



Herbs

A YEAR-ROUND GIFT FROM NATURE

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Hi, I'm Birgitte — a holistic health practitioner for more than 20 years, and now the heart behind Hygge Homestead.

Through my work and writing, I've learned that true wellness comes from simple, steady practices — not quick fixes or chasing perfection.

That's why I created My Seven Steps:

*food, water, sleep, exercise, fresh air,
silence, and gratitude.*

These steps are the foundation for living with more balance and less stress, no matter where you are.

Over the years, I've seen how powerful small changes can be — a glass of clean water, a walk outside, a pause for gratitude — and how they often bring more lasting results than the biggest health trends.

My focus is on helping people reconnect with what really matters: nourishment, rhythm, and the joy of everyday life.

Today, I do my best to live out these steps in my own life, whether I'm tending the garden, working on projects alongside my husband, or cooking in my Homestead Kitchen and sharing simple, nourishing recipes.

For me, health is built one small choice at a time. My hope is to inspire you to slow down, breathe a little deeper, and discover that health and happiness often begin with the simplest everyday moments.



In This Guide, We'll Explore:

Our Favorite Herbs

Year-Round Herbs in Texas

Seasonal Herbs

Using Fresh Herbs

Cooking With Herbs

My Favorite Green Sprinkle

Dried Herbs

Making Your Own Salt and Seasoning

Infused Oils and Vinegar

Final Thoughts

There's something grounding about stepping outside, brushing your hand across a rosemary bush, and catching that fresh, calming scent. Herbs are one of the easiest and most rewarding plants to grow in Texas. They ask for little and give so much back — beauty, fragrance, flavor, and healing.

For centuries, herbs have played a central role in both kitchens and medicine chests around the world. Ancient Greeks burned thyme in temples for courage, Romans bathed in lavender for cleansing, and monks brewed lemon balm tea to calm the mind. Today, they still bring balance, nourishment, and joy into our daily lives — and in Texas, we are lucky enough to grow them nearly all year long.

This book is your simple, heartfelt guide to understanding herbs — how to grow them, how to care for them in the Texas climate, and how to use them for both flavor and well-being. You'll learn which herbs thrive year-round, which prefer cooler or warmer seasons, and how to harvest, dry, and blend them into teas, oils, and meals that nurture body and soul.

So, step into your garden — whether it's a few pots on the porch or a patch beside the raised beds — and let nature's small miracles work their quiet magic.



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The cure for most things can be found in your garden — sun, soil, and a handful of herbs.

Our Favorite Herbs

Rosemary

Once braided into the hair of Greek scholars to sharpen memory, rosemary has long been a symbol of remembrance and love. Romans burned it for protection and purification, while medieval healers used it to strengthen the heart and circulation. Today, it remains a garden classic — evergreen, fragrant, and grounding.

Thyme

Used for courage in ancient Greece and for cleansing in Egypt, thyme has always been known for its strength and purity. Its tiny leaves carry powerful antibacterial oils that protect and heal. The aroma of thyme still brings warmth and comfort to any kitchen.

Oregano

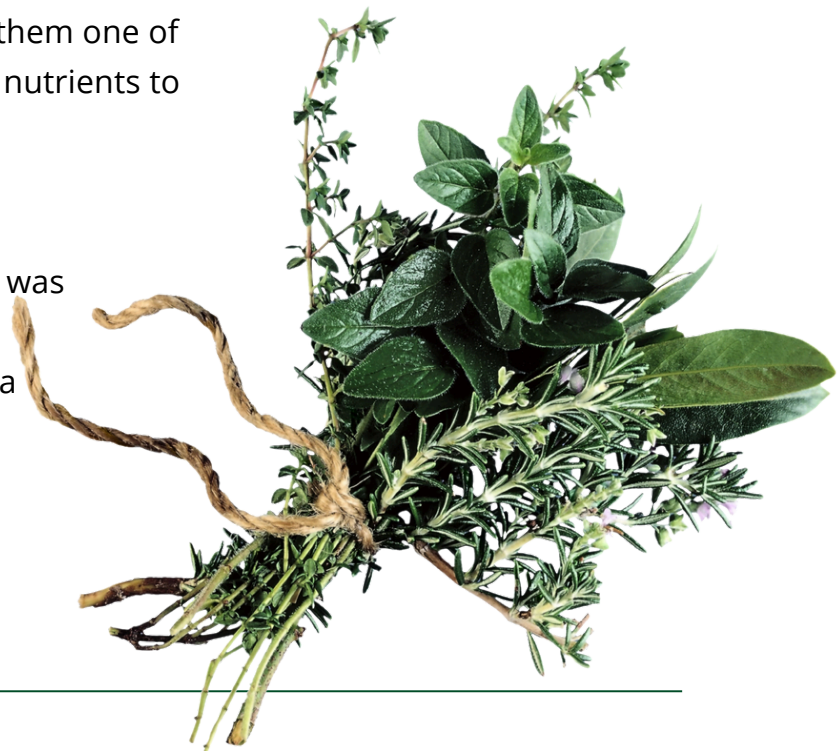
Believed to be a gift from Aphrodite herself, oregano's name means "joy of the mountain." From ancient Greek weddings to Italian kitchens, this hardy herb has symbolized happiness, warmth, and vitality.

