

Some Healthy Herbs

Most people are familiar with herbs that can be used to enhance food in recipes. The good news is that many of these health-enhancing plants can be grown in Oklahoma.

BASIL



Basil is attractive and has a great scent. It is also quite easy to grow. Its health benefits include its anti-inflammatory properties. It is also well-known for its ability to reduce anxiety and stress, as well as its antibacterial properties. Research is ongoing to prove the possibility that it supports blood vessels. An additional benefit is it boosts the immune system.

THYME



Thyme is another beautiful plant that can be grown as a perennial in Oklahoma, and has sweet-smelling purple flowers. This herb is easy to grow indoors as well. It is best known for its ability to support the digestive system and has many vitamins. It has anti-bacterial and anti-fungal properties. It also supports the digestive system.

GARLIC



Garlic is a favorite go-to herb to use for its germ-fighting ability. It can reduce high blood pressure and bring down cholesterol levels. It is also known to enhance the immune system. There is some evidence that it protects us from the common cold and that it even helps with athletic performance.

ROSEMARY



Rosemary is an antioxidant herb that can help with digestion problems such as heartburn and intestinal gas. It reduces inflammation. It is known to have anti-anxiety properties and enhances memory. It is also high in manganese which is an essential nutrient for metabolic health. Studies have shown that it also slows tumor growth. Rosemary contains carnosic acid that slows the growth of cancer cells.

Herbs are aromatic plants that contain bioactive compounds that help keep people healthy. And, growing them can be lots of fun for both you and the kids.