



Suppers Programs

WORKSHOPS AT TRENTON FARMERS MARKET

Health Benefits of Herbs

Dill

This herb is an excellent source of [niacin](#), dietary [fiber](#), [zinc](#), [copper](#), and [phosphorus](#), and it also has a host of vitamins like [vitamin A](#), [vitamin C](#), [vitamin B6](#), [riboflavin](#), folate, and [minerals](#) like [iron](#), [calcium](#), [magnesium](#), [potassium](#), and [manganese](#). The herb helps in dealing effectively with issues like indigestion, [diarrhea](#), insomnia, dysentery, hiccups, respiratory disorders, menstrual disorders, cancer, and a number of others. This herb contains 'eugenol', [a volatile oil that](#) has potent antiseptic and anesthetic powers. [Dill](#) also helps in the generation of breast milk and increases sperm count.

Chives

[Chives](#) belong to the onion family and are the smallest ones in it. These are enriched with vitamin A, C, K and B vitamins like thiamin, riboflavin, niacin, and [pantothenic acid](#), and minerals like phosphorus, magnesium, folate, potassium, calcium, iron, copper, manganese, and zinc, as well as dietary fiber. Chives help [aid proper digestion](#) and also stimulate the appetite. Moreover, it helps digest fatty foods, improves the respiratory system, and prevents obesity through fluid retention. They keep cancer from developing, especially [prostate cancer](#). They also aid in alleviating fatigue issues, have mild anti-inflammatory properties, and kill germs in the intestines and colon.

Rosemary

Rosemary is a very good source of dietary fiber, vitamin A, vitamin C, folate, calcium, iron, manganese, and a good source of vitamin B6, magnesium, potassium, and copper. Rosemary has numerous health benefits like stimulating the nervous system, improving memory, relieving muscle pain, aiding in digestion, and eliminating circulatory problems, rheumatism, spasms, neuralgia, pain, [eczema](#), wounds, and depression. Rosemary also increases urine production. Another fact about rosemary is that it can be used in combination with St. John's wort and ginkgo biloba to cure brain inflammation. It is effective in treating [migraines](#) and other variations of [headaches](#) as well. [Rosemary oil](#) is useful for proper digestion, and skin and hair care.

Lavender

This herb is a symbol of purity and cleanliness. Lavender also speeds healing, relieves muscle tension, and reduces [stress](#), while improving the circulatory, immune, and nervous systems. [Lavender oil](#) is a great antiseptic, carminative (relieves [flatulence](#)), and spasmolytic (relieves muscle spasms). The medicinal properties of this herb include anti-inflammatory, anti-fungal, and antiseptic abilities. In modern times, many stores sell lavender scent for perfumes, diffusers, soaps, talc, and other cosmetics as well.

Peppermint

Peppermint is rich in phosphorus, niacin, potassium, copper, magnesium, manganese, riboflavin, folate, calcium, iron, and zinc, and is a rich source of vitamin A, vitamin C, and dietary fiber. Peppermint is a good stomach calmer, especially if you are suffering from digestive problems, flatulence or any other related gastric problems. Mint restricts bacterial and fungal growth, as well as helps relieve [allergies](#) and asthma. Many researchers say that mint also shows positive effects for cancer treatment, but further research is required to prove this. Mint juice is said to cure irritable bowel syndrome, thereby preventing constipation and colon ailments. The market has an abundance of mint-flavored toothpaste, juice, chewing gum, [squash](#), ice tea, ice creams, and even medicines like laxatives and digestive syrups.

Aloe Vera

Aloe vera is a stemless or very short-stemmed plant that grows 80-100 cm tall and spreads root [sprouts](#). The leaves are thick, fleshy, and green with a ragged margin. Aloe vera is a popular medicinal herb that grows in arid climates and has healing components, which include mannans, anthraquinones, [polysaccharides](#), and lectins. This herb efficiently heals wounds and burns. Moreover, drinking aloe vera juice is highly recommended for diabetes, minor skin infections, cysts, and elevated blood lipids. Aloe vera extract is an important skin care agent.

Cayenne Pepper

Cayenne pepper is rich in niacin, riboflavin, magnesium, iron, potassium, manganese, vitamin C, A, E, K, and vitamin B6, and dietary fiber. Cayenne pepper is best known for its beneficial properties for the human circulatory system. This herb helps in keeping the blood warm and equalizes the blood pressure in the venous and arterial system – both of which are essential for a healthy circulatory system. This herb also helps in alleviating allergies and [muscle cramps](#), while improving digestion and healing wounds effectively. This herb works effectively for weight reduction, therefore many dietitians recommend cayenne pepper for a healthy and trim body.

Holy Basil (Tulsi)

Holy basil leaves are probably one of the most ancient herbs used for medicinal purposes. These leaves are rich in [protein](#), riboflavin, folate, niacin, calcium, magnesium, iron, potassium, phosphorus, copper, and zinc. Holy Basil also has high levels of [vitamin E](#), A, C, K, and B6, and dietary fiber. They also aid in curing [fevers](#) (especially [dengue](#) and [malaria](#)) very quickly. Since ancient times, tulsi leaves have been added to tea, [honey](#) or warm water to cure colds, coughs, [sore throats](#), and respiratory disorders. These leaves have anti-inflammatory properties and are also effective in case of kidney stones, cardiovascular diseases, insect [bites](#), skin infections, and dental and eye problems. This herb has a special [spiritual](#) reverence in India.