



## **TANGLA GARDENS HERBS AND SPICES**

**Tangla Gardens herbs and spices consists of;**

### **Basil**

Sweet basil (*Ocimum basilicum*) plays a role in many Mediterranean, and particularly Italian, cuisines. It forms the basis of pesto and adds a distinctive flavor to salads, pasta, pizza, and other dishes.

#### **Health benefits**

- Improve fasting blood sugar, cholesterol and triglycerides
- Reduce blood pressure in people with hypertension
- Increase mental alertness when inhaled as aromatherapy
- Reduce memory loss associated with stress and aging

### **Chives**

Chives are a green vegetable with a mild onion-like flavor. They are in the *Allium* genus, which also includes garlic, onions, and leeks. People have cultivated allium vegetables for centuries for their characteristic pungent flavors in cooking and their medicinal properties.

#### **Health benefits**

- Detoxify the Body
- Ease the digestive process
- Improve bone health
- Source of vitamin A

## Coriander

Coriander is an herb that's commonly used to flavor international dishes. It comes from the *Coriandrum sativum* plant and is related to parsley, carrots, and celery.

### Health benefits

- Rich in immune-boosting antioxidants
- promote digestion and gut health
- lower cholesterol levels
- Reduces swelling and inflammation

## Garlic Onion

Garlic is a plant in the *Allium* (onion) family. It is closely related to onions, shallots and leeks. Each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take.

### Health benefits

- Garlic Is Highly Nutritious But Has Very Few Calories
- Garlic Can Combat Sickness, Including the Common Cold
- The Active Compounds in Garlic Can Reduce Blood Pressure
- Garlic Improves Cholesterol Levels, Which May Lower the Risk of Heart Disease

## Oregano

Oregano is a herb from the mint, or Lamiaceae family. People have used it for thousands of years to add flavor to dishes and to treat health conditions. It features in the Mediterranean diet.

### Health benefits

- Rich in Antioxidants
- Help Reduce Viral Infection
- Could help treat yeast infections
- help lower cholesterol

## SpearMint

Spearmint, or *Mentha spicata* is a pleasant-smelling species of mint found in health-food products, toothpastes, mouthwashes, and cosmetics. It is often used in medicine for its claimed therapeutic properties.

### Health benefits

- Good for Digestive Upsets
- May Aid Women With Hormone Imbalances
- May Reduce Facial Hair in Women
- Fights Bacterial Infections

## Rosemary

Rosemary is a fragrant evergreen herb native to the Mediterranean. It is used as a culinary condiment, to make bodily perfumes, and for its potential health benefits. Rosemary is a member of the mint family Lamiaceae, along with many other herbs, such as oregano, thyme, basil, and lavender.

## **Health benefits**

- Antioxidants and anti-inflammatory compounds
- Enhancing memory and concentration
- Neurological protection
- Prevent brain aging

## **Thyme**

Thyme is a Mediterranean herb with dietary, medicinal, and ornamental uses. The flowers, leaves, and oil of thyme have been used to treat a range of symptoms and complaints.

## **Health benefits**

- Prolonging the stability of cooking oils
- Helps treat Common skin problems
- Helps in Yeast infection
- Helps in Foodborne bacterial infections

## **Also planted are**

- **Athena White Rose**
- **Top Secret Red Rose**
- **Adaptation Yellow Flower**
- **Celeb Gold Flower**