Camp Delicious! Video: “All About Herbs”
Whether you have a large garden in the country or a small window-box garden in an urban area, educator, environmentalist, and gardening enthusiast Will Tolliver Jr. shows you how to grow, care for, and cook with fresh herbs! See step-by-step demonstrations to start a “pizza garden,” “tea garden,” or “salsa garden,” and then discover recipes to dial up the flavor in your favorite recipes using fresh herbs!

LEARN MORE ABOUT GROWING HERBS, DISCOVER THE HISTORY OF HERBS, AND ENJOY FUN FACTS ABOUT USES FOR HERBS IN AND OUT OF THE KITCHEN!

International Herb Association - Celebrate the 2020 Herb of the Year!
Yes, there is an Herb of the Year, celebrated each year during the week prior to Mother’s Day. The 2020 Herb of the Year is the genus Rubus (blackberries, raspberries, et al.), also known as brambles. Check out this list of past Herb of the Year honorees and then enjoy some bramble berries to celebrate 2020’s herb honoree!

The Farmer’s Almanac – Herb Growing Guide: Learn When to Plant and How to Grow Common Herbs
Discover guidelines for growing herbs where you live.

Better Homes & Gardens – Herb Care Guide
One-stop advice for planting, caring for, and growing herbs at home.

Food Network – Guide to Fresh Herbs
Explore recipes, herb guides, and more – and start spicing up your life with fresh herbs!

Better Homes & Gardens - Grow a Pizza Garden!
Learn the basics of making delicious pizza with herbs and vegetables you grow on your own!

LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on Facebook, Instagram and Twitter.
The Spruce – What to Grow in a Salsa Garden
Grow your own ingredients to make this spicy snack!

Gardening Channel – How to Grow, Care for, and Harvest Your Own Tea Garden
We think tea tastes even more delicious when you use tea leaves grown in your own garden!

The National Herb Garden – US Dept. of Agriculture
Tour the National Herb Garden, located at the US National Arboretum in Washington, D.C., and learn about the central role herbs have played in many societies for centuries.

Herb Society of America (HSA)
Find recipes, growing tips, and explore the HAS’s online Library Collection with over 3,500 volumes covering a range of topics related to herb gardening.

HGTV – Easy Herbs to Grow Indoors
Enjoy fresh herbs year-round with this guide to some of the heartiest indoor varieties.

Apartment List – Apartment Gardening for Beginners – Tips and Tricks
No farm? No problem! Follow these tips for gardening in small spaces!

Herbal Medicine – SAFETY and HISTORY – Penn State Hershey – Milton S. Hershey Medical Center
Herbs can be used for health and medicine but strict, evidence-based scientific data must be observed when deciding which herbs to use and how to use them safely. Learn more at this link.

American Herbalists Guild – Association of Herbal Practitioners
Explore the fundamentals of herbal medicine and then conduct more research at these links about herbal practitioners, listed in the National Library of Medicine

The Herbal Academy – Herbal History: Herbalism Through the Centuries
Evidence of herbal use by humans dates back centuries! In fact, the first written record of the use of herbs for medicine was over 5,000 years ago in ancient Mesopotamia! Learn all about ancient use of herbs and how herbs are still used today in a variety of cultures.

Smithsonian Center for Folklife and Cultural Heritage – Healing Herbs: Folk Remedies in Armenia
Discover one culture’s fascinating history using herbs, and passing traditions from generation to generation.

ALWAYS wash your hands before handling food and eating!
- Centers for Disease Control and Prevention – Food Safety in the Kitchen
- CDC – Show Me the Science – How to Wash Your Hands
- World Health Organization – How to hand wash with soap and water

Got a question about herbs? Have a tip to share about growing them indoors? Share it here!
LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on Facebook, Instagram and Twitter.

You can email your story to us at luminari@luminari.org

Learn more about attending Luminari’s in-person Camp Delicious! and explore scholarship opportunities: Camp Delicious!