



# THE AT HOME APOTHECARY'S GUIDE TO SEASONAL SELF CARE

SUMMER EDITION

## **COOLING HERBS & MOCKTAILS**

Recipes to keep cool & beat the summer heat

## **EAT FRESH & IN SEASON**

Seasonal produce & herb guide

## **HERBAL INSECT REPELLENT**

Keep the bugs away, naturally



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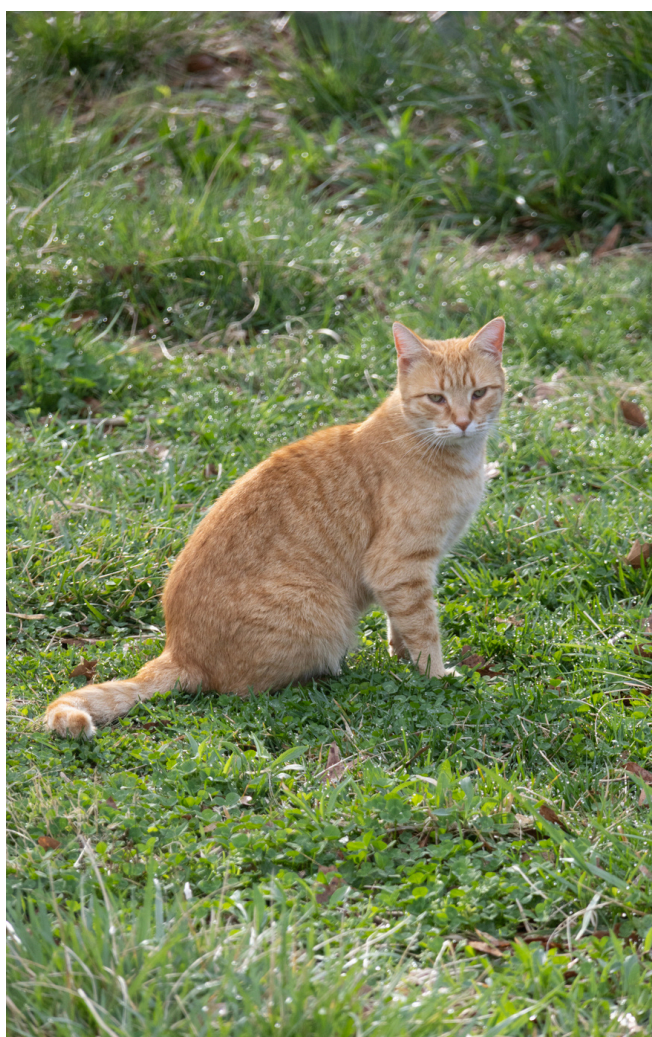
# SUMMER ON THE FARM

Summer on an herb farm brings reprieve from weeks of seed starting and sowing young plants in the ground, but is the start of our busiest season. And this season we've been growing more, and staying busier than ever!

With warm weather coming early this year, our perennial herbs broke ground early too, so we've been harvesting Mountain Mint, Lemon Balm, Yarrow, and Passion Flower on an almost weekly basis. By the end of April this year, we had harvested more plant material than we had gathered over all of last summer combined!

All of this abundance in plant material means we've gotten to be really creative, and just as abundant in crafting our summer remedy line.

Which, because of the addition of a produce garden and a lot more culinary herbs being grown on the farm, we've gotten to focus in on expanding our selection of seasoning salts, and food products like infused vinegars this summer. It's been a really lovely confluence that I hope can help continue us all to eat and live with the seasons.





# SEED TO SPICE

Transforming fresh herbs into home grown seasonings

## Step 1:

Sow your seeds in damp soil. Most herb seeds are small, and are sown close to the surface of the soil.

### Start Indoors:

Echinacea, Arnica, Basil, Sage, Yarrow

### Sow Directly:

Chamomile, Calendula, Skullcap, Milky Oats, Milk Thistle, Hyssop, Catnip, Comfrey, Feverfew, Lemon Balm, Stinging Nettle, Valerian

### Needs Stratification:

Burdock, Chaste Tree, Lavender, Motherwort, Passion Flower

## Step 2:

Care for your seedlings. They need water, sunlight, and nutrients from the soil. Small seedlings need extra attention in their early stages.



