

# HERBAL REMEDY

## *recipes*

A CHEAT SHEET FOR 10 OF THE  
MOST COMMON CHILDHOOD AILMENTS



BY MEAGAN VISSER OF *growing up herbal*

# HERBAL REMEDY RECIPES

## A Cheat Sheet for 10 of the Most Common Childhood Ailments

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I want to go back to a time where herbs were the first things parents reached for when their little ones weren't feeling well. A time where simple home healthcare was the norm and herbal remedies could be found in the pantry of most homes. Herbs have an incredibly safe track record and can be used on their own or in combination with modern medicines if needed. All that is required to use these gifts is some simple wisdom and a well-stocked pantry.

Meagan Visser  
FOUNDER | GROWING UP HERBAL

# WELCOME TO HERBAL REMEDY RECIPES!

Welcome mama!

My name is Meagan, and I'm the blogger behind Growing Up Herbal. I'm so glad you're here, and I hope you're ready to live life naturally by making some awesome herbal remedies for your little ones (and yourself) in the coming months.

This e-book is designed to be a cheat sheet of herbal remedy recipes for 10 of the most common childhood ailments. You know, tummy aches, cuts and scrapes that won't seem to stop bleeding, difficult times using the bathroom... those sorts of things. But don't get me wrong. These herbal remedies aren't just for kids. Adults can benefit from them too!

My main goal for this guide is to provide natural-minded mamas with tried and true herbal remedies that can help when their kids come down with everyday illnesses (which seems like every other week! Am I right?).

These remedies are designed to be made in under 1 hour with the exception of one. It takes 3 days, but don't worry... it's not 3 days of active work on your part. Most of the recipes aren't complicated, and I'll walk you through how to make each of them from start to finish. Feel free to double or triple the recipes if you'd like to make a larger batch. You'll also find a resource page at the end of this e-book which will help you find all the ingredients and supplies needed to make these recipes.

I hope you find these herbal remedies as helpful with your family as I have with mine, and I hope you are inspired to learn more about using herbs on a daily basis because it's so much fun!

Over the course of the next several pages, I'll give you a brief introduction on how to get started using herbs, the best herbs to have on hand for children, how to test for allergies to herbs, and 9 reasons why herbal remedies may not be working for you.

Enjoy!  
Meagan



# USING HERBS 101

Herbs are wonderful creations! They're not only used to keep our bodies healthy, but they also help our bodies heal when sickness comes our way.

Herbs are not meant to be used like medications. You don't take them and then expect an immediate result. Herbs are gentle. They offer little nudges to the body in order to stimulate it to respond in a way that brings about its own health and healing. Sometimes these nudges are quicker than others depending on what's going on in the body.

Below, you'll find some basic information on how to get started using herbs, but feel free to click on the links at the end of each section for additional information.

## **SOURCING HERBS**

Dried herbs can be purchased from local herb stores and online retailers. You can also grow your own herbs or hand-pick them straight from nature. Be sure to source high-quality, organic herbs that are free from toxins. You don't want that going into your body! Learn more about [sourcing herbs](#), [growing your own](#), and [wildcrafting](#) here.

## **STORING HERBS**

Herbs should be stored in dark, cool places away from moisture. Dried herbs will stay fresh for 2-3 years if stored properly. Herbal preparations are best stored in dark, cool places as well, and their shelf-life varies based on the type of preparation. Learn more about [storing herbs](#) here.

## **HERBAL SAFETY**

Herbs have an incredibly safe track record compared to modern medicines; however, they do contain plant chemicals, and therefore, need to be used with wisdom. Side-effects from herbs aren't that common, and are usually mild. Keep in mind that some people can be allergic to certain herbs and that herbs can interact with certain medications. All herbs in the following recipes are safe for children. If your child is taking any medications, please consult with your doctor or herbalist before using these remedies. Learn more about [herbal safety](#) and [testing herbs for allergies](#) here.

## **HERBAL DOSAGES**

When it comes to dosing herbs for children there are a few things to take into consideration. The type of herb, the type of illness (if it's new or ongoing), the herbal preparation, and the individual taking them. Most preparations are based on weight, and all dosages in the following recipes are estimated specifically for children. Learn more about [herbal dosages](#) here.

