



Watermelon: Part of the gourd family, and classified as a fruit and a vegetable. Watermelon is rich in Citruline, an amino acid that assists in lowering blood pressure. **Best time to plant:** Spring



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.



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.



Eggplant: The name refers to how certain varieties of eggplant resemble white eggs. Eggplant is an excellent source of fiber and antioxidants. **Best time to plant:** late April to early May.



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.



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.



Okra: Es una fruta que se usa en platos cajún como el Gumbo. La okra es rica en fibra dietética y vitamina A, C y K. **Best time to plant:** Spring.



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



Basil: Used in cuisines worldwide. The leaves may taste of anise, with a strong, often sweet smell. Basil is rich in vitamin K and calcium. **Best time to plant:** Summer.



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.



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.



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.

Emma S. Barrientos Mexican American Cultural Center



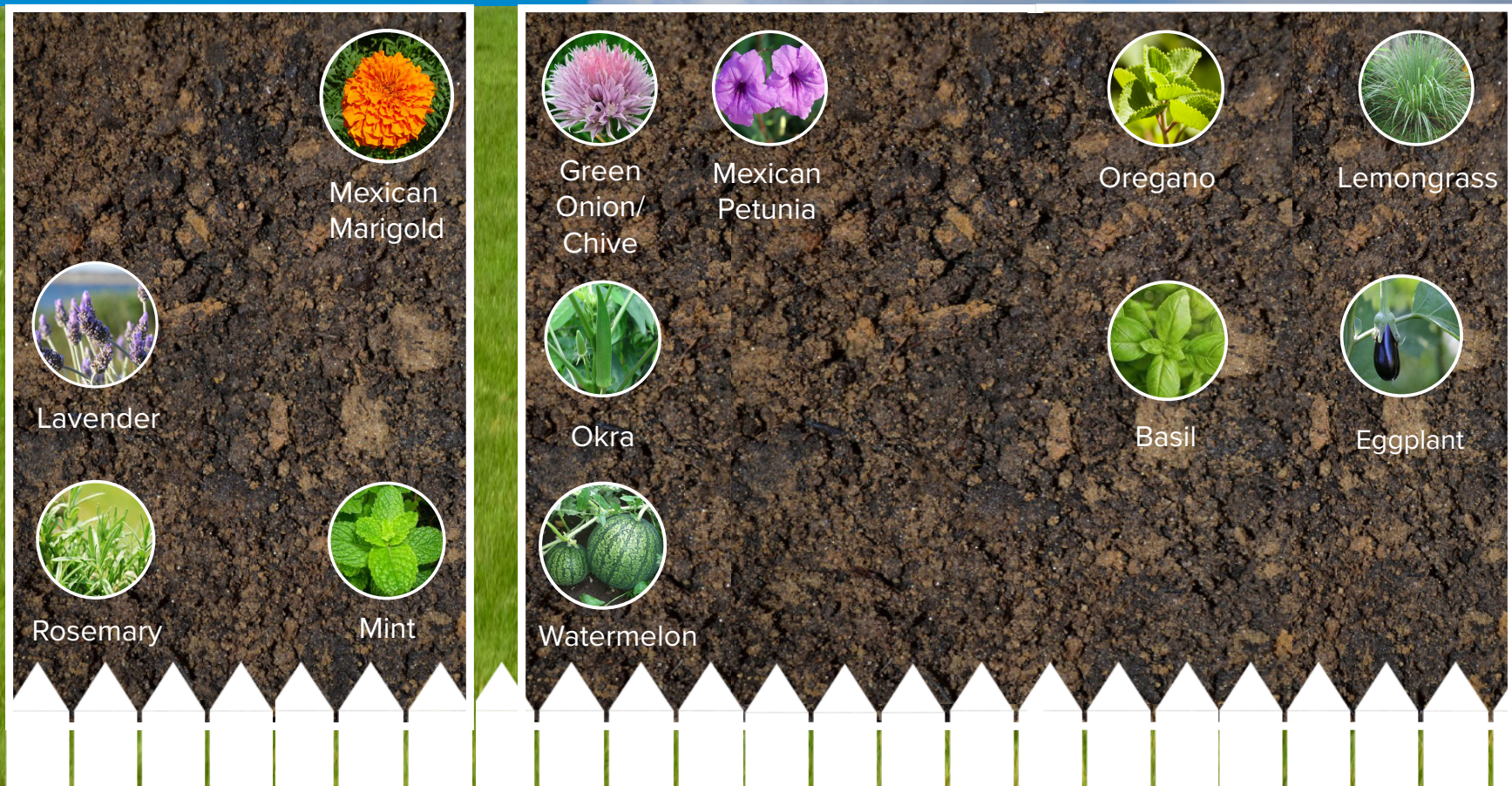
Healing Garden

600 River St, Austin, TX 78701



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Cultural Center

Summer 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. For more information, visit: austintexas.gov/esbmacc