Young seedlings are susceptible to root rot if overwatered, pests and fungus in the soil, and can quickly be overtaken by too much sun and wilt beyond repair.

Keep your seedlings in the shade, where they can still get a few hours of gentle sun a day.

## Step 3:

Prune your culinary herbs often to encourage regrowth. Plants in the mint family will double in size when pruned appropriately. Small amounts of home grown, fresh or dried herbs are also great to use in pickling recipes!

## Step 4:

Wash and dry the clippings from your herbs for later use. Once dry, store your herbs in an airtight jar in a cool dry place.

Adequate airflow and low humidity are the most important factors in drying herbs. The best quality herbs are also dried out of the sun to keep medicinal compounds and flavorful terpenes from breaking down. You can hang bundled herbs upside down until they are dry, or clip each leaf and dry it on a drying rack or in a dehydrator. When using a dehydrator, keep the temperature low to ensure a good preservation on your herbs.



# SEED TO SPICE

Transforming fresh herbs into home grown seasonings

## Step 5:

When your herbs begin to flower, its time to decide between harvesting the whole plant, or seed saving for next year. Most herbs, including basil varieties and tea herbs such as chamomile, hyssop, lavender, and bee balm are all harvested during their flowering period because the most potent compounds and flavors are held in the flowering parts of the plant. Be gentle and take care when washing and processing flowers for preservation. They are easy to break and bruise, which will affect how they preserve.

## Step 6:

If you decide to harvest the entire plant for use in your kitchen, wash and dry the plant material as you did with your clippings. You can use the fresh plant material for cooking, however if you want to make spice blends or medicinal preparations, you will want to dry the plant material.

## Step 7:

Powder or finely grind your dry herbs, and start experimenting with making your own culinary spice blends. Dried herbs and spice blends will keep for 1–3 years in an airtight jar, in a cool dry place. The freshest and most flavorful herbs are used within 1 year of dehydrating. You can also dehydrate produce like bell peppers to make paprika, or chili peppers to make red pepper flakes. Many seeds are also used in culinary seasoning. Fennel seed, mustard seed, and coriander seed can all be grown in the garden, and processed in the home kitchen.





# HERBS TO BEAT THE HEAT

## Peppermint

*Antispasmodic, Digestive, Cooling, Analgesic, Antacid, Antiemetic, Carminative, Decongestant*

Peppermint is a digestive herb which relieves indigestion, gas, and bloating. The entire plant has an antispasmodic effect on the digestive system, increases bile, and relaxes gut muscles, reducing nausea and cramps. Peppermint is antimicrobial, and analgesics, making it a great topical remedy for headaches and muscular pain.

## Lavender

*Sedative, Digestive, Antibacterial, Cooling*

This herb has a wide variety of uses, internal and topical, from treating burns, to aiding with indigestion. As a tincture, Lavender can be used for stress and nervousness, headaches, and digestion.

While topically the herb can be used for burns, muscle aches, and skin problems like rashes.

## Lemongrass

*Antispasmodic, Anti-inflammatory, Diaphoretic, Nervine, Cooling, Diuretic*

Lemongrass is aromatic and cooling, helping to increase perspiration and the body's natural cooling mechanisms. It is beneficial for stimulating digestion, and can be helpful to the nervous system when feeling overheated and overwhelmed.







## **Chamomile**

***Sedative, Vulnerary, Anti-inflammatory, Cooling, Anodyne, Antacid, Antemetic, Balsamic, Nervine***

Chamomile is most commonly used as a sedative. It can be consumed as a tea or tincture to promote rest, soothe nervousness, and ease an upset stomach. It can be used to reduce inflammation internally and bring a cooling effect to the body.

## **Lemon Balm**

***Antiviral, Antibacterial, Antimicrobial, Antioxidant, Anti-inflammatory, Digestive, Sedative, Cooling, Antispasmodic, Carminative***

Lemon Balm is a remedy for sleeplessness. It has also been used as a mild depression and digestive aid. The leaves can be made into a balm for its anti-inflammatory and antibacterial properties. The plant is best used as a tea since it has a naturally delicious flavor, but a tincture can also be used for digestive upset, cramps, and with seasonal allergies.