## TOOLS & SUPPLIES

Most all herbal preparations can be made using common utensils found in your kitchen. You can find a complete list of [tools and supplies](#) to have on hand to make preparations easily.

## HERBAL PREPARATIONS

There are many different types of herbal preparations you can use. I will walk you through how to make each of the ones used in the recipes below, but you can learn more about the different types of herbal preparations in my [How To Start Using Herbs series](#)... including what they're for and how to make them.



# 24 HERBS FOR CHILDREN

In my opinion, it's hard to put herbs in boxes and say that these herbs are for children and others are for adults.

Herbs don't really work that way as most all herbs can be used for children and adults. The big difference between using herbs for children and adults comes in the dosage.

With that being said, I get asked by *a lot* of mamas about what herbs are the best to purchase and use first. Below, you'll find a list of 24 herbs that can be used for children for a wide variety of uses. This list is sourced from well-known herbalist, Rosemary Gladstar.

## 24 Herbs For Children

*From Rosemary Gladstar's book — Herbs For Children's Health*

1. Anise seeds (*Pimpinella anisum*)
2. Astragalus root (*Astragalus membranaceus*)
3. Borage flowers and leaves (*Borago officinalis*)
4. Catnip leaves (*Nepeta cataria*)
5. Chamomile flowers (*Matricaria recutita*, *Anthemis nobilis*, and related species)
6. Corn Silk (*Zea Mays*)
7. Dill seed (*Anethum graveolens*)
8. Echinacea root and leaf (*Echinacea angustifolia*, *E. purpurea*, and related species)
9. Fennel seed (*Foeniculum vulgare*)
10. Fenugreek seed (*Trigonella foenum-graecum*)
11. Hibiscus (*Hibiscus sabdariffa* and related species)
12. Lemon Balm (*Melissa officinalis*)
13. Licorice (*Glycyrrhiza glabra*)
14. Marshmallow (*Althaea officinalis*)
15. Nettle (*Urtica dioica*)
16. Oats (*Avena sativa*)
17. Peppermint (*Mentha x piperita*)
18. Red Clover (*Trifolium pratense*)
19. Red Raspberry (*Rubus idaeus*)
20. Rose Hips (*Rosa canina* and related species)
21. Slippery Elm (*Ulmus fulva*, *U. rubra*)
22. Spearmint (*Mentha spicata*)
23. Stevia (*Stevia rebaudiana*)
24. Wild Cherry (*Prunus serotina*)

# CHOOSING MULTI-PURPOSE HERBS

Now, if looking at that list feels overwhelming to you, don't worry. You don't have to buy them all. You can narrow it down a bit.

You see, all herbs can be used in a variety of ways for several different purposes, but oftentimes, when one is new to herbs, learning about ALL the uses for ALL herbs feels like a very never-ending task. And it is. So why not focus on a handful of commonly used herbs that are well-known and/or local to your area and learn how to use these herbs in a variety of ways?

I call these "multi-purpose" herbs.

From the list above, some of these multi-purpose herbs would be chamomile, echinacea, licorice, oats, and wild cherry. Now don't forget that all herbs can work in a variety of ways so feel free to choose any off the above list and figure out all the ways you can use it in your home.

Let's look at chamomile as an example.

According to *The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants*, by herbalist Matthew Wood, chamomile can be used as a relaxant for mind and body, to decrease inflammation, and to stimulate gastric juices

Now, that may not look like much, but when you think about situations you could find yourself in where these actions could come in handy, you'll find that there are a lot of uses for chamomile. Let's look at some below.

- promote sleep
- relax the body during intermittent fevers
- soothe upset stomach
- ease menstrual cramps
- relax the mind during a headache
- soothe muscle tension
- soothe inflammation of teething
- calm baby's tummy during colic
- soothe skin rashes and eruptions
- ease spasmodic coughs
- cleanse eyes with pinkeye
- soothe stomach ulcers or irritable bowel
- stimulate digestion after dinner
- use as mild liver cleanser
- soothe pain from arthritis
- ease muscle cramps
- decrease musculoskeletal inflammation such as with carpal tunnel
- cleanse abscesses
- minimize motion sickness
- decrease chance of nightmares
- and more!!

As you can see, chamomile is a handy herb to have around as it can be used in a lot of different ways.



— This construction  
*declare, command, permit*  
is explained in other ways.

