

# Growing Healing Herbs in a Container

## Containers, Soil and Preparation

- Size and types of containers
- Why is the soil important?
- Materials needed for planting

## Herb & Plant Selection

- Annuals & Perennials
- Themes
- Medicinal, culinary and beauty
- Develop layout keeping in mind spreading habits and vertical growth
- Top 10 healing plants.

## Planting the Herbs

- Container
- Soil
- Fish emulsion / kelp
- Top five Steps for success.

## Watering

- Sprinkler, soaker hose, drip or water can
- Less frequently but thoroughly

## Harvesting & Healing Recipes

- Harvesting and Drying
- Healing Recipe