

Herbs good for cooking, health

By Geralda Miller, Reno Gazette-Journal

The sun is shining, the temperature is climbing and the snow melts on Peavine.

Gardeners are eager to get outside and plant flowers and vegetables.

Don't forget about herbs, local herbalists and regional plant experts said.

"The high desert is an ideal place to grow herbs," said Tom Stille, owner of the River School Farm in northwest Reno. "Find a place that is close to your kitchen door that has nice sun. Not only put in kitchen plants, but also, that would be a great place to grow your herbs."

Lisa Rojas, an herbalist who plans to open an apothecary and massage supply store in Reno in July, said herbs do more than enhance your favorite culinary dishes and are vital for good health.

"I believe herbs are medicine," she said. "I believe that our medicine is our food. It brings life to our food and into our bodies."

Botanist Evert Broderick and herbalist Kim Powers recently taught a course at Truckee Meadows Community College called, "Practical Herbology" and have initiated a yearlong certificate of herbal studies program, which begins in the fall.

The couple will be talking about making edible and medicinal herbal landscapes on Saturday at Moana Nursery.

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