474. After *bid, let, make, see*  
indirect predicate without *to*  
{ him remain.  
{ *that he should remain.*

{ the top spin.  
{ *that the top should spin.*  
{ the house shake.  
{ *that the house shook.*

475. The infinitive as indirect predicate  
object of a preposition. Thus:  
He gave orders for me to

## 3 HERBAL PREPARATIONS TO HAVE ON HAND

Once you purchase some of these multi-purpose herbs and write down the various ways you can use them, its time to put the herb to work.

I can't tell you how many times I've found myself in situations where I needed a specific herbal remedy only to not have what I need on hand to make it. Most times, this meant I had to go buy it at the store (which costs way more money than it does to make it at home) or it meant I had to make a quick version of the preparation (which oftentimes isn't as potent).

Over time, I've learned that as soon as I gather or purchase an herb, I need to immediately put it to use by making some foundational preparations out of it. These preparations are shelf-stable and make it even easier for you to make the herbal remedies you come across.

3 foundational herbal preparations for every home apothecary are:

1. dried herbs
2. herbal infused oils
3. herbal tinctures

### **DRIED HERBS**

If you order herbs online or purchase your herbs from a local herb shop, chances are your herbs are already dried. If you forage for herbs on your own, like I sometimes do, I like to dry some of my herbs for storage so they last longer. Plus, dried herbs are great to use in other preparations like infused oils, teas, and electuaries.

### **HERBAL INFUSED OILS**

Herbal infused oils can be made in a variety of ways, but most take a little time to make. It really stinks when you want to make an herbal cream and you don't have any herbal infused oil on hand! This is why, as soon as I get my dried herbs, I immediately infuse a small bit of them into some oil so I can have this foundational preparation on hand when I need it!

### **HERBAL TINCTURES**

Like herbal infused oils, herbal tinctures can be made a variety of different ways, but the most common method is letting the herbs infuse in your liquids for 2-6 weeks. Again, if you don't have this type of preparation pre-made and on hand, you could end up spending quite a bit of money to purchase it at your local health food store when you really need it.

You can learn how to make these three preparations and more in my [How To Start Using Herbs](#) blog series over at Growing Up Herbal.

# 9 REASONS WHY HERBAL REMEDIES MAY NOT BE WORKING FOR YOU

Why does one herb work for one person but not another? The reason may lie in the following 9 reasons.

\*Please note that this information is sourced and adapted from herbalist Rosalee de la Foret, and you can [find her original article here](#).

## 1. IMPROPER DOSING

Herbs are dosed based on a person's weight, the issue at hand and whether it's an acute or chronic issue, the strength of the preparation, etc. There's a lot that goes into determining dosages, but just know that when a remedy isn't giving you the results you expect, dosage could be the issue.

## 2. HERB QUALITY

If your herbs are old or were stored incorrectly, chances are they won't work. Purchase or gather herbs from quality sources and be sure to store them correctly so that retain their properties and work when you need them.

## 3. INCORRECT PREPARATION

Different preparations extract different chemicals from plants. Making sure you've got the correct type of preparation is key if you want to get the results you're looking for.

## 4. NOT CONSIDERING THE INDIVIDUAL

If you have more than one child, you know how different siblings can be from one another. Just because one herb works for one child doesn't mean it will also work for the others. Each person's body works differently, and it can be challenging finding the right herbs for the individual. Thankfully it can be done making herbs very effective.

## 5. POOR FORMULATION

Herbs have a synergistic effect when combined and can enhance certain actions you want and inhibit others you don't want. Herbs should be formulated with this in mind.

## 6. USING HERBS AS A CURE-ALL

Herbs are not medications. They aren't made in a lab and formulated so you get an instant result. Herbs come straight from the earth and act in a gentle way, encouraging the body to heal itself. This can often be a slow process depending upon what ailment you're dealing with.

**7. TREATING SYMPTOMS INSTEAD OF THE CAUSE**

Your efforts will be futile when using herbs to get rid of unwanted symptoms. If they do go away, chances are they will come right back as the cause of the symptoms wasn't addressed. Do things right the first time. Identify the cause and let herbs assist the body in correcting the root issue.

