



**Mexican Mint Marigold:** indigenous people of Mexico valued its medicinal benefits, such as removing intestinal parasites and soothing upset stomachs. **Best time to plant:** Late Spring.



**Eggplant:** named from the varieties of eggplant resembling white eggs. Eggplant is an excellent source of fiber and antioxidants. **Best time to plant:** late April to early May.



**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:** 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.



**Sage:** Indigenous peoples of Central and South America have burned sage for centuries as a spiritual ritual. **Best time to plant:** Spring or Fall.



**Cuban Oregano:** can be used fresh, as a dry spice in cooking, or for its medicinal benefits. **Best time to plant:** early to Midsummer.



**Cilantro:** used in traditional medicine for hundreds of years. It is an excellent source of dietary fiber and also contains Vitamin A, C, and E. **Best time to plant:** Late 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.



**Ornamental Peppers:** the peppers grow in a wide range of colors, while the peppers are edible, some are considered too spicy. **Best time to plant:** Late Spring.



**Firewheel:** the pinwheel flower heads holds a symbolic meaning in Native American cultures. It is often associated with warmth, strength, and endurance. The flower's vibrant colors are representative of the sun and its life-giving energy. **Best time to plant:** late Fall or early Spring



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



**Chamomile:** commonly used in herbal teas for thousands of years in traditional remedies that treat digestive ailments. **Best time to plant:** Late Spring.



**Sugar snap Peas:** an excellent source of folate which has been proven to aid in pregnancy and vitamin K which is important for bone health. **Best time to plant:** Spring.



**Thyme:** this aromatic herb, is full of potassium and has many antibacterial properties. **Best time to plant:** Spring.



**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.



**Purple Cabbage:** the darker color of the cabbage indicates a higher concentration of antioxidants. **Best time to plant:** Fall.



**Mexican Honeysuckle:** its bright orange flowers attract hummingbirds and other pollinators. Artists use the extract as a natural paint or dye for clothes and crafts. **Best time to plant:** Late Spring.



**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:** Fall.



**Chives:** 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.

# Emma S. Barrientos

## Mexican American Cultural Center



# Healing Garden

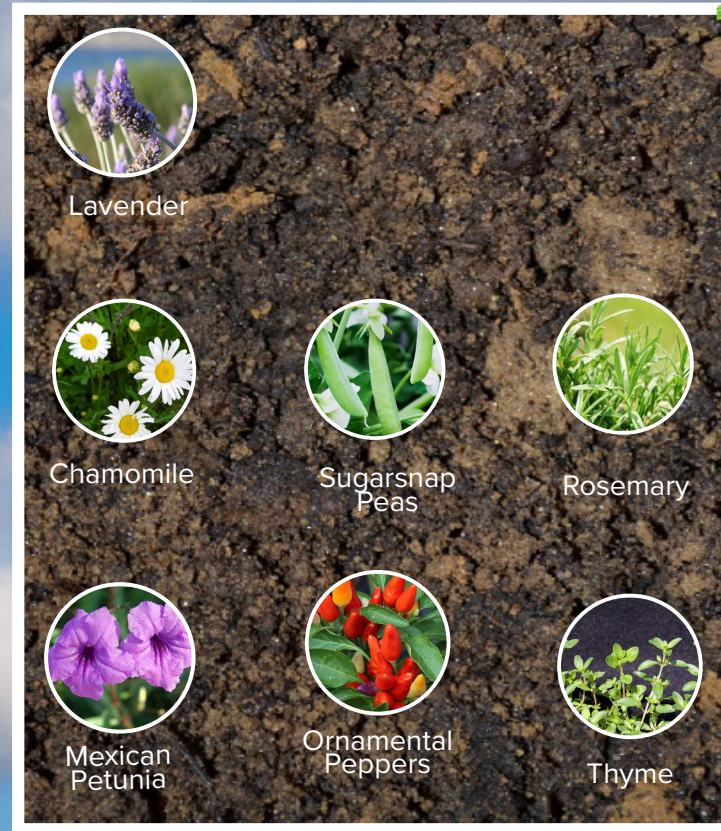
1160 Lone Oak Trail,  
Sunset Valley, TX 78745



Emma S. Barrientos  
Mexican American Cultural Center



# Fall/Winter 2023



The ESB-MACC Healing Garden has been temporarily relocated to Sunset Valley Organic Community Garden. 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 Lorie Martinez at 512.974.3773 or [maccwellness@austintexas.gov](mailto:maccwellness@austintexas.gov). For more information, visit: [austintexas.gov/esbmacc](http://austintexas.gov/esbmacc)