

Akaash Open Enterprise Center

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Planning “Herb gardens”

- A SMART Cluster proposal



D. Herb gardens

It is important to mention that, the due credit of much of this section goes to the team from Readers Digest for authoring the book called “The Complete Book of Herbs”.

What are herbs?

Herbs are plants whose different parts like the roots, stalks, leaves, flowers, fruits and seeds have an important value, be it for aroma, medicinal properties, use in natural therapy and even innovative craft ideas.

What are the different environments in which herbs can be grown?

In contained environments (like pots, window boxes, recycled containers), home gardens, cottage gardens, botanical gardens & parks, Zen gardens, along highways, in mountain areas, in tropical rainforests.

What are the different herb garden styles?

Formal gardens, Informal gardens, Themed gardens, Zen gardens and Sustainable Site gardens.

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(Above illustrations) Knot Gardens



(Above illustrations) Parterre Gardens



(Above illustrations) Themed Gardens

What are the types of Formal gardens?

Conventionally “Knot gardens & Parterre gardens”, more flexibly “Restored gardens and Themed gardens”.

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Container Gardens



Home Gardens



Cottage Gardens

What are the types of Informal gardens?

Home gardens, Cottage gardens, Container gardens and Zen gardens.

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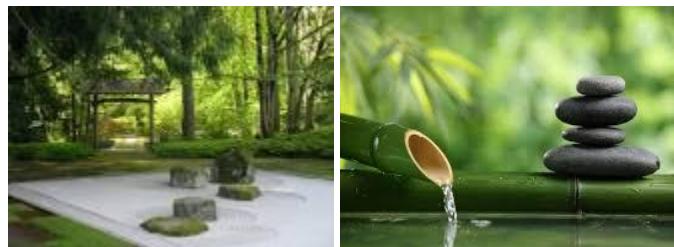
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What are Themed gardens?

These are gardens designed according to a theme based on attributes such as

1. Sensory appeal
2. Culinary flavor
3. Flower picked varieties
4. Craft products
5. Household use
6. Medicinal benefits
7. Cosmetic worth



Zen Gardens

What are Zen gardens?

A “Zen garden” helps one connect to the different elements of nature at the location, possible in the space available. A “Zen garden” can help people sit in a place that helps them refresh or heal themselves by finding harmony, balance and a sense of consciousness.

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Planning a Herb garden

1. Draw a plan of the site or location or garden area to scale on a grid paper as per the template, or illustration or function to be served
2. Plan the focal point, natural systems interface, high or low maintenance options, geometrical layouts, eye to view or eye to seating arrangements, height elements, color schemes, elements to be enhanced, elements to be disguised, routes for “watering, waterfall or pond area, utility area or needful allotment of space area, compost heap area or waste collection area”, flagging & edging, on the basis of the size of the garden – the route for irrigation, the route for the play area, the paving, the hedging, the fencing or picketing
3. Evaluate the plan or template for design or theme success and continual attributes like “sensory appeal, culinary appeal, flower appeal, household use, medicinal benefits, cosmetic worth, e-Craft use, universal health programmes”
4. Transpose it to the bed or allotted area by using sand, garden-lime, landscape marking paint where this depends upon the size of the garden
5. Use string lines for straight line layouts. Use stakes, pencils with string lines for scribing circles, shapes, compact layouts.
6. Incorporate hedging, picketing or fencing as suitable to the garden

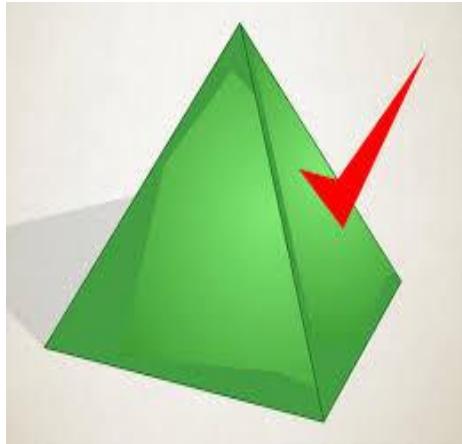


7. Comply with norms and best practices for cultivation
 - a. Selecting herbs, exploring nature for special varieties
 - b. Deciding when to plant
 - c. Preparing garden beds
 - d. Purchasing equipment
 - e. Sowing and companion planting
 - f. Fertilizing, using herbicides and balancing the elements
 - g. Watering and irrigating systems
 - h. Garden maintenance with pruning, removal of weeds, using herbicides to get rid of weeds
 - i. Harvesting, preserving and storing

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Generative involvement to mitigate climate change, to preserve the herb environment, to heal people & to balance and harmonize elements of nature

What will be the focal point for AOEC's Herb gardens?

