

For today's greenest challenge, I *had* to consult my mom. She's always talked about how she would love to have fresh spices in the house for cooking dinner. So, I asked her what 6 herbs/spices she wished she had in the house. I am going to make an herb garden including basil, vanilla, parsley, rosemary, garlic, and dill weed!

Basil has many health benefits, including vascular, neurocognitive, and immune system health! Basil is an insect repellent and keeps out pests from other plants in a garden. It does attract pollinators like bees and butterflies that are beneficial to garden health and plant reproduction!

Where vanilla is planted, biodiversity is increased. It also encourages preserving rainforest regions which are crucial to the health of our planet. The rainforests where vanilla is grown is responsible for absorbing much carbon dioxide, which is why vanilla is so important.

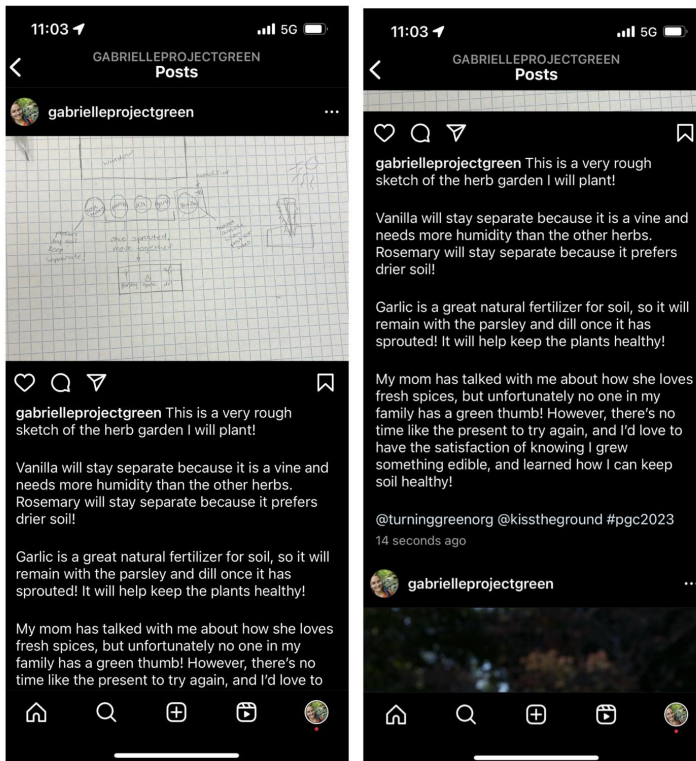
Next is parsley. Parsley is rich in vitamins A, K, and C, along with antioxidants. This plant reaches farther into the ground than many other plants do, bringing nutrients to the upper levels of the soil. When the plant dies, typically after two years, that nutrients is shed into the surrounding soil, benefitting everything near it. It's a nutrient retrieval device!

Rosemary, is another great pollinator attractor! It attracts many different kinds of bees with its purple and blue flowers. Rosemary is a digestive aid and promotes hair growth as well. Rosemary feeds the soil and stabilizes it. It can be grown in very dry soil, as its drought resistant and it's heat and cold tolerant!

Garlic is a fantastic plant to have in a garden. Probably the best of the ones I've found so far! Not only does its smell keep pests away, garlic fertilizes the soil! It's rich in phosphorus and potassium which keeps other plants' leaves and fruits in great shape!

Finally, dill weed. Dill is full of minerals like magnesium, calcium, copper, iron, potassium and manganese! Another great fertilizer for the soil! It also sheds its seeds and regrows every year, so it is regenerative.

To plant these, I believe I will put everything but the vanilla plant together. The vanilla needs humidity and I will have to use a humidifier for the plant to grow correctly. I will also start composting, to help the soils they grow in and recycle ingredients that would otherwise be thrown out! These plants help with pest control as well, making it great to start in the house. Do have leftover pots at home, so I will reuse those, and soil I already have as well.



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