



EVERYTHING
Herbal
— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

Easy to GROW & USE HERBS

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SCAN ME



Fresh Herbs: Basil, parsley, and cilantro are perfect for salads, pasta, and garnishing dishes.



Hardy Herbs: Rosemary, thyme, oregano, and sage are ideal for slow cooking and pair well with meats and roasted vegetables.



TIPS FOR BEGINNER HERB GARDENERS



Start with 3–5 herbs



Use pots with
drainage holes



Most herbs love
sunlight



Avoid overwatering



Harvest often to
encourage growth



Grow • Nourish • Enjoy

A SIMPLE STARTER COLLECTION:

Basil ~ Mint ~ Rosemary
~ Thyme ~ Parsley



These herbs are useful
for cooking, teas, and
natural wellness projects
while being easy
to maintain.

Fresh Herbs • Real Flavor • Better Health • Naturally Yours!

Cheryl Jabz

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