

Tips for growing healthy herbs

Herbs are known to have great antioxidant powers, especially when fresh. The fresh herb with the most antioxidant power is oregano, which surpasses any other fruit or vegetable on the list.

Planting and growing your own herbs is fun—and an easy way to make any recipe healthier. Herbs also make a great border around flowers in any container or garden. Choose herbs that you use regularly in cooking or salads for flavour and texture such as thyme, oregano, sage and coriander.

To grow and harvest healthy herbs, follow these tips:

- Plant after early spring (frost and cold weather can impede proper growth).
- Avoid soggy soil; it causes plant rot.
- Plant in nutrient-rich soil.
- Choose a full sun, minimal shade area for planting.
- Avoid overcrowding; plants need air circulation.
- Space plants about 8" to 12" (20-30cm) apart.
- Prune plants to encourage growth.

You can learn more about individual herb features, uses, growing tips and the best varieties for garden borders online at www.bonnieplants.ca.

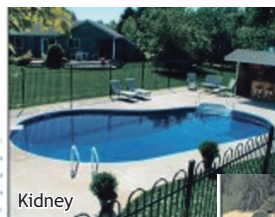
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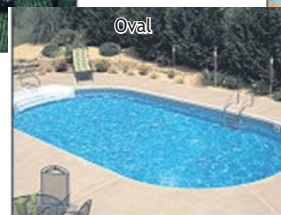
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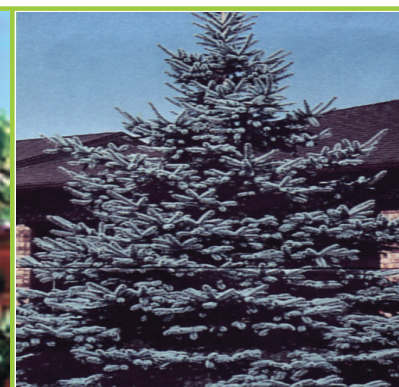
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