Chives

Cultivated in China for over 5,000 years, chives were once valued for driving away evil spirits and bad luck. Their mild onion flavor makes them one of the simplest ways to add both taste and nutrients to everyday meals.

Parsley

A humble herb with noble roots, parsley was crowned on victors in ancient Greece. It wasn't until much later that it became a beloved culinary staple — bright, clean, and full of life.





Mint

Found in Egyptian tombs and praised in Roman gardens, mint has always represented hospitality and refreshment. Its scent is uplifting, its flavor cooling, and its uses endless — from soothing digestion to flavoring tea and desserts.

Sage

The Romans called it “salvere,” meaning “to heal.” From ancient rituals to modern remedies, sage has been seen as a guardian herb — protective, balancing, and cleansing, both physically and spiritually.

Lemon Balm

Monks grew lemon balm in medieval monastery gardens to lift spirits and ease sadness. Its cheerful lemon scent and calming effect make it a beloved herb for both the garden and the heart.

Lavender

Named from the Latin lavare, “to wash,” lavender was used in Roman baths, medieval bedding, and French perfumes. Its fragrance soothes the nervous system and brings peace to both home and mind.

Citronella (Lemongrass)

Native to Southeast Asia, citronella was prized for its cleansing aroma and its power to ward off pests. It brings brightness to dishes and freshness to gardens — a truly multi-purpose plant that thrives in the Texas sun.



Herbs are nature's whisper — gentle healers
for the body and soul.

~Birgitte, The Hygge Homestead

Year-Round Herbs in Texas

Texas has its challenges — long, hot summers, unpredictable winters, and soil that can be stubborn at times — but herbs are some of the most forgiving plants you can grow here.

Many of them love our sunshine and dry climate. Once they're settled in, they'll give you fragrant leaves and blooms almost year-round with just a little care.

Below are the herbs that thrive best in our Texas gardens — whether you grow them in raised beds, large pots, or tucked between vegetables and flowers.

Rosemary

Rosemary is the herb of remembrance—it supports circulation, focus, and mental clarity; even the scent can sharpen memory and lift the senses. It's rich in iron, calcium, and vitamin B6, with antioxidants that help the body manage everyday stress.

In Texas, rosemary is a true sun-lover: plant in full sun with well-drained soil (rocky edges or raised beds are perfect), then water deeply about once a week, letting soil dry completely between drinks. Trim often to prevent woody stems and encourage fresh growth; in late winter or early spring, give a light feeding of compost tea or worm castings.

It's hardy to light frosts and shrugs off summer heat. Harvest sprigs regularly—ideally before flowering when oils peak; the more you cut, the fuller and more fragrant it becomes.

Thyme

Tiny leaves, mighty power: thyme cleanses naturally, supports the lungs and immune system, and helps ease coughs and congestion. It's rich in vitamin C, vitamin A, manganese, and copper, which give it antibacterial and antiviral strength.

For Texas success, give thyme full sun and sharp drainage—it hates wet feet. Water only when the top inch is dry(great in sandy or gritty mixes and containers with drainage). Trim after flowering to keep it dense and productive; a light compost dressing in spring is plenty. Heat-tolerant and winter-tough here, thyme shines fresh at the finish of soups or dried added early to stews for slow, steady flavor.

Oregano

Oregano—"joy of the mountain"—thrives in full Texas sun with well-drained soil and a deep-water/fully-dry rhythm between irrigations.