**8. IN A HURRY**

Herbs are gentle and slow method of healing which minimizes the strong side-effects of concentrated medicines. Don't expect results overnight. Depending on the illness, it can take weeks, months, or even years, but you should see a steady increase in health and wellness as you continue using herbs.

**9. WRONG TYPE OF TREATMENT**

Herbs aren't 100% effecting 100% of the time. Be open to other avenues of natural health and healing from experienced practitioners if need be.



# “Oh My Aching Head” Glycerite

(relaxes tension to soothe away uncomfortable headaches)

## Ingredients:

- 3 tablespoons chamomile flowers
- 3 tablespoons lemon balm
- 1 tablespoon passionflower
- 1 tablespoon skullcap
- 1/4 cup water
- 3/4 cup food-grade vegetable glycerin

## Directions:

1. Place herbs in a clean glass pint jar.
2. Pour 1/4 cup of boiled water over herbs to wet them. You don't want the water to rise above the level of the herbs. Cover, and let sit for 5 minutes.
3. Pour glycerine over herbs and water. Mix well, and put the lid on.
4. Next, place a washcloth in the bottom of a crockpot. Place your jar on top of the cloth and fill the crockpot or pan with water until it's 1 inch from the top of the jar or the top of the pan, whichever comes first.
5. Heat on low for 3 days. Each day, remove jar from crockpot, open jar to relieve pressure, and give the contents a good stir. Add more water to the crockpot or saucepan to get back to your original water level. Once jar has cooled, place it back into water. \*Please use caution. Hot jars can explode due to sudden temperature changes!
6. After 3 days, your glycerin should be a dark greenish-brown color. Strain herbs from glycerin using a fine mesh sieve and a cotton cloth. Be careful! Glycerin will be hot! Compost herbs. Bottle glycerite in a colored glass bottle and label with remedy name, date, and dosage. Store at room temperature for 1-2 years.

## Dosage:

Start with 1/2 teaspoon 4 times a day. Increase dose in 1/2 teaspoon increments as needed. Do not exceed 2 teaspoons per dose.



# “Rumbly Tummy” Tea

(for achy, upset bellies)

## **Ingredients:**

- 2 tablespoons anise seed
- 1 tablespoons catnip
- 1 vanilla bean pod, finely diced
- honey (> 1 year) or maple syrup (< 1 year) to taste

## **Directions:**

1. Combine herbs, mix well, and store in a glass jar in a cool, dark cabinet. Be sure to label with remedy name, date, and dosage.
2. To use, place 1-3 teaspoons of Rumbly Tummy tea mix in a mug
3. Pour 8-ounces of boiled water over herbs. Cover with a plate or lid to keep volatile oils from escaping with steam. Steep for 10 minutes.
4. Strain herbs through a fine mesh sieve and compost. Sweeten tea with honey or maple syrup depending on child’s age.
5. Enjoy!

## **Dosage:**

Sip 1 cup of hot tea as often as needed.

Ear Oil  
garlic, arnica  
chamomile  
2-3 drops  
each ear



# “Ear Owie” Soothing Earache Oil

(soothes pain, inflammation, and aids body in fighting infection)

## **Ingredients:**

- 2 cloves garlic, minced
- 2 teaspoons mullein flowers (or 2 teaspoons arnica flowers)
- 1 teaspoon chamomile flowers
- 1/4 cup olive oil

## **Directions:**

1. Place herbs in a small glass mason jar. Cover with oil and place lid on jar.
2. Sit jar on top of a dishcloth in a saucepan and add 2-3 inches of water to pan.
3. Heat over medium low heat for 60 minutes.
4. When time's up, strain herbs through a cotton cloth and compost.
5. Pour infused oil in a colored glass bottle and label with remedy name, date, and dosage.  
Store in a cool, dry place, out of direct sunlight. Will last up to 1 year.

## **Dosage:**

Place 4-5 drops of warm oil in each ear every 30 minutes.

Note: Arnica flowers can be an easy substitute for mullein flowers if you can't find them.



# “Whoa There” Styptic Powder

(slows bleeding)

**Ingredients:**

- ground yarrow powder

**Directions:**

1. If you can't find pre-ground powder, purchase yarrow tops and place 2 tablespoons in a coffee grinder or mortar and pestle. Grind as finely as possible.
2. Store yarrow powder in a small bag or glass jar. Label with remedy name. Store in freezer for up to 6 months.

