

May Nutrition Corner

Grow Fresh Flavor at Home!

Did You Know?

You can purchase seeds or starter plants for herbs using SNAP benefits!

Growing your own herbs indoors is an affordable and convenient way to enjoy fresh flavor all year long. Herbs enhance meals without adding salt, supporting heart health and overall wellness.

Easy Herbs to Grow Indoors:

- Basil
- Chives
- Mint
- Thyme

Find the Best Spot

To thrive indoors, herbs need plenty of natural light. Place them near a sunny window that receives at least six hours of sunlight daily.

Choose the Right Potting Mix

Use a potting mix labeled for indoor plants to ensure proper drainage. Make sure a potting mix says it is good for indoor plants. Avoid using soil from the ground, as it may contain pests and restrict airflow.

Check for Proper Drainage

Make sure you are using a pot that has good drainage to help keep the roots from sitting in water and rotting. Use a plastic or metal liner or drain pan under the pot to catch extra water.

Avoid Overwatering

- Allow herbs to dry slightly between watering.
- If the top two inches of soil are dry, it's time to water.
- Water slowly so the soil absorbs moisture evenly.
- This encourages roots to grow deeper and stronger.

Maintain the Right Temperature

Indoor herbs grow best at **65–70°F**.

- Most herbs tolerate cooler windowsills (55–60°F) if leaves do not touch the glass.
- Basil prefers warmth and should be kept away from cool drafts, thriving around 70°F day *and* night.

Healthy Tip

Fresh herbs add delicious flavor without adding sodium—perfect for enhancing your Meals on Wheels menu!