

Emma S. Barrientos

Mexican American Cultural Center



Healing Garden

600 River St, Austin, TX 78701



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Lavender: used in aromatherapy and to cure ailments. This common herb is useful as an antiseptic, an antibacterial and an effective insect repellent. Best time to plant: July to Oct. Peak bloom time: early to late Summer.



Green Onion/ Chive: Chives are an effective antioxidant and anti-histamine commonly used as a traditional cold treatment by chewing on the stems. Best time to plant: October to December. Peak Bloom time: Summer.



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. Best time to plant: During the fall or full sun. Peak bloom time: Late summer early fall.



Jalapeño: Named after the city of Xalapa, Veracruz where it was originally produced. Jalapeños are high in vitamin C and A, and Potassium. Best time to plant: mid-March to mid-July.



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. Best time to plant: Perennial but Spring/Summer with full sun.



Tomatillo: A common vegetable found in Mexican cuisine. In fact, the Tomatillo was first used by the Aztecs near 800 BCE. Best time to plant: are 80 to 90 degree days with 60 to 70 degree nights. Peak Bloom time:



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. Best time to plant: perennial herb but avoid cold. Peak Bloom time: on and off all year.



Cucumber: offers nutritional benefits such as B vitamins, magnesium and zinc. They have also been known to lower blood pressure and reduce swelling. Best time to plant: March through April and August.



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



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



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. Best time to plant: Summer once the soil has warmed up. Peak Bloom time: Summer



Oregano: can be used fresh or as a dry spice in cooking and for medicinal benefits. Oregano has four times more antioxidants than blueberries. Best time to plant: early to mid-summer for optimal heat. Peak bloom time: Summer.



Eggplant: The name refers to how certain varieties of eggplant resemble white eggs. Eggplant is an excellent source of fiber and antioxidants. Best time to plant: late April to early May. Peak Bloom time: Summer.



Tomato: Originated in Central America, tomatoes can come in a variety of colors. Tomatoes are full of vitamin C, potassium, and antioxidants. Best time to plant: July 7th through August 7th.

Spring/ Summer 2020



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