**Dosage:**

Clean wounds well with soap and water. Gently pat dry. Pack yarrow powder on wound. Let sit 30 minutes or so then gently rinse with warm water. Reapply as needed.

Triple Stre

echinacea

sage leaf

extract

essential

Spray thro  
every 2-3

Via 20

# “Scratch Relief” Throat Spray

(soothes scratch throats and aids the body in fighting infection)

*Adapted from Rosemary Gladstar’s original recipe*

## **Ingredients:**

- 1 teaspoon echinacea root
- 1 teaspoon licorice
- 1 teaspoon sage
- 1/2 cup water
- 3 drops fir needle essential oil - *Abies sibirica* (optional)

## **Directions:**

1. Bring water to a boil. Place herbs in glass mason jar and cover with boiled water.
2. Put lid on had and steep for 30-60 minutes.
3. Strain herbs through a cotton cloth and compost.
4. Pour tea in a bottle with a spray top. Add 3 drops of fir needle essential oil and shake well.  
Store in refrigerator for 1 month.

## **Dosage:**

Shake well before each use. Use 2-3 sprays on back of throat as often as needed. Feel free to swallow sprays.

Note: Fir needle essential oil is safe for use on children 2 years and up.



# “Open Up” Sinus Steam

(drains sinuses and lifts the spirits)

## Ingredients:

- 1 teaspoon rosemary
- 1 teaspoon lavender
- 1 teaspoon peppermint
- 4 cups water
- 3 drops sweet orange essential oil - *Citrus sinensis* (optional)
- 3 drops cinnamon leaf essential oil - *Cinnamomum verum* (optional)
- 4 drops fir needle essential oil - *Abies sibirica* (optional)

## Directions:

1. Bring water to a boil.
2. Place herbs in a large bowl and drop essential oils on herbs.
3. Cover herbs with boiled water.
4. Immediately position head over bowl as close to the bowl as possible without the heat being uncomfortable. Close eyes and inhale deeply.

## Dosage:

Inhale steam slowly and evenly for as long as you'd like. Repeat as needed.

Note: Essential oils are safe to diffuse for children over 6 months.



# “Come On Down” Fever Tea

(opens pores and helps the body to sweat)

## **Ingredients:**

- 2 tablespoons catnip
- 2 tablespoons elder flower
- 2 tablespoons peppermint
- 1 tablespoon yarrow
- honey (> 1 year) or maple syrup (< 1 year) to taste

## **Directions:**

1. Combine herbs, mix well, and store in a glass jar in a cool, dark cabinet. Be sure to label with remedy name, date, and dosage.
2. To use, place 1-3 teaspoons of herbal mix in a mug
3. Cover herbs with 8-ounces of boiling water
4. Cover with a plate or lid and steep for 10 minutes.
5. Strain herbs through a fine mesh sieve and compost.
6. Sweeten tea with honey or maple syrup depending on child’s age, and sip as hot as possible.

## **Dosage:**

1/2 cup hourly as needed

Note: This herb mix can also be made into a glycerite if your child doesn’t care for tea.



# “Move It, Move It” Herb Balls

(you know... for when it's tough to go)

## Ingredients:

- 2 tablespoons slippery elm powder
- 1 tablespoons indian gooseberry powder
- 1 1/2 teaspoons ground flax seed
- 1 1/2 teaspoons ground chia seed
- 2 tablespoons honey
- 1 tablespoon nut butter
- 1 tablespoon coconut oil
- cinnamon powder (for coating)

## Directions:

1. Combine powders in a bowl. Mix well.
2. Slowly add in honey and coconut oil. Mix until thoroughly combined.
3. Next add in nut butter of choice. Mix again until thoroughly combined.
4. Roll into 1/2 inch balls and coat with a small amount of cinnamon powder to keep balls from sticking to each other.
5. Store in a glass container. Label with remedy name. Refrigerate up to 1 month.

## Dosage:

8-16 balls a day, preferably after meals.

Note: Above measurements make 1-2 days worth of herb balls. Not for children under 1 year old.



