



Lavender: used in aromatherapy and to cure ailments. This common herb is useful as an antiseptic, an antibacterial and an effective insect repellent.



Green Onion/ Chive: Chives are an effective antioxidant and anti-histamine commonly used as a traditional cold treatment by chewing on the stems.



Mexican Mint Marigold: The Aztecs used the leaves as a flavoring in a traditional cocoa beverage: *chocolatl*. It is still used today in brewing anise-flavored teas.



Jalapeño: Named after the city of Xalapa, Veracruz where it was originally produced. Jalapeños are high in vitamin C and A, and Potassium.



Rosemary: In Mexico, the herb is used for *limpias*, or spiritual cleansings. It has also been known to enhance memory and boost the body's immune system.



Tomatillo: A common vegetable found in Mexican cuisine. In fact, the Tomatillo was first used by the Aztecs near 800 BCE.



Mint: Known for its fresh, sweet aroma. In Spanish, mint is referred to as Yerba Buena or "good herb". It contains a high amount of iron and vitamin A.



Cucumber: offers nutritional benefits such as B vitamins, magnesium and zinc. They have also been known to lower blood pressure and reduce swelling.



Strawberries: Native Americans called strawberries "heart-seed berries". They are considered a fruit, not a berry due to the seeds growing on the outside.



Lemongrass: also known as "citronella grass." This herb has a floral, lemony aroma that is used in herbal teas and aromatherapy.



Basil: Used in cuisines worldwide. The leaves may taste of anise, with a strong, often sweet smell. Basil is rich in vitamin K and calcium.



Oregano: can be used fresh or as a dry spice in cooking and for medicinal benefits. Oregano has four times more antioxidants than blueberries.



Eggplant: The name refers to how certain varieties of eggplant resemble white eggs. Eggplant is an excellent source of fiber and antioxidants.



Tomato: Originated in Central America, tomatoes can come in a variety of colors. Tomatoes are full of vitamin C, potassium, and antioxidants.

Emma S. Barrientos

Mexican American Cultural Center



Healing Garden

600 River St, Austin, TX 78701



Emma S. Barrientos
Mexican American Cultural Center

Spring/ Summer 2020



Lavender



Mint



Mexican Mint
Marigold



Rosemary

1



Green Onion/
Chive



Cucumber



Jalapeño

2



Tomatillo



Basil



Oregano



Tomato



Lemongrass



Eggplant



Strawberries

3

At the ESB-MACC Healing Garden we grow herbs, fruits and vegetables that can be used for everyday meals and health. If you are interested in gardening or sharing in our harvest, join us for one of our workdays.

Volunteers work hands-on maintaining the garden and its infrastructure. Please dress comfortably and appropriately for the weather. Contact us at [512.974.3772](tel:512.974.3772) or maccgarden@austintexas.gov. For more information, visit: austintexas.gov/esbmacc