



nama®

A GUIDE TO FRESH
SUMMER HERBS

THE BEAUTY of FRESH SUMMER HERBS



Culinary herbs and spices possess a healthy dose of nutrition and add rich aromas and flavors to juices, smoothies, vinaigrettes, and salads. When compared by ounce, herbs tend to offer a more dense amount of vitamins and nutrients than most vegetables.



HERBS

A simple definition for an herb is any plant used for healing. An herb can be any form of a plant or plant product, which can be sold raw, dried, or as an extract.

Culinary herbs are the green leafy parts of edible plants found in grocery stores, farmers' markets, or grown at home in containers or in your garden. Examples include basil, rosemary, and thyme.

SPICES

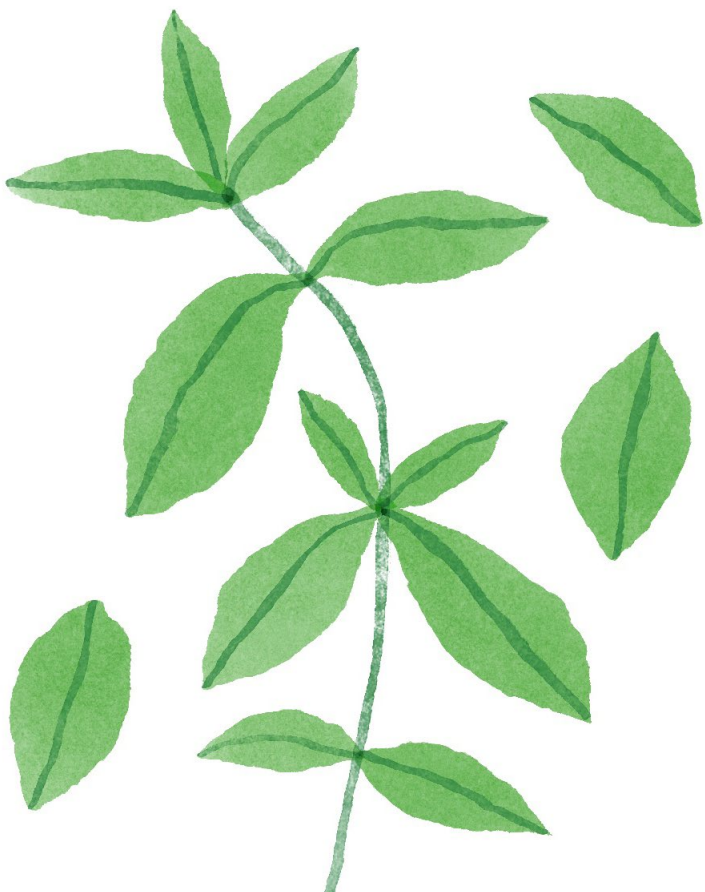
Spices come from the seeds, roots, stems, bark, and fruit of plants. They are usually sold ground and can be used to help flavor any juice, smoothie, or meal. Examples include cinnamon, ginger, black pepper, and turmeric.

Some plants can become both herbs and spices. Examples include cilantro and dill. Cilantro is the aromatic leaf of the plant, while coriander comes from the seed of the plant to make a spice. Dill also produces seeds that are used as a spice, while the leaves can be used as an herb.

the POWER of HERBS

About 60 percent of the world's population relies on herbal medicine and about 80 percent of the population in developing countries depends almost entirely on it for their primary health care, according to the World Health Organization.

The use of herbs as medicine goes back more than 5,000 years. For most of human history, herbal medicine was the only medicine available. Even today, many allopathic medicines are derived from herbs and plants, thanks to their therapeutic properties.



Herbs and spices offer potent anti-inflammatory and antioxidant benefits, support heart health, exercise recovery, immune function, gut health, mood and cognition, hormones, detoxification systems, and so much more.

They have the highest ORAC score of any other plants (ORAC stands for Oxygen Radical Absorbance Capacity), which measures the total antioxidant capacity, or the concentration of nutrients to help fight harmful free radicals in the body. Culinary herbs are not just delicious, but they also act as gentle plant medicine.



