

FOOTPRINT

Hill House School

Combian
Primary School

Edition #27 2022

Promoting happy, healthy and sustainable living at Hill House and beyond.

HERBS

Lots of fresh herbs that you see in supermarkets are actually flown into the UK. This causes pollution from airplanes, unnecessary plastic packaging, and in some cases, deforestation to keep up with demand.

Growing herbs is relatively easy and the results are delicious. No matter how small your kitchen or garden, it is easy to accommodate a pot or two of fresh herbs, whether it is on a windowsill or in a pot outside your door. Mint, sage, rosemary, and oregano will grow quite happily for years and provide an endless supply of fresh tasty herbs that can be used in so many ways. They can even be frozen or dried for later use.

Gardeners' World have published a very useful [online guide](#) that covers all you need to know about growing delicious and nutritious herbs, plus how to use them.

GROW YOUR OWN



The benefits of growing your own herbs include:

1. Fresh herbs always available. One of the best benefits of growing your own herbs is having fresh herbs right at your fingertips, whenever you need them. When you have your own herb garden growing right outside — or inside — your door, you'll always have the right ingredients waiting for you to make dinner time magic.

2. No more boring dinners. Adding a few different herbs to a simple dinner makes it a whole new meal. Be adventurous!

FOOTPRINT

Hill House School

Combian
WILMINGTON SCHOOL

Edition #27 2022



3. It saves money. One of the benefits of growing your own herbs is saving money. Growing fresh, organic herbs is fairly cheap, especially compared to purchasing them in a supermarket and results in far less waste, as you only pick what you need! Think of the money you will save after the initial investment of getting your herb garden started.

4. They're good for you. While consuming herbs can improve your health, actually tending to your garden is another one of the benefits of growing your own herbs. Gardening can give you the opportunity to be more active and live a healthier lifestyle. When you garden you're able to get fresh air, vitamin D, and exercise.

It's also good for your mental health to unplug from technology and the daily stresses of life to do something that's more therapeutic. Just visiting an herb garden is a delight for the senses.

5. Improve your health. Fresh, organic herbs can improve your health by building up your immune system, detoxifying, helping with common colds, digestion, and headaches. As well as adding flavour and nutrients to your food, they can be used in others ways such as teas, tinctures, essential oils, and salves.



Did you Know ...

♥ Peppermint can be used in teas to boost your mood, improve focus, ease nausea, and help digestion.

♥ Oregano is full of antioxidants and known for being an immune booster, antifungal, and antibacterial.

#MAKEONECHANGE

What one change can you make today?