

Emma S. Barrientos

Mexican American Cultural Center



Healing Garden

600 River St, Austin, TX 78701



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Cilantro: Used in traditional medicine for hundreds of years. It is an excellent source of dietary fiber and also contains Vitamin A, C, and E. **Best time to plant:** Late Spring.



Green Onion/ Chive: 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.



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.



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: This 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.



Mexican Petunia: This perennial plant grows well in dry or desert climates. It is invasive, as it can easily spread if left unkept. **Best time to plant:** Early Spring



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:** During the fall or full sun.



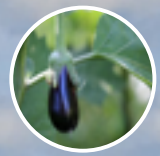
Red Cabbage: A great source of Vitamin C and Potassium but low in calories, making it an excellent addition to any meal. **Best time to plant:** Early Spring.



Kale: This superfood contains anti-oxidants that help lower blood pressure and reduce inflammation. **Best time to plant:** Early Spring or Fall



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.



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.



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.

Winter 2021



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 [512.974.3773](tel:512.974.3773) or maccgarden@austintexas.gov. For more information, visit: austintexas.gov/esbmacc