

Emma S. Barrientos

# Mexican American Cultural Center



# Healing Garden

600 River St, Austin, TX 78701



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**Spinach:** an excellent source of Iron and Calcium, Spinach is rich with vitamins and minerals the body needs to maintain overall health. **Best time to plant:** Spring or Late fall.



**Swiss Chard:** part of the beet family, Swiss Chard has three times the recommended amount of Vitamin K, making it an excellent addition to any meal, raw or cooked. **Best time to plant:** Early Spring or Late fall.



**Rosemary:** this herb is used for *limpias*, or spiritual cleansings. It has also been known to enhance memory and boost the body's immune system. **Best time to plant:** Perennial but Spring/Summer with full sun.



**Mint:** known for its fresh, sweet aroma. In Spanish, mint is referred to as Yerba Buena or "good herb". It contains a high amount of iron and vitamin A. **Best time to plant:** During the fall or full sun.



**Tomato:** originated in Central America, tomatoes can come in a variety of colors. Tomatoes are full of vitamin C, potassium, and antioxidants. **Best time to plant:** Mid Summer through early Fall.



**Broccoli:** a classic vegetable that offers many health benefits including fiber for healthy digestion and antioxidants. **Best time to plant:** early Spring or late winter.



**Green Onion/Chive:** an effective antioxidant and anti-histamine commonly used as a traditional cold treatment by chewing on the stems. **Best time to plant:** October to December.



**Strawberry:** Native Americans called strawberries "Heart-seed berries". It is actually considered a fruit, not a berry due to the seeds growing on the outside. **Best time to plant:** Spring or Fall.



**Mexican Marigold:** used as decoration for altars during Dia de Muertos and are said to attract the souls of the dead. Medicinally, the leaves can be used for reducing inflammation and improving skin health. **Best time to plant:** Spring/Summer.



**Jalapeño:** named after the city of Xalapa, Veracruz where it was originally produced. Jalapeños are high in vitamin C and A, and Potassium. **Best time to plant:** mid-Spring to midsummer.



**Bell Pepper:** a staple in Latin American cuisine from where it originates, bell peppers come in many colors such as red, yellow and green (unripe). **Best time to plant:** Late fall.



**Lavender:** used in aromatherapy and to cure ailments. This common herb is useful as an antiseptic, an antibacterial and an effective insect repellent. **Best time to plant:** July to Oct.



**Mexican Petunia:** this perennial plant grows well in dry or desert climates. It is invasive, as it can easily spread if left unkept. **Best time to plant:** Early Spring.



**Lemongrass:** also known as "citronella grass." This herb has a floral, lemony aroma that is used in herbal teas and aromatherapy. **Best time to plant:** Spring.



**Oregano:** can be used fresh or as a dry spice in cooking and for medicinal benefits. Oregano has four times more antioxidants than blueberries. **Best time to plant:** early to mid-summer for optimal heat.



**Kale:** this superfood contains antioxidants that help lower blood pressure and reduce inflammation. **Best time to plant:** Early Spring or Fall.



# Fall/Winter 2021



At the ESB-MACC Healing Garden we grow herbs, fruits and vegetables that can be used for everyday meals and health. If you are interested in gardening or sharing in our harvest, join us for one of our workdays.

Volunteers work hands-on maintaining the garden and its infrastructure. Please dress comfortably and appropriately for the weather. Contact us at [512.974.3773](tel:512.974.3773) or [maccgarden@austintexas.gov](mailto:maccgarden@austintexas.gov). For more information, visit: [austintexas.gov/esbmacc](http://austintexas.gov/esbmacc)