“If you use herbs
in cooking, then
you’ve already
taken the first step
in using herbal
medicines.”

– Rosemary Gladstar in her book, *Medicinal Herbs: A Beginner’s
Guide: 33 Healing Herbs to Know, Grow, and Use.*

A top-down photograph of various fresh herbs. In the upper left, a white bowl is filled with dill. To its right is a whole head of garlic with purple stripes. Below the dill, there's a bunch of cilantro and a small bowl containing thyme and a lime wedge. To the right of the lime wedge is a small white plate with fresh basil leaves. In the lower right, there are pieces of ginger root. At the bottom of the image, there are more bunches of cilantro, mint, and sage. The background is a light blue surface.

KEEPING HERBS *FRESH*

Buying or growing your own fresh herbs is a great way to add flavor and extra nutrition to your meals. To preserve them, wash herbs to remove any dirt or small bugs. After that, get a damp cloth and wrap it around the stems and store in a bag in the crisper drawer of your refrigerator. Alternatively, you can fill a jar or glass with water and keep herbs in the container on the counter. Don't forget if you are growing herbs in your yard or in containers, the more you pick or harvest them, the more they will grow and flourish.



PRESERVING HERBS

DRY YOUR HERBS

If you can't use all your herbs fresh, dry them to use later in the season and throughout the year.

Drying is a great method to preserve your most-used culinary herbs such as:

- Lavender
- Parsley
- Thyme
- Rosemary



FREEZE YOUR HERBS

You can also freeze fresh herbs in water by finely chopping them and adding them to ice trays with water. Once frozen, you can add an ice cube to a smoothie or soup.



HOW TO DRY YOUR HERBS

1. STRIP THE LEAVES OFF THE LOWER QUARTER OF THE STEM.
2. GATHER INTO A SMALL BOUQUET, ABOUT 4-6 STEMS.
3. TIE INTO BOUQUETS WITH ABOUT 12 INCHES OF TWINE.
4. HANG IN A WARM, DRY SPOT THAT HAS GOOD AIRFLOW NEAR AN OPEN WINDOW WITHOUT DIRECT SUNLIGHT. HERBS CAN TAKE UP TO FIVE DAYS TO DRY. THEY ARE READY WHEN THE LEAVES CAN CRUMBLE BETWEEN YOUR FINGERTIPS.
5. TO REMOVE LEAVES, PINCH THE STEM AND RUN YOUR FINGERS FROM STEM TO TIP.
6. TRANSFER DRIED HERBS INTO JARS, AND STORE IN A COOL, DARK PLACE, SUCH AS A SPICE DRAWER.

USING DRIED HERBS:

Crumble dried herbs like basil, oregano, and parsley into your container and use to season cooked foods or dressings. You'll notice they have much more flavor than dried herbs from the store.

Keep large leaves like mint, lemon balm, or dandelion whole to make teas. Simply add dried leaves to the bottom of a mug, or use a tea strainer, and pour boiling water on top. Let it steep for up to 20 minutes. Fresh dried herbs will last up to one year in a sealed container.

OUR FAVORITE

SUMMER HERBS



BASIL

Many varieties and colors of basil exist including sweet, Thai, holy, lemon, and purple. The leaves of basil are thin, oval-shaped, and fragrant. Basil has a sweet, peppery flavor. This herb provides anti-inflammatory benefits, supports blood sugar management, helps modulate* stress response, and supports immune and detoxification systems.

Pairs well with: tomatoes, berries, cucumber, watermelon



CHIVES

Typically used as a garnish, chives are a long, thin bright green herb that are part of the allium family. They maintain a mild onion-like flavor, less pronounced than a large onion. You can try them to spice up a juice and to add some beneficial vitamins such as A, C and K, along with calcium and potassium. Chives also possess a small amount of choline, which is a nutrient known to help with mood and memory.

