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 mosquitoes. Would you make this herbal bouquet for your mom? Share with us on social media using the #MDKidsEatLocal!

**Featured Farm**

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