# “Quiet Down” Roots & Bark Cough Syrup

(to calm those not-so-quiet coughs)

## **Ingredients:**

- 2 tablespoons elecampane root
- 2 tablespoons slippery elm bark
- 2 tablespoons valerian root
- 2 tablespoons wild cherry bark
- 2 tablespoons licorice root
- 1 tablespoon crushed cinnamon stick
- 1 1/2 teaspoons dried ginger root
- 1/4 teaspoon orange peel
- 4 cups water
- 1 cups honey (> 1 year) or maple syrup (< 1 year)

## **Directions:**

1. Combine herbs, mix well, and store in a glass jar in a cool, dark cabinet. Be sure to label with remedy name, date, and dosage.
2. To make syrup, place 4 cups of water in a saucepan and bring to a boil. Immediately turn heat to low so the water simmers (steaming, not boiling).
3. Add 1/2 cup of herbal mix to water, mix well, and allow to simmer for 30-60 minutes or until water is reduced by half (2 cups).
4. Strain herbs and compost.
5. Let decoction cool to room temperature before adding honey or maple syrup. Mix well.
6. Refrigerate in a labeled glass mason jar for up to 6 months.

## **Dosage:**

1 teaspoon every hour, as needed



# “At First Sign” Elderberry Syrup

(to be taken at the first sign of colds)

## Ingredients:

- 1/4 cup elderberries
- 2 tablespoon rosehips
- 1 tablespoon echinacea angustifolia root
- 1 cinnamon stick
- 2 inch piece of fresh ginger - chopped
- 6 whole cloves
- 4 cups water
- 1 cup honey (> 1 year) or maple syrup (< 1 year) to taste

## Directions:

1. Place 4 cups of water in a saucepan. Add herbs, and bring to a boil.
2. Immediately turn heat to low so the water simmers (steaming, not boiling). Allow to simmer for 30-60 minutes or until water is reduced by half (2 cups).
3. Strain herbs and compost.
4. Let decoction cool to room temperature before adding honey or maple syrup. Mix well.
5. Refrigerate in a labeled glass mason jar for up to 6 months.

## Dosage:

1 teaspoon every 1-2 hours for duration of illness.

# RESOURCES & SUPPLIES

To find all of the ingredients listed in the above recipes, [Mountain Rose Herbs](#) and [Bulk Herb Store](#) have you covered. They are my go-to sources for organic, high-quality herbs and supplies for making herbal remedies and natural skincare products. If I can't find what I need there, I look to [Amazon](#) or my local health food store.

Please know that some of the above links are affiliate links which means I get a small commission for recommending these companies to you. This, in no way, changes the price you pay for shopping with these companies, but it does help Growing Up Herbal stay on the web. Also know that I personally shop with each of the above businesses and would not recommend them to you otherwise.

Thank you, friend!



## ABOUT MEAGAN & GROWING UP HERBAL

Meagan Visser is a wife, mother to 4 boys, and lover of all things natural and simple. She is an RN and herbalist who lives in the Southern Appalachian Mountains of East Tennessee where she writes the blog, Growing Up Herbal.

[Growing Up Herbal](#) is a lifestyle blog for natural-minded moms who are inspired to live life naturally. It features posts on using herbs for good health, making herbal remedies, DIY skin care and household cleaners, real food recipes and nutrition, natural home decor, and much more!

You can learn more about Meagan and Growing Up Herbal by visiting her [about page](#). You can also contact her at [meagan@growingupherbal.com](mailto:meagan@growingupherbal.com) or through her [contact page](#) on the blog if you have questions about any of the recipes found in this e-book.

## JOIN HERB FOLK

Would you like to grow your herbal knowledge in a real way by studying and using one herb a month (without all the unproductive Googling and Pinterest-overloaded confusion)?

If so, let me invite you to Herb Folk.

Herb Folk is an exclusive membership site dedicated to helping herbal-minded folks learn about and use herbs through the study and use of one herb a month.

Not only does this approach cut down on the overwhelm learning herbs can cause, but it solidifies what you are learning by immediately putting that knowledge to use through hands-on projects.

[Learn more about Herb Folk and how to get the first month on me \(for FREE\) right here!](#)

A close-up photograph of a person's hands, wearing a mustard-colored sweater, holding a small bouquet of bright yellow flowers. The background is a soft-focus green, suggesting an outdoor setting. The text 'HERB FOLK' is overlaid in white, serif font across the center of the image, with a stylized leaf icon replacing the letter 'O' in 'FOLK'.

HERB FOLK