Pairs well with: tomato, cucumber, bell pepper

CILANTRO

Cilantro is easily mistaken for parsley, as both herbs have bright green leaves. It has a citrus flavor for most people, though some experience it as a bit soapy. Cilantro helps support elimination of heavy metals in the body, supports brain health, contains antibacterial compounds, and also helps manage blood sugar.

Pairs well with: greens, pineapple, apple, lime, cabbage



DILL

This herb, also called dill weed, grows tall in the garden with sweet-smelling, flowering heads and feathery leaves. Dill has a fragrant flavor with a slight licorice-like taste. Traditionally, it has been used to help ease an upset stomach and treat other gastrointestinal issues, along with bad breath. It's full of vitamins A, C, and manganese.

Pairs well with: beets, carrot, cucumber, greens, lemon



LAVENDER

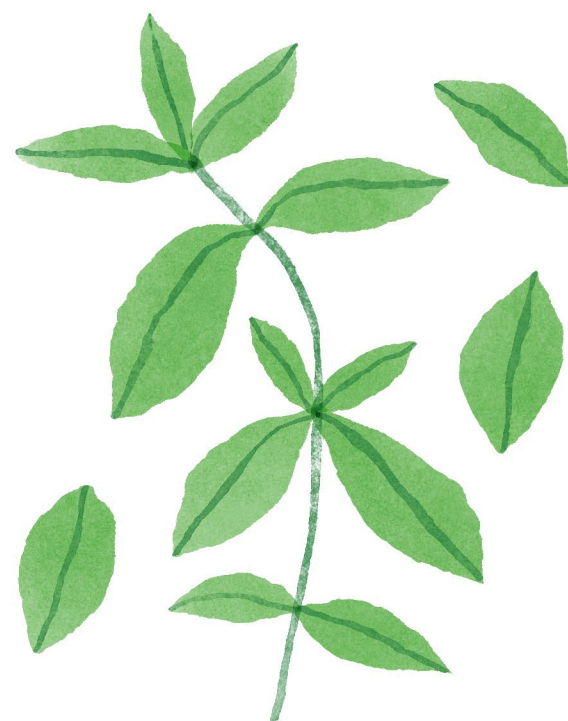
This low-lying bushy flowering plant has long stems and small, pale purple buds. It tastes faintly floral and herbaceous. For this fact, a little lavender goes a long way. It's a wonderful addition to lemonade or fruit salads. Culinary lavender is sold both fresh and dried at many online spice stores, farmers' markets, and health foods stores. It is often used to treat migraines, cramps, or sleep issues in herbal and folk medicine.

Pairs well with: lemon, apple, peach

MINT

There are dozens of plants that belong to the genus *Mentha* or mint family, including spearmint and peppermint. This cooling green herb is known for its refreshing flavor. It also has many health benefits such as supporting gut health, constipation, and helping relieve IBS symptoms, as it contains a compound called menthol that helps relax the smooth muscles in the colon. Peppermint has also been shown to help with PMS symptoms and nausea.

Pairs well with: grapefruit, pineapple, lime, orange





OREGANO

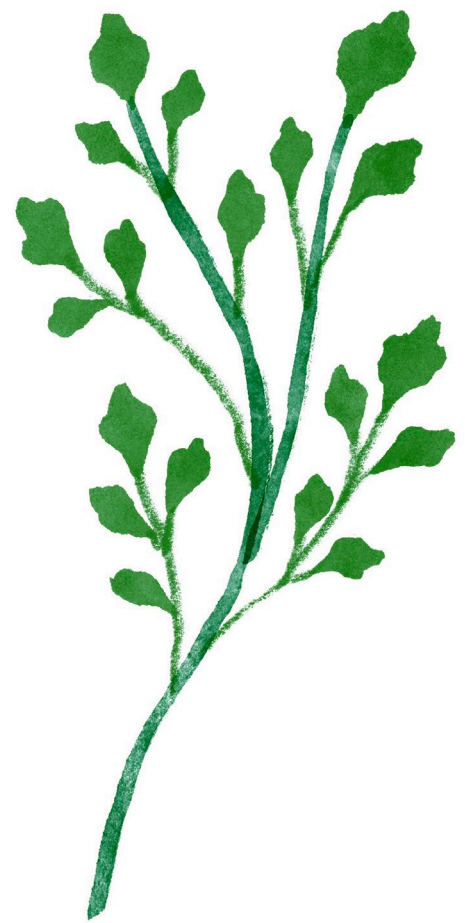
One of the most popular herbs in cooking Italian or Greek food, most people associate the taste of oregano with pizza. It gives it that zesty, pungent flavor. The oregano plant is native to the Mediterranean, but this small, woody shrub can grow in most sunny, warm environments. It is a good source of vitamin K, antioxidants, and other powerful plant compounds including carvacrol, thymol, and rosmarinic acid, which offer antibacterial and immune supportive properties.

