

### Why Organic Gardening?

- ▶ Cost Effective.
- ▶ No chemicals in your foods.
- ▶ Source your own additives for your products.
- ▶ Just make sense!

### How to Garden Organically

- ▶ Fertilizer - Comfrey and plant debris (mulch).
- ▶ Pesticide - Bird feeders, companion planting.
- ▶ Herbicide - Crop rotation, weed pulling, using hand tools, Vinegar.

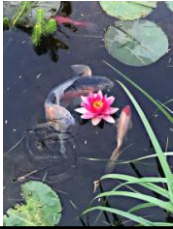
### What can I plant in my soap making garden?

- ▶ Comfrey
- ▶ Tomatoes
- ▶ Carrots
- ▶ Mint
- ▶ Dandelion
- ▶ Rosemary
- ▶ Cucumbers
- ▶ Lavender
- ▶ Lemon Grass
- ▶ Calendula
- ▶ Basil
- ▶ Nettle

Remember to Check your planting Zones!

### Herb/o/logy's Favorites to Grow

- ▶ Comfrey
- ▶ Luffa
- ▶ Calendula
- ▶ Lavender
- ▶ Mint
- ▶ Cucumbers



### Comfrey (*Symphytum officinalis*)

has been used since Roman times, dating back thousands of years. This herb has been utilized in folk medicine throughout Europe and North America and has been widely cultivated as a garden medicinal specifically for its reputation for healing various external wounds.

**Benefits** - B 12, Calcium, Potassium, other trace minerals.  
 Use as a colorant, speckles for interest.

**Grow** - (Perennial) Most states (hardy to -15 degrees) Likes full sun and regular garden soil. Grows to about 5 ft and has pretty purple flowers

**Usage** - Dry first, then infused into oil or Lye water. Dried leaves can also be put in at trace for a speckled look.



### Luffa Gourd (*Luffa cylindrical*)

*For all you scrubbing needs!*

**Benefits** - Great to put into soap for exfoliation or use by itself in the shower as a scrubby!

**Grow** - Full sun, well drained soil and 90 days to Harvest. Vines can spread up to 12 feet.

**Usage** - Cold process or Melt and Pour soap. I have found that you can leave them on the vine until brown or outside then peel them  
 Teach has a video on using Luffa in Cold Process soap




### Calendula (*Calendula officinalis*)

flowers are the premier antiseptic and healing agent when made into salve, tincture, or simply masticated and applied to the injury. Inhibits inflammation, promotes formation of granulation tissue in wounds. The flowers, when boiled, yield a bright yellow-orange dye.

**Benefits** - Eczema, psoriasis, dermatitis, and other skin problems can be soothed using calendula oil, applied topically. Calendula oil's antifungal action is also great for helping treat athlete's foot, ringworm.

**Grow** - Annual but will reseed. Grows to 18in tall, 50-60 days to maturity and great in pots.

**Usage** - Premier healing agent in salves and tinctures, or can be masticated and applied to external injuries. Infused in oil or in Lye water.  
 (Teach has a video on using Calendula in Cold Process soap)



Persons with allergies to other members of the Asteraceae family (such as hellebore, chamomile, or Echinacea) sometimes should exercise caution with calendula, as allergic cross-reactivity to Asteraceae plants is common.

### Lavender (*Lavandula angustifolia*)

The use of Lavender goes back thousands of years, with the first recorded uses by the Egyptians during the mummification process. Both the Greeks and the Romans had many uses for it, the most popular being for bathing, cooking, as an ingredient in perfume, healing wounds, and as an insect repellent.

**Benefits** - Great for soothing, relaxing and aromatherapy. Cosmetically it has a multitude of uses and can be included in ointments for pain and burn relief.

**Grow** - (Perennial) Prefers a moderate supply of nutrients, lime and a well-drained soil. Drought tolerant. Grows in a mound and must be cut back in the fall. First year do not cut stems until the fall. Second year plants you can start to harvest.

**Usage** - Buds can be used for exfoliants, we use them in sugar scrubs. Teas, tinctures, and added to baked goods.



### Mint (*Mentha piperita*) Peppermint

Known to have originated in Asia and the Mediterranean region, mint has been known for its many benefits throughout history. Greeks used to clean their banqueting tables with the herb and added it to their baths to stimulate their bodies, whilst Romans used it in sauces, as an aid to digestion and as a mouth freshener.

**Benefits** - Studies have found that aromatherapy is effective in relieving anxiety, pain, and vomiting, as well as improving memory. According to findings, peppermint oil exhibits antiviral, antimicrobial, antifungal, antioxidant and analgesic. Mint contains a number of vitamins and minerals which are vital to maintain good health. Rich in Vitamins A and C it also contains smaller amounts of Vitamin B2 and minerals including calcium, zinc, copper and magnesium. And even though mint is mostly consumed in small quantities, the vital nutrients obtained are still beneficial and shouldn't be underestimated.

**Grow** - (Perennial) anywhere, very aggressive and must be contained.

**Usage** - Use in massage oils, shampoos, body washes, and lotions gives these products antiseptic and antimicrobial properties. In cold process soap as an exfoliant.



## Cucumbers (any variety will work)

Benefits - Contain vitamin C and vitamin K, also an antioxidant, which fights dark circles under the eyes. Pantothenic acid, or vitamin B-5, is another compound that helps your skin retain moisture. The vitamin A, or retinol, in cucumbers fights dark spots and freckles because it helps control your skin's production of melanin

Grow - Annual, full sun, many varieties. Make sure you have lots of room to grow them!

Usage - Cold Process soap. I use the both the flesh and skin for exfoliant. (Teach has a video on using Cucumbers in Cold Process Soap)



## Sources

- ▶ The Wild & Weedy Apothecary, Doreen Shababy
- ▶ Pure Soap Making, Anne-Marie Faiola
- ▶ Rodale's Ultimate Encyclopedia of Organic Gardening
- ▶ Horizon Herbs
- ▶ Mountain Rose Herbs
  
- ▶ Of Course our Teach! With out her I would not have the knowledge or the courage to proceed in the big world of soap making!! (you're the best!)



## Questions?

- ▶ I love talking about gardening and skin loving products!
- ▶ Contact me at [herb.o.loev.soaps@gmail.com](mailto:herb.o.loev.soaps@gmail.com)