Trim after each harvest to keep it leafy rather than woody, and feed lightly with compost or worm castings every 6–8 weeks.

Mulch crowns in colder pockets for winter return. Flavor is strongest just before flowering—that's prime harvest time.

Nutritionally, oregano brings vitamin K, iron, calcium, and manganese, plus potent oils carvacrol and thymol for antimicrobial and immune support. In the kitchen it adds warmth to sauces, roasts, and dressings; in the body it helps fight infection and balance the gut.

Chives

Chives are easy, cheerful nutrient sprinkles—high in vitamins A and C, plus folate and potassium for gentle digestive and immune support.

In Texas, they like partial sun to bright morning light and moist but well-drained soil. Water regularly in summer, trim often (they rebound fast), and divide clumps yearly to refresh vigor.

They slow in extreme heat but bounce back with cooler temps and a bit of afternoon shade. Harvest snips as needed for mild onion brightness on eggs, soups, potatoes, and salads—fresh flavor, fresh color, fresh nutrition.

Parsley

Bright, clean, and quietly powerful, parsley supports kidney and liver function and helps the body flush excess fluid. It's packed with vitamin K (bones and blood), vitamin C, iron, and folate.

Grow it where it gets morning sun and afternoon shade, keep soil evenly moist, and feed monthly with compost tea or a gentle organic fertilizer.

Harvest outer leaves so the center keeps pushing new growth.

In summer, mulch to cool roots; in winter, parsley handles light frost and rebounds as days warm. Use fresh as a finishing herb or stir into soups for clean, green lift.

Mint

Cooling and mood-brightening, mint soothes digestion, eases headaches, and helps the body cool down—delivering vitamin A, manganese, and a little iron.

Because it travels, grow mint in a container or confined bed. In Texas, give morning sun/afternoon shade, evenly moist soil, and monthly feeds of compost tea or diluted fish emulsion.

Pinch tops often to delay flowering and keep leaves tender; cut back in winter and mulch—fresh shoots pop with spring. Harvest freely for teas, fruit water, salads, and desserts; it's the friendliest refresher in the garden.

Sage

From salvere—"to heal"—sage supports hormones, calms inflammation, eases sore throats, and helps with menopausal flashes. It's naturally rich in vitamin K, iron, magnesium, and protective antioxidants.

Plant in full sun with sandy, well-drained soil and good airflow (sage dislikes humidity and soggy roots). Water only when dry, prune after flowering to prevent woody stems, and feed lightly in spring (too much fertilizer dulls flavor).

Mulch lightly in winter against sudden cold snaps.

Harvest young leaves often; they're the most aromatic for roasts, broths, and soothing teas.

Lemon Balm

Lemon balm is a gentle and cheerful herb that grows well in partial shade in Texas. It The “herb of joy” calms nerves, supports sleep, and eases digestion, offering vitamin C, manganese, and soothing compounds like rosmarinic acid.

In Texas it prefers partial shade and rich, evenly moist soil. Trim regularly to delay flowering (flavor fades after bloom), water consistently, and feed every few weeks with compost tea through warm months.

Cut back in winter and mulch to protect roots. Harvest tender tops for teas, salads, infused honey, and cooling summer waters—gentle calm in every cup.

Lavender

Lavender brings peace to the garden and the body; its oils lower stress hormones and support restful sleep, and the blossoms carry trace calcium and iron with natural antiseptic benefits for skin.

Grow in full sun with dry, sandy, well-drained soil—raised beds or large pots are ideal in Texas. Water deeply but infrequently, avoid overhead watering, and ensure good airflow in humidity.

Prune after flowering to keep it compact and blooming. Harvest stems as buds open for peak fragrance; dry for sachets, bath salts, teas, or baking.

Citronella (Lemongrass)

A vibrant multi-tasker: bright, lemony flavor for teas, soups, and marinades; natural mosquito repellent; gentle detox and digestive support. Nutrient-rich with vitamin A, folate, potassium, magnesium, and a touch of zinc.

In Texas, it loves full sun, rich soil with drainage, and regular watering. Feed monthly with compost or organic fertilizer and cut outer leaves to spark new, tender shoots. Before hard cold, cut stalks down and mulch heavily; in warmer zones it overwinters, otherwise pot and protect. Harvest stalk bases for cooking; use leaves for fragrant teas and bundles.

