

**e - News 15/8/12 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya  
(G-BIACK)**

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**GROW MORE HERBS FOR YOUR KITCHEN**



*Monica Nyakinyua (left) holding fennel plant and (right) Celery which is ready for use*

In nature there is a huge variety of herbs that have medicinal properties and they can be used directly in the form of extracts or tea, in food, or in production of drugs.

The GROW BIOINTENSIVE Agriculture Centre of Kenya (G-BIACK) is introducing and promoting herbal gardening and the use of herbs in the diet as a way of improving nutrition and fighting disease. Many farmers have started including herbs in their gardens after receiving training from G-BIACK.

Herbs contain unique anti-oxidants, essential oils, vitamins, phyto-sterols and many other plant-derived nutrient substances, which help equip our body to fight against germs and toxins and to boost immunity level. They are, in fact, medicines in smaller dosages. For example, Celery is useful in the treatment of arthritis due to its high sodium content. Its organic sodium tends to prevent and relieve arthritic joint deposits by keeping lime and magnesium in a solution form. A concoction of black night shade helps in removing catarrhal matter and phlegm from the bronchial tubes in asthma patients; also the fruits of the plant can be used beneficially in treating asthma.

We are encouraging everybody to plant herbs in their gardens and yards.

Please visit us! We are located 10km east of Thika town along the Thika – Garissa Rd (highway A3)  
Or visit our web site: [www.g-black.org](http://www.g-black.org)

*Donations of any amount help us to reach out to more vulnerable families. Checks payable to Kilili Self Help Project and designated for G-BIACK may be mailed to 260 Marion Avenue, Mill Valley CA 94941 USA. Donations are tax deductible and 100% of the donated amount will be sent to G-BIACK for our programmes.*

**G-BIACK- Empowering the communities ~ Transforming Lives**  
(G-BIACK is a registered CBO in Kenya. Donations are tax-deductible)