Pairs well with: bell pepper, tomato, lemon, leafy greens

PARSLEY

You'll typically find two types of this fresh, green herb: curly leaf and flat leaf. The curly kind, also known as French parsley, has a mild flavor and is often used as a garnish, while the flat kind, also called Italian parsley, has more of a grassy flavor and tends to be used in cooking and juicing. Parsley is known for its benefits on phase 1 and 2 liver detoxification, as well benefiting the microbiome, immunity, and digestion. Parsley acts as a natural diuretic and may help relieve water retention and bloating, while supporting digestion and kidney health. Parsley also provides natural antibacterial and antifungal support. It's a great source of vitamins A, K, and folate.

Pairs well with: leafy greens, apple, lemon, lime



ROSEMARY

This shrub has long dark green stems and short, fragrant, needle-like leaves. It offers a lemon-pine scent, so a little bit of fresh rosemary goes a long way in any juice or meal. Rosemary is full of manganese, which is great for metabolic health. It also contains carnosic and rosmarinic acids that exhibit powerful antibacterial, antiviral, and anti-fungal properties.

Pairs well with: lemon, grapefruit, pomegranate, watermelon



SAGE

This light green herb belongs to the mint family and is also referred to as common sage or garden sage. It's a classic Thanksgiving herb with an earthy, savory flavor that might remind you of stuffing or roasted butternut squash. It's strongly aromatic, and a little goes a long way. Sage contains more than 160 polyphenols, or plant compounds with antioxidant properties. It's also a good source of vitamin K and contains calcium, potassium, and beta-carotene.

Pairs well with: celery, lime



TARRAGON

This perennial green herb, known for its long green stems, is part of the sunflower family. It grows in forests, gardens, and in the wild along the side of the road. Its taste is distinct with a mix between aniseed and a hint of vanilla. Several varieties exist including Russian, French, and Mexican. It contains small amounts of minerals like iron, manganese, and potassium. Tarragon has been found to help manage blood sugar, reduce inflammation, and improve sleep. It's not typically used in juices or smoothies but would be wonderful in a dip with other green herbs.

Pairs well with: lemon, strawberry

THYME

Thyme is a wonderful addition to any container or backyard garden. It attracts bees and offers a lovely, citrus-like aroma. It's a hardy, small, spreading herb that can survive outside in the winter with both a sweet and savory flavor. Thyme serves as a potent immune booster. It has been used for centuries to treat cough, bronchitis, and sore throat. Thyme may help lower blood pressure and cholesterol levels, boost mood, and exhibit anti-cancer effects.

Pairs well with: peach, pineapple, melon



FAVORITE HERBS FROM HERBALISTS



Juliet Blankespoor is the founder of the *Chestnut School of Herbal Medicine* and the author of the bestselling book, *The Healing Garden: Cultivating and Handcrafting Herbal Remedies*. She's a bonafide plant geek, with a degree in botany and more than 30 years of experience teaching and writing about herbalism, medicine making, and organic herb gardening.



Hibiscus

In the hottest of weather, I reach for hibiscus, also known as roselle, more than any other herb. It's highly medicinal, nutritive, and easily prepared in hundreds of different ways. With its tart flavor and crimson hue, hibiscus lends itself to herbal lemonades, mocktails, ice cubes, and even sauces and chutneys. You can use the dried flowers and prepare a tea or you can purchase the powder and add it to your smoothies or fresh-pressed juices.