To design How-to-illustrations for specific Green Pyramids like “Formal gardens, Informal gardens, Themed gardens, Zen gardens and Sustainable Site gardens”.

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What will be available as information in the “How-to-illustrations”?

The “How-to-illustrations” will be based on a Virtual Private Network (VPN) principle that implements a façade (comprising of a support system and navigable course) that virtually helps people act consciously to preserve the herb (called as a Green asset)

For a specific herb, provide details about the

1. Positioning or where to grow recommendations
2. Propagation for the Green Pyramid
3. Maintenance
4. Controlling pests and diseases
5. Harvesting and storing
6. Designing Zen gifts using specific herbs

The details of the same will be available in the Sustainable Agriculture toolkit as part of its focus for Green Asset development. You can ask for more details by calling +91934286766 or by emailing the consultant on venkataoec@gmail.com

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Mood

Promotes positive mood and emotional balance

E. Elements of Herb gardens that are grown (for balancing moods, emotions)

AOEC proposes the following herb elements in its designs, where further refinement will be based on logistics and availability

Serial No	Herb element	Why used or Herb description	Logistics and Availability
1	Bach flower	Helps improve moods and emotions	
2	Dandelion	Helps flush out excess fluids	
3	Echinacea	Improves immunity and reduces incidences of cold and flu	
4	Grapefruit	Cleanses the air	
5	Lemongrass	Can refresh, cleanse, stimulate digestion and ease nervous feelings in the stomach. Can remove toxins and also has an antibacterial and antiseptic effect	
6	Mandarin	Boosts self-worth	
7	Primrose	Helps balance hormones, reduces stress and improves moods	
8	Rose	Boosts self worth	
9	Rosemary	Helps balance moods	
10	Ylang Ylang	Boosts self worth	

**F. Elements of Herb gardens that are common in India (for nutrition, health and wellness)**

AOEC proposes the following herb elements in its designs, where further refinement will be based on logistics and availability

Serial No	Herb element	Why used or Herb description	Logistics and Availability
1	Aloe vera	Anti-inflammatory and healing properties	
2	Basil	64 basil species, some of which are used as food wraps, elements of culture and ornamental ingredients	
3	Bay	Cooking and ornamental purposes	
4	Brahmi	Improve brain function and memory, ornamental purposes	
5	Chilli	Culinary spice, ornamental and landscape purposes	
6	Coriander	Cultivated for its culinary foliage, roots and seeds, herbal medicines	
7	Curry plant	Cooking, floral arrangements and edging herb gardens	
8	Eucalyptus	Medicinal applications and fragrance	
9	Fennel	Culinary purposes like salads, salad dressings, pickles, baked foods and for its ornamental qualities	
10	Flax	Printing inks, paints, varnishes, linoleum, bakery and cereal products	
11	*Garlic and onions	Garlic used in medicinal preparations for its antimicrobial effects, anti cancer effects, improving blood circulation,	

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		Onions used for medicinal benefits and Culinary qualities	
12	Ginger	Medicinal uses, to control arthritis, rheumatism, to protect the heart and blood vessels, to improve digestion and even to treat motion sickness, nausea	
13	Jasmine	In essential oils, for perfumery and aromatherapy	
14	Lavender	Medicinal uses in antiseptic, anti inflammatory preparations, treating anxiety, sleeplessness, essential oil in home-made air-fresheners and cleaning products	
15	Lime	Medicinal uses to treat anxiety, tension, circulatory disorders, arthrosclerosis, respiratory infections, for ornamental and shade qualities	
16	Mint	Uses fragrance, flavor, taste, in medicinal preparations to treat digestive disorders, for pain relief, as a nasal decongestant	
17	Nettle	Medicinal uses to remove toxins, to treat arthritis, skin disorders and for its diuretic effect	
18	Parsley	Cooking to add flavor, for garnishing and medicinal uses to treat arthritis, digestive disorders, urinary-tract disorders and for its diuretic effects.	
19	*Plantain	Medicinal uses for anti-inflammatory and healing qualities, to prevent constipation and treat hemorrhoids	
20	Poppy	Medicinal uses like pain relief, treating insomnia, anxiety, to aid relaxation but should not be used for addictive qualities like heroin	
21	Sage	Attractive nature, medicinal applications for its anti-inflammatory properties, its anti-microbial properties, to improve circulation, to improve memory and concentration	
22	Tea	Culinary qualities like flavor, aroma and for medicinal uses as an anti-oxidant, to control cardio-vascular diseases,	

