



by Judy Fleming, HCMG

## Sources for Herbs

With Spring upon us, everyone is busy in the garden. I am always excited to plant new herbs and new varieties of favorite herbs. If some of your favored fennel, parsley, thyme or oregano was killed off in the freeze this winter, take advantage of the space to plan and replant your patch with something new.

Rather than focusing on one herb, I would like to provide our readers with additional sources for information on herbs and herb gardening.

The [Herb Association of Texas](#) (HAT) encourages the use, cultivation and benefit of Texas herbs and herbal products. This is a great place to start your inquiry about herbs. Their web site provides a description of the most common herbs grown and used in Texas, crafting with herbs, cooking with herbs, herbs as medicine, books, etc.

[Rain-Tree](#) provides a database of the tropical and medicinal plants of the Amazon Rainforest. This database is authored and maintained by Dr. Leslie Taylor, ND and much of the information can also be found in her book, *The Healing Power of Rainforest Herbs*. As new plants are discovered they are added to the database. This is a scientific view of the plants, their characteristics and uses.

If you would like some quick general tips, review the article at [About.com](#) for information about type of herbs, herb garden design, preserving herbs and several other subjects.

The [American Herb Association](#) promotes the understanding and ecological use of medicinal herbs and aromatherapy. Membership is open to anyone interested in herbalism.