



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!

[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!

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

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