Hibiscus' flavor is often likened to rhubarb or cranberry. Infused in honey, hibiscus makes a lovely garnet-colored delicacy with its fruity flavor. You can prepare a hibiscus honey limeade. Try adding the powder to beet and carrot juice for a sunset-hued libation that's suitable for the whole family. Roselle is one of my preferred herbal iced tea ingredients, with its rousing and thirst-quenching flavor. It's a phenomenal tea combined with mint or lemon balm.

Nutritionally, hibiscus contains vitamin C and other heart-friendly compounds, such as soluble fiber and anthocyanins (a type of flavonoid). Additionally, hibiscus tea contains calcium, iron, magnesium, and potassium. Boiling the flowers for 10 minutes optimally extracts the minerals, flavonoids, and vitamin C.

Hibiscus has achieved the highest herbal acclaim in tropical regions around the globe for its refreshing medicinal qualities. It's popular in the Caribbean and Central America as an iced herbal tea mixed with sugar; it is called sorrel in the islands and agua de flor de Jamaica in Mexico.

In Mexico, roselle is highly regarded as a natural liver and kidney tonic. With its demulcent and soothing qualities, roselle soothes colds, mouth sores, and sore throats. With its antioxidant flavonoids, this tea can be consumed daily to maintain health and lower the risk of developing cancer and cardiovascular disease—two of the biggest killers in industrialized nations. Hibiscus is wildly delicious and can be woven into food and drinks with endless creative flair.



SUNSET HIBISCUS REFRESHER

Makes: 16 oz

INGREDIENTS

2 medium carrots

2 apples

1 beet

2 tablespoons hibiscus powder

DIRECTIONS

1. Wash all produce well. Halve the carrots and quarter the apples.
2. Add all ingredients to the juicer and enjoy!





Jodi Mckee is an herbalist and owner of Jewelweed, a sacred space for health and wellness on the shore of Lake Minnetonka in Wayzata, Minnesota.

Holy Basil (Tulsi)

A summer love affair with Tulsi (*Ocimum Tenuiflorum*): After studying and working with herbs for more than 15 years, I was never introduced properly to Tulsi (also known as holy basil). I was in a very transitional time in my life a few years ago and learned in herbal school that Tulsi had an extensive list of virtues and has been used in Ayurvedic medicine for thousands of years. I was intrigued and ordered seeds of three varieties (Kapoor, Rama, Krishna) to plant in pots in my garden. Kapoor was the easiest to grow and the most prolific. It seemed to say: “Use me, share me!”

I started by pinching some flowering tops off to make tea (this encourages the plant to fill out). I felt so happy and relaxed after that first cup that it became a ritual. Every night, I watched the birds and

the bees while sipping my delightful drink. Then, I made a Tulsi flower essence. And a tincture. Next an infused body oil. I could not get enough! I was in love. To interact daily with my Tulsi plants (even just to nibble on a leaf) eased my life and smoothed everything out, both emotionally and physically. I began to use it with or instead of sweet basil in my cooking and my kids loved it! One of our favorite family recipes is Tulsi pesto.

I love Tulsi in the summer for its calming and balancing benefits. I use it to ease anxiety and gain mental clarity. It provides a subtle lift in energy and is overall rejuvenating to the system. None of my summer days are complete without Tulsi!

Tulsi is typically an annual, and each cultivar has a unique profile. They are all considered adaptogenic, antioxidant, anti-inflammatory, and antidepressant. Rich in minerals like calcium, iron, and manganese, its most important health value resides in its significant amount of vitamin K, a nutrient that is crucial for blood coagulation, bone health, cardiovascular health, and brain function. Because of its immunomodulating qualities (it helps the immune system be more effective), Tulsi can ease seasonal allergies and prevent colds and flu.

It is an adaptable herb that easily stands alone but also blends beautifully in formulas. Fresh leaves can also be tossed into juices and smoothies or can be dried for future use and will keep for up to 12 months in a sealed glass container. Here's a fun recipe to add Tulsi to your dishes.