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		<p>cancers and to improve mental alertness and concentration</p> <p>Green tea though very beneficial must be consumed with precaution and in controlled measures</p>	
23	Tea tree	Medicinal uses to treat cuts, skin infections due to antimicrobial and antiseptic qualities	
24	Thyme	Ornamental qualities like profuse flowering, culinary qualities like aroma, flavor and for medicinal uses like anti-microbial qualities to treat and cure gastrointestinal infections, digestive disorders & respiratory disorders	
25	Turmeric	Ornamental foliage and medicinal properties like anti-inflammatory effects, anti-oxidant effects, anti-cancer effects and anti-thickening properties to improve the health of arteries	

Serial No	Tree element	Why used or Tree description	Logistics and Availability
1	Horse chestnut	Medicinal uses to improve circulation, to treat varicose veins and other blood vessel problems	
2	Magnolia	To improve digestion, to treat liver disorders and cure menstrual problems	
3	Oak	Used for medicinal applications like anti-inflammatory properties, to control bleeding, to treat skin disorders	
4	Prickly ash	Uncommon variety that is used in medicinal applications to treat circulatory problems and anti-cancer & anti-inflammatory properties	
5	Olive	Used for its anti-oxidant properties	
6	Walnut	Used for anti-microbial, anti-inflammatory properties and anti-hardening properties to improve circulation and artery health	
7	White willow	Used for analgesic and anti-	

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		inflammatory properties	
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Serial No	Berries element	Why used or Berry description	Logistics and Availability
1	Blackberry	Used for astringent properties and to treat diarrhea	
2	Cranberry	Used for anti-oxidant effects and to treat and improve urinary disorders	
3	Juniper	Used to treat arthritis, rheumatism and in treating diseases like gout due to its anti-inflammatory qualities	
4	*Schisandra	Super berry that is used to treat asthma, cough and for its anti-inflammatory and anti-oxidant properties	
5	Wild strawberry	Used to treat digestive disorders	

Serial No	Spices element	Why used or Spice description	Logistics and Availability
1	Asafoetida	Culinary qualities and medicinal purposes such as to treat digestive disorders, respiratory problems	
2	Black Pepper	Culinary qualities and medicinal purposes like anti-microbial effects to treat digestive disorders	
3	Cinnamon	Culinary qualities and medicinal purposes like for its possible anti-carcinogenic properties, its anti-bacterial, anti-fungal and anti-viral properties, to qualify to reduce cholesterol levels	
4	Clove	Culinary qualities and medicinal purposes like its anti-septic, anti-inflammatory and analgesic properties	
5	Cumin	Culinary qualities and medicinal applications to improve digestion, to control and treat colitis, bowel spasms	
6	Fenugreek	Culinary qualities and medicinal uses to manage blood sugar levels in order to treat diabetes and to lower cholesterol levels	

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7	Saffron	Medicinal uses like its anti-cancer properties, its qualities to treat respiratory problems and in cooking for its flavor, fragrance and appearance	
8	*Nigella	Widely used for its culinary qualities and in medicinal applications that treat digestive disorders, and for anti-parasitic, anti-inflammatory and anti-cancer qualities	
9	Tamarind	Culinary qualities and for medicinal purposes to treat nausea, constipation, rheumatism	



F. AOEC's toolkit offerings

AOEC has included details on improving awareness, sensitization and preparedness for SMART Site/Cluster practices in its toolkit offerings on Climate Change Mitigation and Adaptation.



You can ask for a toolkit offering by calling the consultant on +919342867666 or by emailing venkataoec@gmail.com