

May 2021



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group



Growing Herbs at Home: Making an Herb Garden in Your Yard

Do you want to plant an herb garden but are not sure you can do it? Never fear! Starting an herb garden is one of the easiest things you can do. Growing herbs is an easy and delicious way to start gardening. Keep reading to learn about the steps for making an herb garden in your yard.

Choosing a location for starting an herb garden

Most of the herbs that you can grow at home need two things— sunlight and well-drained soil. This means that when considering places in your yard to plant an herb garden, you need to look for a location that gets six or more hours of sunlight and is well drained.

Preparing the soil before you plant an herb garden

Once you have chosen the location for growing an herb garden, you will need to prepare the soil. If the soil is sandy or clay heavy, add plenty of compost. Even if your soil is in pretty good condition, working some compost into the soil will help provide nutrients to the herbs while they are growing. When growing herbs, do not use composted manures in the herb garden. These are typically high in nitrogen, which will make the herbs grow quickly but reduce their flavor.



Choosing the herbs you will be growing in an herb garden

Which herbs you grow in your garden depends largely on what you would like to grow. Almost all herbs will grow for at least one season. Some will grow year after year. Some common herbs people grow when first starting an herb garden are basil, oregano, rosemary, chives, mint, sage and dill.

About Us

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the “Your Health Matters” monthly newsletters that will be distributed to all employees.

Contact Us

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Planting and Growing Herbs

Herbs can be started from seed or planted as plants. Planting herb plants is easier than starting from seed, but if you are on a tight budget, starting from seeds is not difficult.

Once you have planted your herb garden, make sure it gets 2 inches of water every week. Also make sure to harvest your herbs frequently. Many times when a new gardener is starting an herb garden, they are afraid that harvesting the herbs frequently will harm them but the opposite is true. Frequent harvesting will result in the herb plant producing more foliage, which increases the amount you can harvest.

At the end of the season, you can also dry or freeze your herb harvest so you can enjoy your home grown herbs all year round. Taking the time to plant an herb garden is very satisfying and easy. By starting an herb garden and growing herbs you can add beauty to your garden and flavor to your kitchen.



Full article [here](#).

Recipe of the Month

BLUEBERRY-LEMON RICOTTA POUND CAKE

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat a 9 x 5 inch loaf pan with cooking spray and line the bottom with parchment paper.
2. Beat sugar and butter in a large bowl with a mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce speed to medium-low and beat in ricotta, zest, 2 tbsp of lemon juice and vanilla. Sprinkle flour on top, then evenly beat until almost combined. Add blueberries and gently fold into batter. Transfer to prepared pan.
3. Bake until the cake starts to brown around the edges and a tester in the center comes out clean, about an hour. Let cool on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert onto rack. Carefully turn it right side up. Cool completely.
4. Whisk together 1 tsp of lemon juice and confections sugar, brush the glaze on cake. Enjoy!



INGREDIENTS

- 3/4 c. granulated sugar
- 5 tbsp butter, at room temperature
- 3 large eggs, at room temperature
- 3/4 c. part-skim ricotta cheese
- 2 tbsp. lemon zest
- 2 tbsp. + 1 tsp. lemon juice, divided
- 1 tsp. vanilla
- 1 1/2 c. white whole wheat flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 c. fresh blueberries
- 2 tbsp. packed confectioners sugar

Full recipe [here](#).