

Bountiful Benefits of a Home Herb Garden

If you ever start growing herbs at home in your own herb garden, you'll wonder how you ever lived without them. Almost everyone who gives it a try loves it from the start. Their gardens get a little bigger every year, and so do the rewards of the harvest.

Having your own herb garden is a great way to get the benefits of herbs without the high cost. Herbs from the grocery store can be remarkably expensive. Tiny containers of fresh herbs come with surprisingly high price tags.

On the other hand, you get a lot of bang for your buck when you buy packets of seeds instead. Many plants come from one packet, and each plant produces herbs for a long time. Even when you include the costs associated with growing herbs at home, you still come out way ahead.

Another benefit of a home herb garden is the relaxation factor. Herb gardening is an excellent way to relieve stress and reduce anxiety. Actually, almost any type of gardening seems to produce this effect. But herb gardening adds the benefits of aromatherapy.

The beauty of herbs is that they are not difficult to grow at all. They seem happy in almost any location and aren't fussy about maintenance. Herbs can be planted in your garden, or grown in containers for mobility. And again, herbs will grow just about anywhere, making them a good choice for beginning gardeners.

Although you may be thinking about small herb pots in the kitchen window, herbs can also add to your outdoor landscape. Most herb plants are very pleasant to look at, so they look great along a walkway, on porches or steps, nestled amongst the flowers or grouped into their own garden area.

And just wait until you taste the food you can make with fresh herbs. There is simply no comparison with spices from a jar. As soon as your family tastes the difference, they will praise your cooking daily.

Not only are fresh herbs tastier, they are more nutritious. Depending on the herb, you'll be getting extra amounts of minerals, vitamins and antioxidants. So not only do they make the food taste better, they make it better for you. Where else can you get a deal like that?

If you need any more reason to start an herb garden, there's more. Herb gardens can increase the value of your home, simply because so many people would like to have their own. When prospective buyers see your established herb garden, the value of your house goes up.

You may have a fully-stocked supermarket right around the corner from your house. But if you don't, just imagine all of the herb varieties you'll be able to grow at home--exotic ingredients you could never get hold of otherwise.

Finally, think of all the new friends you'll make. Your garden will produce a never-ending supply of special ingredients that will delight your family, friends and neighbors.

About the Author

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