TULSI PESTO

MAKES: 8 oz, 1 cup

INGREDIENTS

1 cup packed Tulsi Basil
(or any variety of basil)
1 cup packed sweet basil
1/4 cup toasted pine nuts
1 clove garlic
1/4 teaspoon salt
1/4 teaspoon fresh ground pepper
2/3 cup extra virgin olive oil
1/2 cup grated Parmesan cheese,
optional

DIRECTIONS

1. In a food processor pulse basil, pine nuts, garlic, salt, and pepper until smooth.
2. With the food processor running gradually, add the oil until pesto reaches desired consistency.
3. Serve fresh or freeze in the deep of winter to bring back the warm summer days.

11 RECIPES

FEATURING OUR FAVORITE

SUMMER HERBS



GREEN HERB JUICE

Parsley and cilantro bring the flavor and extra nutrients like vitamins C, K, and antioxidants to this drink. You might be pleasantly surprised by the sweetness of cabbage as well.



MAKES: 16 OZ

INGREDIENTS

5 CELERY STALKS

1/4 CUP PARSLEY

1/4 CUP CILANTRO

1/4 HEAD GREEN CABBAGE

1 LEMON

DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. PEEL THE LEMON.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.

MINTY RED MELON REFRESHER

Both watermelon and cherries are filled with phytonutrients and antioxidants like lycopene and anthocyanins. The mint combined with ginger takes the flavor profile up a notch.

MAKES: 16 OZ

INGREDIENTS

- 1 CUP WATERMELON
- 1 CUP CHERRIES
- 1 CUCUMBER
- 12 MINT LEAVES
- 1 LIME
- 1-2 INCH PIECE GINGER

DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. PEEL THE LIME.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.



PINEAPPLE MINT BASIL REFRESHER

Pineapple is a great source of potassium, vitamin C, and iron. When combined with mint, basil, and lime, this tasty juice will transport you to a tropical island.

MAKES: 16 OZ

INGREDIENTS

1 CUP PINEAPPLE

1 CUCUMBER

12 MINT LEAVES

1/2 BUNCH BASIL (18 LEAVES)

1 LIME

DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. PEEL THE LIME.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.



SAVORY JUICE

If you're a fan of savory Bloody Mary flavors, this natural version brings the flavor and the nutrition boost. Thyme offers a subtle citrus flavor that perfectly complements the cherry tomatoes, pepper, and celery.

MAKES: 16 OZ

INGREDIENTS

1 CUP CHERRY TOMATOES
(OR 2 ROMA TOMATOES)

1 RED BELL PEPPER

1/2 CELERY BUNCH

2 LIMES

1 TEASPOON FRESH THYME

1 TEASPOON FRESH DILL

1 PINCH HIMALAYAN SALT



DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. PEEL THE LIMES.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.

THE RED B JUICE

Beets and blackberries combine to give you this tasty and vibrant juice. This juice offers a healthy dose of antioxidants, fiber, vitamin C, and folate.



MAKES: 16 OUNCES

INGREDIENTS

1 BEET

1 CUP BLACKBERRIES

1 CUCUMBER

1/3 CUP BASIL LEAVES

1 LIME

DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. PEEL THE LIME.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.

ROSEMARY LEMON IMMUNITY SHOT

All the ingredients in this shot have a long history of immune-supporting use. Dilute with water if you find it a little too strong.

MAKES: 2 SHOTS

INGREDIENTS

2 LEMONS

1 TABLESPOON ROSEMARY

1 - 2 INCH PIECE GINGER

1 - 2 INCH PIECE TURMERIC

DIRECTIONS

1. WASH PRODUCE WELL.
2. PEEL LEMONS.
3. ADD ALL INGREDIENTS TO THE JUICER AND ENJOY.



WATERMELON SMOOTHIE

Nothing says summer fun quite like watermelon and strawberries, so why not combine them with basil and chia seeds for an energizing drink that adults and kids can enjoy together?

