



# Fresh Herbs

*for Spring*



GARDENING IN MAY

Grow fresh.  
Cook fresh.  
Live well.



**INSIDE:**

- Best Herbs to Grow Indoors
- Easy Cooking Ideas
- Wellness Benefits



# Inside THIS ISSUE



Here's what you'll find in  
this May edition:

01



## 5 BEST HERBS TO GROW INDOORS

Top herbs for May and  
how to grow them  
successfully.

03

02



## FRESH HERBS THAT IMPROVE MEALS

Easy ways to add fresh  
flavor to everyday  
cooking.

04

03



## WELLNESS BENEFITS OF HERBS

How indoor herbs can  
support your body  
and mind naturally.

05

04



## QUICK TIPS FOR INDOOR GARDENS

Simple tips to keep your  
herbs healthy, happy,  
and thriving.

06



*Fresh herbs.  
Fresh life.*



Grow. Cook. Live better.



  
*Indoor Herb*  
GARDEN PLANS

MAY

2026



# Welcome!

## Welcome to Our First Herb Magazine


I'm so happy you're here.

This is the very first issue of our monthly magazine, created especially for anyone who loves fresh herbs, simple cooking, and the joy of growing plants indoors.

May is a beautiful month to start something new. The days are longer, the light is brighter, and your indoor herb garden can grow faster than ever.

Inside this issue, you'll find easy tips, helpful guides, and fresh ideas to grow herbs, use them in your meals, and enjoy the natural benefits they bring to your life.

Whether you have a sunny kitchen windowsill or just a small space to start, you can grow something amazing.

Let's grow together! 



## Our Mission

To help you create a simple, beautiful,  
and productive indoor herb garden  
that supports your healthy lifestyle.

# 5 BEST HERBS TO GROW INDOORS This May

These beginner-friendly herbs grow well indoors, even in small spaces, and bring fresh flavor to your everyday cooking.



01



## BASIL

Sweet, aromatic, and perfect for pasta, sauces, salads, and more.

Sunlight: Bright, indirect light (4–6 hours daily)

Watering: Keep soil lightly moist

Difficulty: Very Easy

Best For: Pasta, pizza, salads, tomato dishes

02



## MINT

Refreshing and fast growing. Great for drinks, desserts, and tea.

Sunlight: Bright, indirect light

Watering: Keep soil moist

Difficulty: Very Easy

Best For: Tea, lemonade, desserts, salads

03



## CHIVES

Mild onion flavor that adds a fresh touch to almost any dish.

Sunlight: Bright light (windowsill is perfect)

Watering: Keep soil lightly moist

Difficulty: Easy

Best For: Eggs, potatoes, soups, salads

04



## PARSLEY

A nutritious and versatile herb that brightens every meal.

Sunlight: Bright, indirect light

Watering: Keep soil evenly moist

Difficulty: Easy

Best For: Soups, salads, rice, fish, garnishes

05



## THYME

Small leaves, big flavor! Perfect for hearty and comforting dishes.

Sunlight: Bright light

Watering: Let soil dry slightly between watering

Difficulty: Easy

Best For: Chicken, roasted veggies, soups, stews

### QUICK GROWING

## Tips



#### LIGHT IS KEY

Place herbs near a south or east-facing window for best growth.



#### WATER WISELY

Water when the top inch of soil feels dry. Avoid overwatering.



#### HARVEST OFTEN

Trim regularly to encourage new growth and keep plants healthy.



#### GOOD SOIL MATTERS

Use well-draining potting mix for strong, happy herbs.



#### ROTATE YOUR POTS

Turn pots every few days so all sides get equal light and grow evenly.

*Small steps today, fresh flavors every day.*



# Fresh Herbs

## That Instantly Improve Meals



A pinch of fresh herbs can turn a simple meal into something truly special. Here's how to use your indoor herbs for everyday cooking.

 **FOR PASTA**




*Best Herbs:*  
Basil, Parsley, Thyme

Add fresh herbs at the end of cooking for bright flavor and aroma.

*Try this:*  
Toss with olive oil, garlic, and fresh basil.

 **FOR CHICKEN**



*Best Herbs:*  
Rosemary, Thyme, Parsley

Herbs add aroma, tenderness, and incredible depth.

