

Natural Solutions From Your Herb Garden

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Advicefromtheherblady.com

In the Home

Soapwort – makes liquid or powder soap
Horsetail – use in place of scouring pad and fine grit sandpaper
Bay Laurel – place (dried) leaf in flour to repel insects
Lemon Balm – use as furniture polish and to repel insects
Tansy – use fresh or dried to repel insects indoors and outdoors
Fleabane – use dried in pet bedding to repel fleas
Dogbane – fibers used to make rope, nets and thread
Lavender – use dried in linens to repel moths
Sweet Woodruff – use dried in linens to repel moths
Lavender Cotton – use dried to repel moths
Essential Oils – diffuse to mask odors in the air

Personal Use

Rose Water – use in baths and facials
Calendula – use fresh or dried in soaps & lotions, in a tea for red highlights
German Chamomile – use in a tea for blonde highlights
Stinging Nettle – use in a tea for glossy hair
Hops – use dried in a pillow to promote sleep
Fennel Seeds – chew to prevent indigestion and promote fresh breath

In the Yard

Pennyroyal – rub on skin to repel mosquitoes
Feverfew – grow near outdoor living areas to repel mosquitoes & other insects

In the Garden

German Chamomile – The Plant Doctor
French Tarragon – Nurse Plant, companion plant for eggplant
Nasturtium – trap crop for aphids and flea beetles
Comfrey – use in compost, compost tea and as mulch to improve soil
Use herbs to attract beneficial insects
Use herbs to deter deer
Mint – cut up and spread pieces around plants to repel rodents
Rue – plant to repel cats from using your garden as a litter box