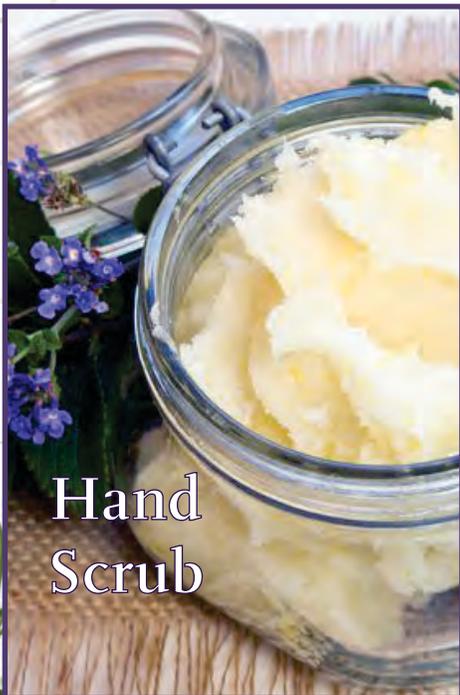


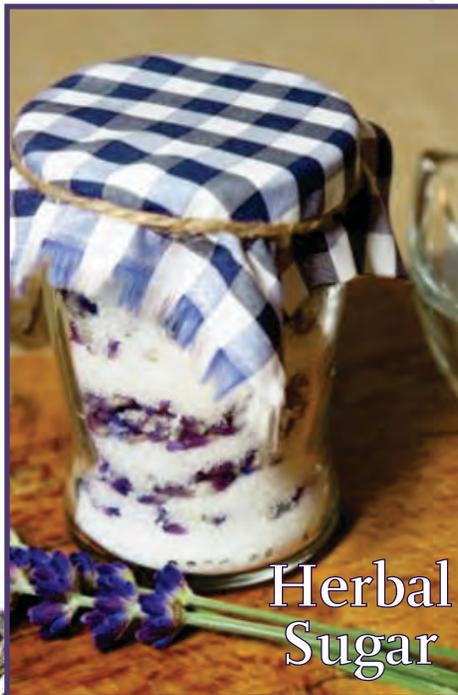
# Living Clean & Green!

## Gifts from the Garden: Quick & Easy Homemade Gifts

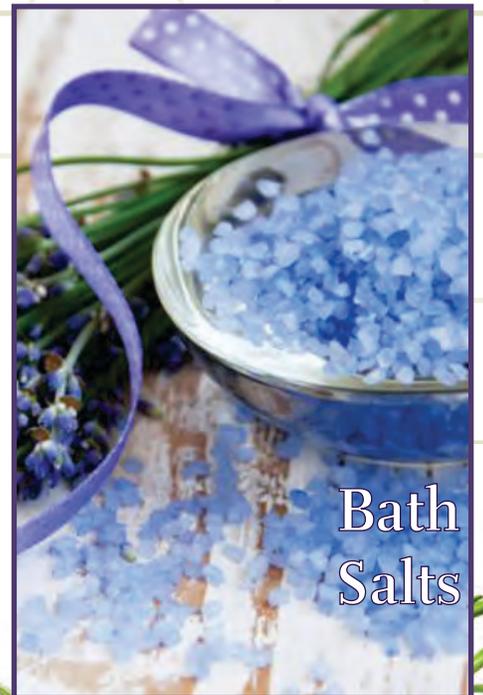
Gardeners are a proud lot. We love to show off our gardens. We also love to share them and there seems no end to the gifts we can create with our bounty. Herbs, flowers, leaves and even seeds can be turned into thoughtful gifts to give year round and they are quick and easy to make!



Hand  
Scrub



Herbal  
Sugar



Bath  
Salts



# Living Clean & Green!

## Gifts from the Garden: Quick & Easy Homemade Gifts



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### Herbal Sugar

3-4 springs of fresh herbs

2 cups of white sugar

Remove leaves from herb springs. Gently bruise the leaves with a mortar and pestle or the back of a spoon. Mix into sugar. Store in an air-tight jar. Stir every 2-3 days. Sugar should be ready after 2 weeks. Use sugar, herb flecks and all, in tea, lemonade, or baked goods.



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### Homemade Bath Salts

Epsom salts

Dried herbs or essential oils

Food coloring (optional)

Pour enough salt to fill desired container into a mixing bowl. Mix salt, herbs or oil, and food coloring until well combined. Once mixed, place finished bath salts in plain glass jars or small bottles. Decorate with labels and ribbon.



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Ijams Nature Center

### Gardener's Hand Scrub

White sugar

Dish soap

Hand lotion

Dried herbs or essential oils

Fill desired container approximately 3/4 full with sugar. Mix together equal parts lotion and dish soap.

Add dish soap mixture to container with sugar to form a thick paste. Add fragrance with herbs or essential oils. This scrub can also be made with a mixture of equal parts sugar and Epsom salts.

## Other Ideas

- Flavored Vodka
- Herbal Vinegars and Oils
- Take-away Seeds
- Homemade Seasoning Blends
- Potpourri
- Dried Herb Sachets



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Gifts from the Garden: Quick & Easy Homemade Gifts

## Health Benefits of Herbs and Oils

### Dried Herbs

Chamomile: Healing, antiseptic, soothing

Lavender: Relaxing, calming, eases stress and anger

Eucalyptus: Antiseptic, refreshing, cleansing

Lemongrass: Antiseptic, soothing, uplifting

Rosemary: Hydrating, anti-aging, toning

Spearmint: Energizing, stress relief, eases headaches

Marshmallow Root: Soothes sunburn and eczema

Calendula: Antibacterial and antiseptic

### Essential Oils

Lemongrass: Antiseptic, soothing, uplifting

Spearmint: Energizing, stress relief, eases headaches

Sweet Orange: Invigorating, stimulates creativity, alleviates anxiety

Rosewater: Comforting, refreshing, promotes calm

Lemon: Antioxidant, energizing, uplifting

Chamomile: Healing, antiseptic, soothing

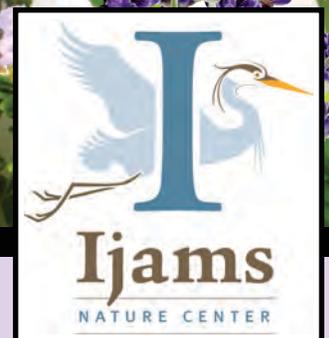
Pine: Treats a variety of skin conditions

Cedarwood: Promotes focus and calming

### Oil Blends

Tranquility (lavender, fir, patchouli, palmarosa, geranium, chamomile)

Euphoria (bergamot, sandalwood, ginger, ylang ylang)



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