Living Clean & Green!

Gifts from the Garden: Quick & Easy Homemade Gifts

Gardeners are a proud lot. We love to show off our gardens. We also love to share them and there seems no end to the gifts we can create with our bounty. Herbs, flowers, leaves and even seeds can be turned into thoughtful gifts to give year round and they are quick and easy to make!
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From the Garden of Ijams Nature Center

**Herbal Sugar**
- 3-4 springs of fresh herbs
- 2 cups of white sugar
- Remove leaves from herb springs. Gently bruise the leaves with a mortar and pestle or the back of a spoon. Mix into sugar. Store in an air-tight jar. Stir every 2-3 days. Sugar should be ready after 2 weeks. Use sugar, herb flecks and all, in tea, lemonade, or baked goods.

**Homemade Bath Salts**
- Epsom salts
- Dried herbs or essential oils
- Food coloring (optional)
- Pour enough salt to fill desired container into a mixing bowl. Mix salt, herbs or oil, and food coloring until well combined. Once mixed, place finished bath salts in plain glass jars or small bottles. Decorate with labels and ribbon.

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**Gardener’s Hand Scrub**
- White sugar
- Dish soap
- Hand lotion
- Dried herbs or essential oils
- Fill desired container approximately 3/4 full with sugar. Mix together equal parts lotion and dish soap. Add dish soap mixture to container with sugar to form a thick paste. Add fragrance with herbs or essential oils. This scrub can also be made with a mixture of equal parts sugar and Epsom salts.

Other Ideas
- Flavored Vodka
- Herbal Vinegars and Oils
- Take-away Seeds
- Homemade Seasoning Blends
- Potpourri
- Dried Herb Sachets
Health Benefits of Herbs and Oils

**Dried Herbs**
- Chamomile: Healing, antiseptic, soothing
- Lavender: Relaxing, calming, eases stress and anger
- Eucalyptus: Antiseptic, refreshing, cleansing
- Lemongrass: Antiseptic, soothing, uplifting
- Rosemary: Hydrating, anti-aging, toning
- Spearmint: Energizing, stress relief, eases headaches
- Marshmallow Root: Soothes sunburn and eczema
- Calendula: Antibacterial and antiseptic

**Essential Oils**
- Lemongrass: Antiseptic, soothing, uplifting
- Spearmint: Energizing, stress relief, eases headaches
- Sweet Orange: Invigorating, stimulates creativity, alleviates anxiety
- Rosewater: Comforting, refreshing, promotes calm
- Lemon: Antioxidant, energizing, uplifting
- Chamomile: Healing, antiseptic, soothing
- Pine: Treats a variety of skin conditions
- Cedarwood: Promotes focus and calming

**Oil Blends**
- Tranquility (lavender, fir, patchouli, palmarosa, geranium, chamomile)
- Euphoria (bergamot, sandalwood, ginger, ylang ylang)