# HERBS TO BEAT THE HEAT



# USE OUR HERBAL TONICS TO COOL THE BODY IN THIS HYDRATING SWITCHEL RECIPE

2 cups Water  
1 tbsp Herbal Tonic  
1-2 tbsp Molasses or Honey  
1/8 tsp Salt  
Optional: add cayenne or ginger  
in 1/2 tsp amounts

## **Cooling Herbal Tonics:**

Mugwort, Mint, Lemon Verbena

Skullcap, Lemongrass, Red Raspberry Leaf



**[Click Here to Shop our Tulsi & Blueberry Vinegar](#)**

Tulsi- Antioxidant, Cooling, Gentle Nervine  
A fruity and floral basil variety

## BLUEBERRY TULSI LEMONADE

10-12oz Lemonade  
.5oz Blueberry Tulsi Vinegar







# LET THE SEASON GUIDE YOU

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# WHAT'S FRESH?

**Basil**

**Beans**

**Beets**

**Blackberries**

**Blueberries**

**Bok Choy**

**Broccoli**

**Carrots**

**Cabbage**

**Cantaloupe**

**Chamomile**

**Chives**

**Cilantro**

**Collards**

**Corn**

**Cucumbers**

**Eggplant**

**Fennel**

**Garlic**

**Green Onion**

**Lavender**

**Lemon Balm**

**Marjoram**

**Kale**

**Lettuce**

**Oregano**

**Okra**

**Onions**

**Parsley**

**Peaches**

**Peas**

**Peppers**

**Peppermint**

**Plums**

**Potatoes**

**Radishes**

**Rosemary**

**Sage**

**Strawberries**

**Squash**

**Tomatoes**

**Thyme**

**Watermelon**

**Zucchini**





The At Home Apothecary



**Green Gardens**  
A Seasonal Spice Blend

Farm Grown  
Spartanburg SC  
1 Fl oz





[Click Here to Shop our Farm Grown Seasoning Salts](#)









# Herbs & The Bugs They Deter

**Basil**– Gnats & Flying insects. Can be planted in the garden or applied topically.

**Catnip**– Mosquitoes, Flying insects, Roaches, & Flea Beetles. Can be planted in the garden or applied topically.

**Cedarwood**– Ants, Fleas & Ticks. Best when applied topically.

**Citronella Grass**– Mosquitoes & Flying insects. Can be applied topically, grown in the garden, or diffused.

**Geranium**– \***Photosensitive**– Mosquitoes, Gnats, & Flying insects. Best when applied topically.

**Lavender**– Mosquitoes, Moths, & Flying insects. Can be planted in the garden, or applied topically.

**Lemon Balm**– Mosquitoes, Gnats, & Flying insects. Can be planted in the garden, or applied topically.

**Pennyroyal**– Mosquitoes, Ants, Ticks, & Fleas. Can be planted in the garden or applied topically.

**Rosemary**– Mosquitoes, Gnats, & Flying insects. Can be planted in the garden, or applied topically.

**To receive the most benefit from plants in the garden, interact with them. Gently rub their fragrant oils onto clothes and skin, being mindful of possible topical interactions.**



[Click Here to Shop our Essential Oil Based Insect Repellent](#)



[Click Here to Shop our Cedarwood Hydrosol](#)





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WE OFFER SHIPPING,  
LOCAL PICKUP, &  
LOCAL DELIVERY  
WITH FREE DELIVERY ON  
FRIDAYS!



# WHAT PEOPLE ARE SAYING



**The At Home Apothecary is the best of the best! From delicious mocktails to useful natural remedies, you can't find a better Apothecary in the Upstate. Chase is extremely knowledgeable and has taught me so much about plants and medicine. Couldn't recommend them enough!**

**-Wren**



**I absolutely love the mugwort hydrosol! One of my favorite things about it is knowing that it is locally crafted with ingredients I can trust. The quality really shows and my skin responds so well to it. I use it every morning on a cotton round as a gentle cleanser and it leaves my skin feeling refreshed and balanced. I also spritz it between skincare steps to add extra hydration and help my products absorb. It's become a staple in my routine and I appreciate having such a versatile product that supports healthy, happy skin. Highly recommend!**

**-Emily**



**Top notch products all around. I love that products are grown locally on their own farm and fully processed by hand. The amount of knowledge, intention, and soul put into each product is truly evident.**

**-Caroline**

