

# All about herbs

**Herbs are plants that can be used in cooking, medicines or in cosmetics and perfumes.**

## Origins

The early Egyptians were the first people to describe how they used herbs. Many of the herbs they wrote about are still used today. Did you know that mint was first used by the Egyptians as a breath freshener?



## How to use herbs

You can use herbs straight from the plant, or they can be dried, which makes the flavour stronger. A small amount of herbs can be put into food to improve the taste, or they can be used to make perfumes and cosmetics smell nice.

## Medicine

Herbal medicines are made from plant parts. Each herb has different properties and can help to make people feel better in different ways.

- *Aloe vera* gel can calm sunburn and soothe the skin.
- Cloves can relieve toothache.
- Ginger can settle an upset stomach.
- Lavender can make people feel relaxed and sleepy.



## How to grow and store herbs

Herbs are easy to grow. You can grow them in your garden, in a window box or even in a bucket! Just remember to give them water, sunlight, space and good drainage. It is also important to trim them often. To store herbs, either hang bunches upside down to dry or put them in a freezer.



## Fun facts

- Herbs and spices are often mixed up. Herbs come from the leafy part of the plant, whereas spices come from other parts such as the roots, seeds, flowers, berries, bark and stems.
- A herbalist is a person who works with herbs and other natural ingredients to help heal people.