

FACTSHEET

You might think the herbs in your kitchen or garden are just for cooking. But herbs are a lot more interesting and useful than you think...

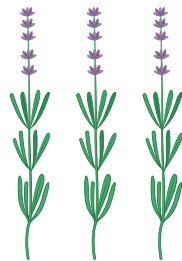
HEALTHY HERBS

Did you know that herbs can be good for your health? They have been used in medicines for thousands of years! Here are some ways they can help:



CLOVE

Is sometimes used to help with toothache



LAVENDER

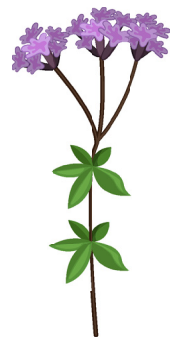
Helps people who have trouble sleeping

DID YOU KNOW?
Most lavender is blue and purple, but you can also get pink and yellow



MINT

Can help with a tummy ache



OREGANO

Can help to fight viruses

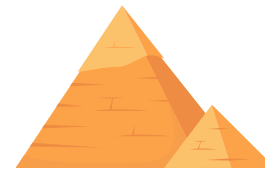


SAGE

Scientists found that sage can help with your memory

HERBS AROUND THE WORLD

Over the years people all over the world have found unusual uses for herbs. From the weird to the wonderful, here are some of our favourites...



BASIL & LAVENDER

These herbs were buried with Egyptian mummies in pyramids to protect them



ROSEMARY

In the Mediterranean, rosemary is lucky and given to couples at their wedding



FENNEL

In India, people eat sugar-coated fennel seeds to stop bad breath

DID YOU KNOW?
There are over 600 types of mint - like orange mint, apple mint, and even pineapple mint!



MINT

Greeks believed that mint could cure hiccups



SAGE

Sage was used by the Romans in special celebrations to provide wisdom