Seasonal Herbs

Not all herbs are meant to grow year-round in Texas. Some thrive only in the soft light of spring or the cooler air of fall, and that's perfectly fine — nature has its rhythm, and each herb shines in its own season.

The joy of growing herbs seasonally is that they keep your garden (and your kitchen) interesting. One month you're making pesto from basil, the next you're sipping cilantro-lime tea or roasting vegetables with fresh dill.

On the next pages are the seasonal herbs that love our Texas climate when planted at the right time of year.



Basil

Basil has been adored since ancient India and Egypt, where it was seen as a sacred plant offering both flavor and protection. It spread through Mediterranean kitchens, becoming the soul of Italian cuisine — and it absolutely loves the Texas sun.

Basil is a true summer herb. It thrives in warm soil and long days of light but wilts quickly in cold. Plant it after the last frost in spring, and it will grow until the first chilly nights arrive.

Give basil rich, well-drained soil and water it consistently, especially during dry spells. Pinch off the top leaves regularly to keep it bushy and prevent flowering. If you see flowers forming, snip them right away — once basil blooms, the leaves become bitter. Feed basil lightly with compost tea every few weeks to keep it lush. Harvest often, and it will reward you with tender, fragrant leaves that are perfect for salads, pestos, and sauces.

Cilantro

Cilantro, also known as coriander, has been grown for more than 5,000 years — it's mentioned in ancient Sanskrit texts and was found in King Tut's tomb. Its seeds travel easily, and its flavor travels even better — bright, citrusy, and unmistakable.

Cilantro loves cooler weather. In Texas, that means planting it in early spring or again in fall. Once the heat sets in, it quickly bolts to seed, so timing is key.

Plant it in rich, moist soil with morning sun and afternoon shade. Water regularly but don't let the soil stay soggy. Fertilize every three weeks with a mild compost tea to keep the leaves tender.

Harvest the outer leaves first, letting new ones grow from the center. When it finally does bolt, let a few seeds dry on the plant — you'll get free coriander spice and a natural reseed for next season.

Dill

Dill's feathery leaves and sunny yellow flowers have been cherished since ancient Egypt, Greece, and Rome — not just for flavor but for calming digestion and easing colic in babies.

Dill prefers cool seasons in Texas. Plant it in early spring or fall, when the weather is mild and the soil isn't too hot. It enjoys full sun and good drainage but appreciates a bit of shade on very warm days.

Because dill has a long taproot, it doesn't like to be transplanted, so sow it directly where it will grow. Water regularly to keep the soil evenly moist, and fertilize once a month with compost tea.

Harvest the feathery leaves early and the seeds later — both are wonderful in pickles, fish dishes, and dressings. If you let a few flowers go to seed, dill will happily reseed itself for the next season.

Fennel

Fennel has been loved since ancient Rome, where warriors ate it to gain strength and focus. In medieval times, it was hung in doorways to protect homes from evil spirits — a sign of how valuable this plant was considered.

Fennel prefers Texas' cooler months. Plant it in fall or early spring in full sun with rich, well-drained soil. It doesn't like to share space, so give it room to spread its soft, feathery leaves.

Water regularly, especially as it establishes, and feed it every few weeks with compost or seaweed fertilizer. In hot months, mulch around the base to keep roots cool. You can harvest the bulb, leaves, and seeds — all have a mild licorice flavor that pairs beautifully with fish, chicken, and root vegetables.

Lemongrass (Citronella)

Lemongrass originated in India and Southeast Asia, where it's been used in cooking and medicine for centuries. In Texas, it thrives from spring through early fall, loving every bit of sunshine it can get.

Plant lemongrass once the soil warms up. It enjoys rich soil, consistent watering, and good drainage. Feed it monthly with compost tea or organic fertilizer. As it grows, cut the outer stalks regularly for cooking — this keeps it producing new, tender shoots. Before winter, trim it down and cover the base with mulch to protect it from frost. In South and Central Texas, it may overwinter easily; farther north, you can pot it and bring it indoors.

The long, fragrant stalks are wonderful for tea, soups, and marinades — and they naturally keep mosquitoes away.

Fennel's Cousin – Dill's Companion

If you like growing dill, try pairing it with fennel nearby. They both attract pollinators and beneficial insects while helping repel unwanted pests. Just don't plant them too close to carrots — their strong scent can confuse carrot-loving bugs into thinking they've found a feast!



