An herb is nonwoody, seedbearing plant, or part of a plant that is used for food, medicine or flavoring. Culinary herbs are grown for food or flavor. Herbs are also grown hydroponically in Maryland and are available all year long.

Catnip isn’t just for cats! When consumed by humans as tea, catnip provides relief for headaches, anxiety and insomnia.

You can make a nice herbal bouquet from hibiscus, catnip, basil, lemongrass, peppermint, and/or lavender to repel flies and mosquitos. Would you make this herbal bouquet for your mom? Share with us on social media using the #MDKidsEatLocal!

**Featured Farm**
KOINONIA FARM
BALTIMORE COUNTY

Koinonia Farm is located on the same 45-acre estate as the historic Gramercy Mansion. Koinonia produces a wide variety of culinary herbs and sells to local distribution centers all throughout the year.

**Availability**
YEAR ROUND