


Emma S. Barrientos

Mexican American Cultural Center




Healing Garden


1160-5998 Lone Oak Trail,
Sunset Valley, TX 78745




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.




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: a member of the mint family. Packs a high amount of antioxidants along with anti-bacterial properties. Indigenous peoples have burned sage for centuries as a spiritual ritual. **Best time to plant:** Spring or Fall.



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.



Begonia: There are roughly 1000 kinds of begonias. Mainly used as an ornamental flower, begonias have also been used to treat burns and kidney ailments. **Best time to plant:** Late winter.



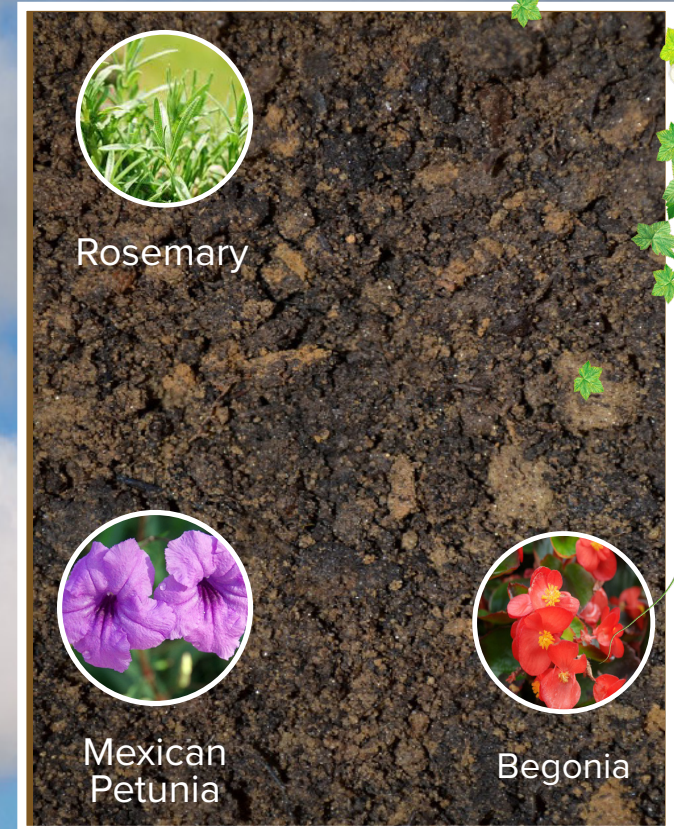
Oregano: can be used fresh or as a dry spice in cooking and for medicinal benefits. Oregano has four times more antioxidants than blueberries. **Best time to plant:** early to Midsummer.

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.



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Winter 2022



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 maccgarden@austintexas.gov. For more information, visit: austintexas.gov/esbmacc