Replanting for a Continuous Harvest

For seasonal herbs like basil, cilantro, and dill, stagger your planting every few weeks. This simple trick — known as succession planting — keeps your garden producing through each season without sudden gaps.

For example:

Plant basil every 3–4 weeks in summer.

Reseed cilantro and dill in early spring and again in fall.

Cut back lemongrass midsummer to encourage fresh shoots.

By rotating your herbs this way, you'll have a steady supply of flavor from one season to the next — and a garden that always feels alive.



In the leaves of herbs, nature keeps her secrets for balance, calm, and renewal!

Using Fresh Herbs

A single handful can turn an ordinary dish into something that feels homemade, bright, and nourishing. The scent of crushed basil, the cool lift of mint, the cozy aroma of rosemary — these are the simple pleasures that make cooking more than just preparing a meal.

Whether you're snipping from a pot on the porch or walking barefoot out to the garden, using herbs fresh connects you directly to nature's rhythm.

A Fresh Herb for Every Day

You don't need to be fancy — just start small. Toss a few leaves into what you're already making. Over time, you'll find yourself adding them to everything.

Here are some simple ways to use fresh herbs in your everyday meals:



Toss them into salads for color and freshness — try parsley, mint, dill, or basil.



Add them at the end of cooking to keep their flavor alive —
like thyme in soups or oregano in pasta sauce.



Chop a handful of mixed herbs and sprinkle over roasted vegetables or grilled chicken.



Use fresh rosemary sprigs as skewers for kabobs —
they add subtle flavor and smell amazing on the grill.



Mix herbs into butter or olive oil for a simple herbal spread. Infuse fresh herbs
in honey or vinegar for a homemade dressing or soothing tea base.



Float a few leaves of mint, lemon balm, or basil in your water pitcher —
refreshing and cleansing.



Top your morning eggs or avocado toast with chopped chives or parsley.

Making Herbal Oils and Butters

Fresh herbs can transform simple pantry staples into flavorful kitchen treasures.

Herbal Olive Oil:

Add a few sprigs of rosemary, oregano, thyme, or basil into a clean glass bottle. Fill with extra virgin olive oil and seal. Let it infuse for at least a week. Store in a cool, dark place. Use for drizzling over salads, roasted vegetables, or dipping bread.

Herb Butter:

Soften one cup of unsalted butter, then mix in 2–3 tablespoons of finely chopped herbs such as parsley, chives, or thyme.

Add a touch of lemon zest or garlic if you like.

Roll into a log, wrap in parchment, and refrigerate.

Slice a bit off to melt over warm vegetables, fish, a baked potatoes, or on a pice of bread.



Herbal Teas and Fresh Infusions

Herbs make some of the best teas — calming, cleansing, and comforting. Try these simple combinations using freshly picked leaves:

Lemon balm and mint - *soothing and refreshing.*

Sage and rosemary - *warming and supportive for the immune system.*

Thyme and honey - *perfect for sore throats and chest colds.*

Lavender and chamomile - *relaxing before bedtime.*

How to make herbal tea

Steep a small handful of fresh herbs in hot water for 5–10 minutes, cover the cup to trap the oils, then strain and sip slowly.



Herbal infusions are one of the simplest ways to preserve the power of fresh herbs while adding depth to your kitchen staples.

Herbal Honey:

Add clean, dry herbs like thyme, sage, or lavender into a glass jar.

Pour raw honey over the herbs until fully covered. Stir gently to release air bubbles and seal.

Let it sit for 2–4 weeks, then strain. The honey will take on the herb's aroma and healing properties — wonderful for tea, toast, or sore throats.

Herbal Vinegar:

Fill a jar halfway with fresh herbs such as basil, rosemary, or dill.

Cover with apple cider vinegar, seal with a plastic lid (metal will corrode), and let it sit for 2–3 weeks. Shake occasionally.

Strain and use for salad dressings or as a natural tonic in warm water.



Cooking with Fresh Herbs

As mentioned earlier, fresh herbs brings so much flavor to any dish. There are however, a few things that are worth remembering when cooking with fresh herbs.

Here's a simple rule of thumb:

Add soft herbs (like basil, parsley, dill, cilantro) at the end of cooking.

Add woody herbs (like rosemary, thyme, oregano, sage) early in the cooking process.

This helps preserve flavor and ensures you get the full benefit of their oils and nutrients.

