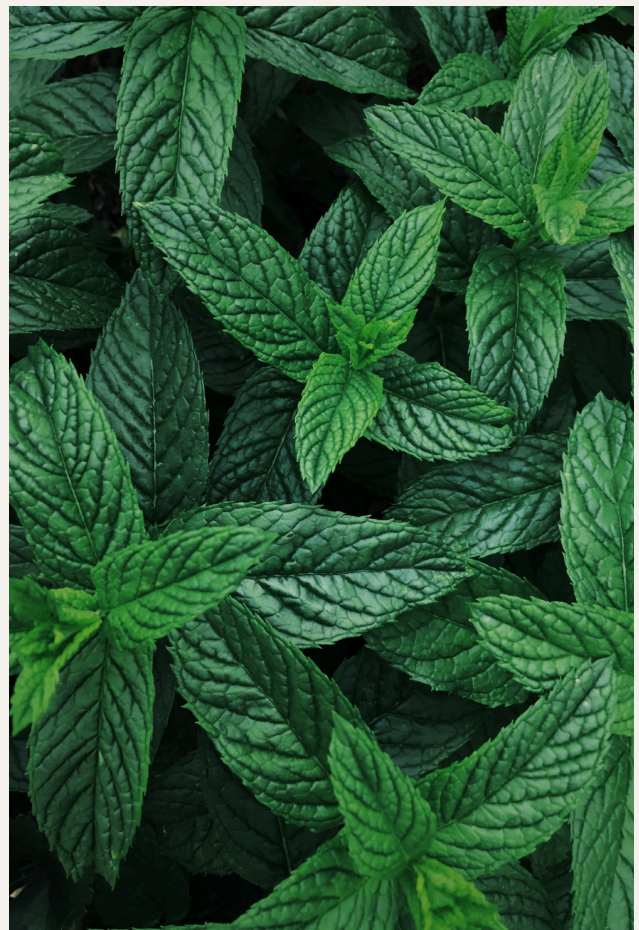
The ancients were aware of mint's medicinal value, having been used as herbal medicines in ancient Egypt, Greek and Rome thousands of years ago. Dried peppermint leaves have even been found in several Egyptian pyramids carbon dating back to 1,000 BC.

Benefits of Peppermint

Modern scientific investigations are revealing an abundance of potential health benefits associated with the use of different components of the peppermint plant

Medicinally, peppermint may help you:

- indigestion, bloating, spasms, and irritable bowel syndrome
- nausea and vomiting associated with pregnancy and chemotherapy
- headaches
- sinus congestion
- low energy and fatigue
- menstrual cramps
- hay fever and allergic reactions
- insomnia
- poor concentration
- with shingles associated pain
- with radiation damage



Rosemary

Salvia rosmarinus

"LOVE GROWS WHERE MY ROSEMARY GOES"
EDISON LIGHTHOUSE

Like many of the herbs we just looked at, rosemary has been loved for thousands of years, both culinary and medicinally. The first writing about rosemary was recorded on cuneiform tablets over 7,000 years ago.

Rosemary is an evergreen perennial shrub. It originated in the Mediterranean and can now be found world wide.

Rosemary is best known for its memory support. In the Middle Ages wedding couples would have sprigs of rosemary so they wouldn't forget their love for each other. A recent study showed that Alzheimer's patients experienced cognitive benefits by simply smelling the essential oil!

Benefits of Rosemary

Rosemary is very high in B-complex vitamins, including high levels of Folates, Vitamin A, C, Potassium, Calcium, Manganese, Copper and Magnesium. It also provides 83% of your recommended daily allowance (RDA) of iron!

Medicinally, rosemary may help you:

- improve your memory
- with brain fog
- improve circulation
- have better oral health
- by supporting the heart
- with arthritic pain
- with chronic inflammation
- with digestive issues
- strengthen liver function
- support your immune system



Sage

Salvia officinalis

“NOT ENOUGH SAGE FOR THIS CRAP”

When I think of sage I automatically think stuffing and turkey. How many turkey recipes don't call for sage?

Sage is a member of the mint family, like a few of the herbs already mentioned.

Sage has a long history of use as a sacred smoke. It is used in ceremony for cleansing and purification on an energetic level. Smudge sticks are bundles of dried sage that are lit on fire, and the smoke is used to cleanse a room of negative energy.

Ancient Egyptians used it as a fertility drug.

In gardens, sage can be very ornamental amongst other plants.

Benefits of Sage

Medicinally, sage may help you:

- with digestion
- soothe a sore throat
- reduce a runny nose or cough
- improve memory
- with cognitive function
- concentration
- reduce excessive perspiration
- with painful menstruation
- dry up breast milk
- with mastitis
- night sweats
- reduce agitation in Alzheimer's patients
- lower cholesterol



Thyme

Thymus vulgaris

***"JUST AS BEES MAKE HONEY FROM THYME,
THE STRONGEST AND DRIEST OF HERBS,
SO DO THE WISE PROFIT
FROM THE MOST DIFFICULT OF EXPERIENCES"***
PLATO

We could all use more time, and more thyme.

Thyme is also a member of the mint family.

Did you know that thymol in thyme oil is 20 times more powerful than the standard antiseptic phenol (the active ingredient of Dettol)? Also, thymol helps to repel mosquitos.

If you want to cut your salt intake, thyme is a great substitute.

Benefits of Thyme

Thyme contains potassium, vitamin A, vitamin C, and magnesium.

Medicinally, thyme may help you:

- with colds and the flu
- digest foods
- support your immune system
- with bronchitis
- as antiseptic mouth cleanser
- with coughs
- reduce fevers
- lower blood pressure
- with asthma
- fight infections
- with colic
- with achy joints when used topically, like in an oil
- get an energy boost



Now what?



Start using more herbs

Now that you know how these wonderful herbs can help you and your loved ones, it's time to start incorporating them more often in your meals and beverages.

There are many tasty recipes and here are some of my favorites!

Tabbouleh Salad - a great way to use up extra parsley!

Basil Pesto - so many ways to enjoy this herbal dish.

Crisp Rosemary Flatbread - a delicious homemade cracker.



Herbs in Song...

Herbs are not only culinary and medicinal, but they are song worthy as well. Here are a few of my favorites!

"Love Grows (Where My Rosemary Goes)" by Edison Lighthouse (1970)

"Scarborough Fair" (Parsley, Sage, Rosemary and Thyme) by Simon & Garfunkel (1966)

"Incense and Peppermints" by Strawberry Alarm Clock (1967)

References

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[10 Remedies You Can Find in Your Kitchen](#)

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[Dill](#)

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[Garlic](#)

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[Peppermint](#)

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[Sage](#)

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[Thyme](#)