

Prep Blog Review: 7+ Reasons To Grow A Medicinal Garden

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In last week's Prep Blog review I've told you about some good to have plants in your summer garden what led me to the topic of this week's Prep Blog Review – reasons to grow a medicinal garden.

Knowing and growing your own medicinal herbs has many benefits. Using medicinal plants for healing purposes is as old as mankind itself. In search for cures for their ailments, our ancestors looked up for drugs in nature. Why not return to our roots?

And don't worry if you don't have enough space in your garden, you can easily grow medicinal herbs indoors, in small containers, so that you can enjoy the amazing benefits of fresh herbs no matter the season.

1. 7 Reasons Why You Should Have A Medicinal Garden



“Growing medicinal plants are a great way to ensure garden sustainability and more notably, have access to natural medicine when you need it most. When I introduced more herbs in my garden, I noticed it had a profound impact on the vegetables and fruits I was growing. It also encouraged beneficial insects and birds to visit my garden and this helped cut down on plants being eaten.

Because of this observation, I changed my focus from solely growing to eat and, instead, worked to create a welcoming growing environment. Not only were my plants healthier, but I had access to natural herbs to use for making extracts and poultices. The following are reasons I feel gardeners should adopt adding medicinal herbs to the garden.”

Read more on [Ready Nutrition](#).

2. Growing a Medicinal Herb Garden

“Save time and money by stocking your backyard or windowsill gardens with five basic medicinal herbs. These superstars will treat common ailments such as colds and flu, inflammation, minor



cuts, infections, pain, muscle spasms, anxiety, poor digestion and insomnia.

Growing medicinal herbs may seem difficult, and preparing teas or tinctures from them might appear complicated and time-consuming. But the truth is you don't have to be a skilled gardener to grow a few basic medicinal herbs successfully or be a trained pharmacist to easily prepare them for use. In the process, you may save some money and enjoy yourself."

Read more on [Mother Earth Living](#).

3. 12 Healing Herbs You Need To Grow In Your Medicinal Garden



"Medicinal plants grown in your own gardens can reduce your dependence on drugs, if not completely eliminate them. But growing random herbs with medicinal properties doesn't help.

It is a common myth that all herbal preparations are safe by virtue of being natural. This is far from true. A typical example is foxglove or *Digitalis purpurea*. It has a positive effect on heart function, with the cardiac drug digitalin extracted from the plant. However, ingesting any part of the plant can induce nausea and vomiting, and can even lead to total collapse from digitalis intoxication and death."

Read more on [Mr. Healthy Planet](#).

4. How to Start a Medicinal Herb Garden

"Herbal medicine has always been with us; in fact, humanity has survived for thousands and thousands of years — even prior to the advent of modern technologies and conventional medicine —



because of it.

Today, the art and science of learning to heal with the use of plants is definitely gaining in popularity in large part due to it's ease of use and affordability.

It's no wonder that we all are eager to learn about these healing plants!"

Read more on [Frugally Sustainable](#).



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