Soft herbs bruise easily and lose their brightness when overheated, while hardy herbs hold up and release flavor slowly — perfect for roasting or simmering dishes.

Preserving Fresh Flavor

If you have more herbs than you can use, freeze them while they're still vibrant. Chop and place in ice cube trays, cover with olive oil or water, and freeze. Pop out a cube anytime you need a burst of fresh flavor for soups, sauces, or sautés.

Herbs are nature's quiet helpers. They don't shout for attention — they simply enhance, brighten, and balance. Once you start cooking with them regularly, you'll wonder how you ever managed without that little bit of green magic.



When you season your food with herbs,
you season your health with life.

My Favorite Green Sprinkle

One of my everyday favorites from the Homestead Kitchen is what I call my 'Green Sprinkle'. It's a simple mix of oregano, thyme, basil, chives, and parsley — all finely chopped and mixed together.

You can use it on just about anything — salads, soups, roasted vegetables, potatoes, pasta, omelets, or even just sprinkled over olive oil and warm bread. It adds a fresh, earthy flavor that makes any meal taste a little more alive.



I always make it fresh and use it natural. If there's any left, I just store it in a small airtight container and keep it in the fridge for a day or two. Simple, flavorful, and always handy. It's bright, fresh, and full of flavor — the kind of little addition that quietly brings every dish to life.

Dried Herbs

Drying herbs is one of those small, simple tasks that connects you to nature's rhythm. It's slow work — gentle, fragrant, and deeply satisfying. When you hang a bundle of herbs upside down in the kitchen, you're not just saving flavor — you're keeping a little piece of summer alive to brighten winter meals.

In Texas, we're lucky to have long growing seasons, but it's still nice to have dried herbs on hand when the garden rests.

When to Harvest for Drying

The best time to harvest herbs for drying is mid-morning, after the dew has evaporated but before the sun gets too hot. That's when their essential oils — and their flavor — are at their strongest.

Cut herbs before they bloom whenever possible. Once they flower, their energy goes into producing seeds, and the leaves lose some of their punch.

Gently shake off dirt or insects, but don't wash them unless absolutely necessary. If you do, make sure they're completely dry before you start.



Air Drying – The Old-Fashioned Way

Air drying is my favorite way — it's simple, natural, and keeps the herbs' color and fragrance beautifully intact.

1. Gather herbs into small bundles and tie them with twine or string.
2. Hang them upside down in a warm, dry, and airy place — a covered porch, pantry, or even your kitchen window works well.
3. Keep them out of direct sunlight, which fades both color and flavor.
4. After 1–2 weeks, the leaves should feel crisp and crumble easily between your fingers.

Once dried, gently strip the leaves from the stems and store them whole in airtight glass jars. Crush only when you're ready to use them — it helps preserve the natural oils and aroma.

Oven or Dehydrator Drying

If the weather is humid or you want a quicker option, you can dry herbs in the oven or a dehydrator.

In the oven:

Set to the lowest temperature (around 100–120°F).

Spread herbs in a single layer on a baking sheet.

Keep the door slightly open to let moisture escape.

Check often — they can go from perfect to burnt quickly.

In a dehydrator:

Spread herbs evenly on trays.

Dry at about 95–115°F for 1–4 hours, depending on the herb and humidity.

No matter which method you use, the key is low and slow — you're drying the leaves, not cooking them.



Storing Your Dried Herbs

Store dried herbs in glass jars or metal tins with tight-fitting lids, away from heat and sunlight. A dark pantry shelf or cabinet works best.

Avoid plastic containers, as they can hold moisture and shorten the herbs' shelf life. Most herbs keep their flavor for up to a year — though you'll know they're past their prime when they lose their scent.

If you grow a lot, it's helpful to label jars with both the herb name and the drying date. It keeps your herb shelf neat and intentional — and reminds you to use what you've saved.

There's something comforting about opening a jar of dried herbs in midwinter and catching the scent of sunshine. It reminds you of warm afternoons in the garden — hands in the soil, bees buzzing, and that quiet joy that comes from growing your own food.

Drying herbs is more than preservation. It's gratitude — for the harvest, for the seasons, and for the little green gifts that make every meal more alive.

Using Dried Herbs

Dried herbs are like a small pantry treasure — concentrated little bundles of flavor and comfort, ready whenever you need them.

