

PLANTING A HERB GARDEN

A Mandala design allows for water catchment and is easy to maintain and access. The bed shapes add harmony to the garden and flow with the surrounding contours of the land. The use of herbs is woven into our culinary, medicinal, and traditional cultural practices.

KEY

- A Indigenous Herbs
- B Medicinal Herbs
- C Beneficial Herbs
- D Culinary Herbs
- E Soil Doctors
- F Pond

- A** African Wormwood, *Umhlonyane* - use leaves, root and stems
- Wild Dagga, *Umunyane* - leaves, twigs and roots
- Sage, *Imphepho* - leaves, stems and flowers
- Wild Malva - leaves, fruit, flowers and roots
- Pigs Ear - fleshy part and juice of leaves
- Cancer Bush - leaves, stems and flowers
- Wild Garlic - leaves and flowers
- Wild Mint, *Balderjan* - leaves
- Sour Fig - leaf pulp / juice
- Bulbinella - leaves

- B** Plumbago, *Umasheshele* - Powdered/roasted roots and dried leaves
- Cumin, *Jeera* - fresh leaves and seeds
- Lemon Verbena - leaves and flowers
- Thyme - flowers, leaves and oil
- Lavender - leaves and flowers
- Rosemary - leaves and flowers
- Parsley - leaves and stems
- Peppermint - use leaves
- Aloe Vera - leaf pulp

- C** Rocket
- Dill
- Chamomile
- Nasturtiums
- Calendula
- Echinacea
- Cosmos



- D** Oregano - leaves
- Ginger - rhizome (root)
- Chilli - dried or fresh chillies
- Lemon Grass - leaves and stems
- Basil - use leaves, stems and flowers
- Coriander (dhania) - leaves and seeds
- Sage, *Imphepho* - leaves and flowers
- Fennel - bulb, stalk, fronds (leaves) and seeds
- Cumin - fresh leaves and stalks, and dried seeds

- E** Marigolds - trap pests and combat soil nematodes
- Comfrey - mulch bank and enriches compost
- Yarrow - roots aerate hard soil and activates compost
- Tansy - drought resistant, repels ants, flies, fleas, moths, mosquitoes, ticks and mice
- Clover (red and white) - converts atmospheric nitrogen into a soluble form that plants can absorb
- Borage - mulch bank, nutrient miner and shades the soil creating a habitat for beneficial insects
- Lucerne - nutrient miner and prevents soil erosion

- F** Beneficial insects need a source of water. Shallow containers such as ceramic bowls with pebbles for the beneficials to rest on are best.



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