GRANDMA'S REMEDIES

10 Herbs You Can Grow Indoors In Water All Year Long

By bestfolkmedicine · 12/07/2018 · 3 min read



According to Live Love Fruit, though winter means end for fresh local produce, especially if live in the Northern hemisphere, you should not be disappointed because there is a way to grow some of these produces at home without any mud and planters. Believe it or not, there are more than 10 plants that you can grow indoors throughout all winter and besides using them as food, they also make an excellent decoration for desks or windowsills.

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These types of herbs are known as perennial while the annual ones grow one season only, produce seeds, and then die. On the other hand, perennials continue coming back as long as the old leaves are removed

as they grow full size.

How to Grow Herbs Indoors

Unless otherwise noted, full plants can be rooted from whole leaves or trimmed stems. You can begin your indoor planting with herb plants from your garden or perennial herbs from the nearest grocery stores. You need to ensure that the stems are 6 inches long and also, cut off the leaves from the bottom, i.e. 4 inches of the stems.

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Put the herb stems in glass jars filled with water and place them in an area where they receive direct light for at least 6 hours on the daily. As it grows to full size, clip each leaf so that you stimulate the stem to make more leaves on the top and so that the stem can grow for months.

The Best Herbs to Grow in Water at Home

Sage

Put several sprigs in shallow water (collect them in the spring or end of season from an outdoor plant) and it will soon sprout. Since it does not like crowding, ensure there is a lot of air space for it. Remember, the leaves should not be in the water. This herb is an ideal natural remedy against bronchial asthma, atherosclerosis, and arthritis.

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Basil

It is very easy to grow in water and it can be used to reduce pain, balance the blood sugar levels, and possesses antiviral, antifungal, and antibiotic characteristics too.

Oregano

When it comes to how to grow it, it is very similar to basil, just make sure remove the maturing leaves on top to encourage new growth. Oregano is well-known natural remedy used for its antifungal, antiviral, and antibacterial properties.

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Peppermint

Peppermint grows fast and easy and it can be used to decrease digestion-related problems and to

lower IBS symptoms. You can use it to decrease stress, inflammation, headache, and nausea as well.

Lemon balm

The rich and amazing smell of lemon balm is great in repelling mosquitoes naturally and it can also be used to treat cold sores, better the anxiety, and improve the digestive processes.

Tarragon

Place herb under warm and bright light. This herb can be used for several different cooking methods.

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Rosemary

Keep this herb in a sunny place and prune them often to keep them in tip top condition.

Thyme

It also requires 6-8 hours of sunlight, but requires little maintenance

Spearmint

This plant grows fast and it has sweet flavor and fragrance. contains anti-androgenic properties that helps improve individuals suffering from polycystic ovarian syndrome (PCOS) (5). It also tastes quite lovely.

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Stevia

It is recommended to grow this popular natural sweetener at home to avoid GMOs and pesticides. Stevia can help reduce the nicotine desire and stop smoking. Keep this plant in a warm area as it does not like the cold.

Sources:

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