They're the essence of summer in a jar, waiting to warm up winter soups, dressings, and roasts.

When you've taken the time to dry your own herbs, every sprinkle feels a little more special. You know exactly where they came from, and you can taste the sunshine and care that went into them.

How to Use Dried Herbs in Cooking

Dried herbs are stronger in flavor than fresh ones because their oils are concentrated as they lose moisture.

*A simple rule of thumb is:
1 teaspoon dried = 1 tablespoon fresh.*

Add dried herbs early in cooking — the heat and moisture help release their full flavor. If you're making soup, stew, or sauce, sprinkle them in while it simmers. For quick dishes like eggs, roasted veggies, or salads, rub the dried herbs between your palms before adding them. This helps release their oils and aroma. Here are a few everyday ideas:

Add dried thyme or oregano to soups and sauces for warmth.

Sprinkle rosemary or sage on potatoes before roasting.

Stir basil or parsley into dressings or vinaigrettes.

Mix chives or dill into sour cream or yogurt for a quick herb dip.



When you season your food with herbs,
you season your health with life.

Making Your Own Herb Salts and Seasonings

Homemade herb salts are one of the simplest and most useful things you can make. They add instant flavor, look beautiful in jars, and make thoughtful gifts too.

Here is how I do:

- Finely chop your favorite fresh herbs.
- Spread about 1 cup of Seltic or Himalayan salt evenly on a parchment-lined baking sheet.
- Sprinkle the chopped herbs over the salt and mix gently with your fingers.
- Place the tray in the oven at 180°F (80°C) and let it dry for 60–90 minutes, stirring once or twice. The goal is to dry the herbs gently without browning them.
- Once completely dry, let it cool, then crush lightly with your fingers or a mortar and pestle.
- Store in a glass jar with a tight lid.

This herb salt adds beautiful flavor to roasted vegetables, grilled meats, soups, or even a soft-boiled egg. It keeps for months in a cool, dry place and always tastes like sunshine preserved.

You can also create your own blends:

Italian Blend: Dried basil, oregano, thyme, and rosemary.

Garden Blend: Dried parsley, chives, dill, and a pinch of garlic powder.

Comfort Blend: Dried sage, thyme, and rosemary for soups and roasts.



Infused Oils and Vinegars

Just like with fresh herbs, you can use dried ones to make long-lasting infused oils or vinegars.

For oil:

Warm olive oil gently and pour it over a mix of dried herbs. Let it sit for two weeks, then strain. Use for roasting vegetables, bread dipping, or drizzling over pasta.

For vinegar:

Add dried herbs to apple cider or white wine vinegar and steep for a few weeks. Strain and bottle. Perfect for salad dressings or marinades.

Dried herbs infuse more slowly than fresh ones, but they last longer and create a deeper, earthier flavor.

Homemade Tea Blends

Dried herbs make wonderful teas, especially in the colder months when your garden sleeps.

Try these cozy combinations:

Relax & Unwind: Lemon balm, lavender, and chamomile.

Immune Support: Thyme, sage, and a slice of dried ginger.

After-Dinner Calm: Mint, fennel, and lemon balm.

Simply mix equal parts of each dried herb and store in a jar. Use one teaspoon per cup of hot water, steep for 10 minutes, and breathe in the scent of peace.

There's something comforting about using your own dried herbs — they remind you that even small things matter. You grew them, cared for them, harvested and saved them. And now, they're part of your daily life, season after season.

Dried herbs bring warmth to the kitchen, color to the pantry, and gratitude to the table. They remind us that simple food, made with intention, is often the best kind.

Final Thoughts

Herbs remind us that simple things can bring deep nourishment. A few seeds in warm soil, a handful of leaves clipped before dinner, or the scent of rosemary in the breeze — each moment grounds us and connects us to nature's rhythm.

Growing herbs isn't just about food; it's about gratitude and presence. We learn patience as we wait for sprouts, care as we harvest gently, and appreciation for how nature provides exactly what we need.

Whether you grow a dozen herbs in your garden or just a pot of mint on the windowsill, you're part of a timeless cycle — the same plants that healed, flavored, and comforted generations before us.



Let food be thy medicine and medicine be thy food

~Hippocrates

Your next step toward simple,
no stress, and seasonal living...

"Thanks for reading! I've gathered extra tips, recipes,
and seasonal living guides for you on my website.

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