MAKES: 16 OUNCES

INGREDIENTS

1/2 CUP COCONUT MILK
1 CUP FROZEN STRAWBERRIES
1 CUP WATERMELON
1 LIME, JUICE ONLY
1/3 CUP BASIL LEAVES
1 TABLESPOON CHIA SEEDS

DIRECTIONS

1. WASH ALL PRODUCE WELL.
2. REMOVE SKIN FROM WATERMELON.
3. ADD ALL INGREDIENTS TO THE BLENDER AND ENJOY.



STRAWBERRY PEACH LAVENDER SMOOTHIE

One teaspoon of lavender gives this drink its faintly floral and refreshing taste. Peaches, strawberries, and honey are a great combo for this aromatic flower.



MAKES: 16 OUNCES

INGREDIENTS

- 1 CUP ALMOND MILK
- 1 CUP FROZEN PEACH
(OR 1 FRESH PEACH)
- 1 CUP FROZEN STRAWBERRIES
- 2 TEASPOONS HONEY, OPTIONAL
- 1 TEASPOON LAVENDER
- 1 TABLESPOON CHIA SEEDS

DIRECTIONS

1. ADD ALL THE INGREDIENTS TO THE BLENDER.
2. BLEND AND ENJOY!

HERBY SHALLOT VINAIGRETTE

MAKES: 2 CUPS

INGREDIENTS

1/4 CUP COARSELY CHOPPED SHALLOTS

2 TABLESPOONS THYME AND/OR
OREGANO LEAVES

1/2 CUP APPLE CIDER VINEGAR

2 TEASPOONS HONEY

2 TEASPOONS DIJON OR
GRAINY MUSTARD, OPTIONAL

KOSHER SALT

FRESHLY GROUND PEPPER

1 CUP AVOCADO OR OLIVE OIL



DIRECTIONS

Place the shallots, herbs, and apple cider vinegar in the blender carafe.

Allow to sit for 5 minutes to soften the shallots in the vinegar. Add the honey, mustard (if desired), 1/2 teaspoon salt, and a few fresh grindings of pepper.

Pulse to combine and break up the shallots. Scrape down the sides of the blender. With the motor on low, slowly stream in the oil through the top of the carafe until combined. Stop and taste the vinaigrette, adding more seasoning or honey to reach your desired taste. Keep stored in an airtight container in the refrigerator for up to 5 days.

CREAMY AVOCADO-DILL DRESSING

MAKES: 2 CUPS

INGREDIENTS

2 AVOCADOS, PEELED AND PITTED

2 CLOVES OF GARLIC, CRUSHED

1/4 CUP FRESH LEMON JUICE

1 TEASPOON SEA SALT

1/4 CUP PLAIN PLANT-BASED YOGURT

1/2 CUP OLIVE OIL

1/2 CUP WATER

1/2 CUP FRESHLY CHOPPED DILL,
CHIVES, AND/OR TARRAGON LEAVES

FRESHLY GROUND PEPPER



DIRECTIONS

Place the avocados, garlic, lemon juice, and salt in the blender carafe. Blend until the avocado is almost smooth and the garlic has broken up. Add the yogurt and blend again to combine, stopping to scrape down the sides. With the motor on low, stream in the olive oil and then the water. Scrape down the sides, add the herbs, and puree again until the herbs are chopped, and the dressing is creamy. Taste, adding more salt and a few grindings of pepper if desired. Store in an airtight container in the refrigerator for up to 3 days.

SIMPLE GREEN HERB SALAD



SERVES: 1

INGREDIENTS

1 CUP MIXED GREENS

1/4 CUP MICROGREENS

2 ROASTED BEETS, QUARTERED

1/2 AVOCADO

1/4 CUP BLEND OF HERBS

(DILL, CHIVES, PARSLEY, THYME, ETC.)

DIRECTIONS

Wash all produce well. Remove skin and pit from avocado. Roast beets at 350 degrees. Add all ingredients to a bowl and drizzle with dressing of choice. Save leftover dressing in an airtight bowl for 3 days.



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