*Try this:*  
Rub chicken with olive oil, lemon, garlic & rosemary before roasting.

 **FOR TEA**



*Best Herbs:*  
Mint, Chamomile, Lemon Balm

Perfect for relaxing, soothing, and refreshing herbal teas.

*Try this:*  
Steep fresh mint leaves in hot water with a slice of lemon.

 **FOR SALADS**



*Best Herbs:*  
Dill, Parsley, Mint, Chives

Fresh herbs bring color, texture, and a burst of natural flavor.

*Try this:*  
Chop herbs and sprinkle over salads just before serving.

## Fresh vs Dried Herbs

Both fresh and dried herbs have their place in the kitchen. Here's a quick guide to help you choose the right one.

FRESH HERBS 	VS	DRIED HERBS 
 Bright flavor and aroma	<b>FLAVOR</b>	More concentrated flavor
 Best added at the end of cooking	<b>WHEN TO ADD</b>	Best added earlier in cooking 
 Use 1 tablespoon fresh	<b>AMOUNT</b>	Use 1 teaspoon dried 
 Great for salads, garnishes, pestos, dressings	<b>BEST FOR</b>	Great for soups, stews, sauces, marinades 
 Keep in fridge, use within 5-7 days	<b>STORAGE</b>	Store in a cool, dark place for up to 1 year 

## Easy Kitchen Tips

-  **ADD LATE FOR BEST FLAVOR**  
Add delicate herbs like basil, mint, and parsley at the end of cooking.
-  **STORE SMART**  
Keep fresh herbs in the fridge wrapped in a damp paper towel.
-  **CHOP JUST BEFORE USE**  
This keeps the herbs fresh, fragrant, and full of flavor.
-  **GROW WHAT YOU USE MOST**  
Start with 2-3 favorite herbs and build your indoor garden from there.

♥ Fresh herbs. Real flavor. Made with love.





# Wellness Benefits of Indoor Herbs

Indoor herbs do more than add flavor to your meals. They also support your well-being in natural, everyday ways.



**Note:** These benefits are traditionally associated with herbs and are not intended to treat or cure any medical condition.

## HERBS & YOUR WELL-BEING



### MINT

A refreshing herb with a cooling aroma.

#### Benefits

- Traditionally used to support digestion
- May help soothe occasional nausea
- Promotes a feeling of freshness

#### How to enjoy



Make mint tea or add fresh leaves to water.



### BASIL

A fragrant herb known for its uplifting scent.

#### Benefits

- Commonly associated with stress relief
- May support a sense of calm
- Rich in antioxidants and plant compounds

#### How to enjoy



Add to pasta, salads, soups, and more.



### ROSEMARY

A woody herb with a fresh, invigorating aroma.

#### Benefits

- Traditionally linked to improved focus
- May support memory and mental clarity
- Has natural antioxidant properties

#### How to enjoy



Brew rosemary tea or use in roasted dishes.



### THYME

A small herb with big wellness potential.

#### Benefits

- Traditionally used to support immunity
- May help soothe sore throats
- Contains natural antioxidants

#### How to enjoy



Add to soups, stews, and herbal teas.



### PARSLEY

A nutrient-rich herb with a fresh taste.

#### Benefits

- Source of vitamins A, C, and K
- Traditionally used to support detox
- May help freshen breath naturally

#### How to enjoy



Add to salads, smoothies, and fresh juices.

## Everyday Wellness Tips



### STAY HYDRATED

Herbal teas and infused waters are great ways to stay hydrated naturally.



### TAKE A MOMENT

Gardening can be relaxing! A few minutes with your plants can help reduce stress and lift your mood.



### LET NATURE IN

Having plants indoors can improve air quality and create a peaceful environment.



### EAT FRESH

Using fresh herbs in your meals adds nutrients and natural goodness to your diet.

“

*Small herbs,  
big benefits.*

*Nourish your body,  
calm your mind,  
and enjoy life  
naturally.*



# Stay Connected


*with Fresh Living*


Grow fresh. Share fresh. Live well.



## STAY IN TOUCH

Indoor Herb Garden Plans

 [indoorherbgardenplans.com](http://indoorherbgardenplans.com)

 [contact@indoorherbgardenplans.com](mailto:contact@indoorherbgardenplans.com)



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*Fresh herbs. Simple living. Better health.*

