

# Best *Herbs* to Grow in Tower Garden

Most herbs grow well indoors, but the following 15 in particular really thrive and require little attention. In addition to tasting great, many of these herbs will infuse your air with spirit-lifting aromas and your body with health-boosting nutrients.

**Note:** Tower Garden allows you to grow up to 20 plants at once. So you can grow every plant on this list — and then some.



## Basil

Commonly used to make pesto, basil's sweet and spicy flavor complements a range of dishes, from Italian pastas to Thai curries. This herb also reduces inflammation and supports the digestive system.



## Chamomile

When brewed as a tea, chamomile has a calming effect and can even diminish feelings of depression and anxiety. It also helps settle upset stomachs!



## Chives

Related to onions and garlic, chives add a delicate onion-like flavor to everything from omelets to potato salad. And since it's most delicious when used fresh, it's a great herb to grow yourself.



## Cilantro

Cilantro tends to have a polarizing effect. But for the fans, this herb is a delicious addition to spicy foods. (Think salsas and stir-fries.) It may also help inhibit blood vessel damage and support digestive health.



## Dill

With a buttery flavor, dill elevates fish and egg dishes. Is it good for you? Well, let's just say its antioxidant count rivals superfoods, such as kale and pomegranates. The herb also supports digestive health.



## Lavender

Lavender has calming properties and is good for your skin. It's often used to make teas and essential oils, but you can add the herb to salads and other dishes, too.



### Lemongrass

Offering digestive tract support and anti-inflammatory benefits, you can use lemongrass to make a restorative tea or a satisfying soup.



### Marjoram

A close cousin of oregano, marjoram is typically used to add light, zesty flavors to meat or potato dishes. It also offers digestive and antiseptic benefits.



### Mint

Peppermint, spearmint, lemon balm, catnip — virtually all plants in the mint family flourish indoors. Whether you use it to brew tea or top off that cocktail, mint adds an unmistakable flair. And regularly consuming mint may guard against age-related diseases (as well as bad breath).



### Oregano

Reportedly good for keeping your cholesterol in check, this herb is a staple in pasta sauces and as a pizza topping.



### Parsley

More than garnish, parsley can add flavor to a variety of dishes from salads to pastas to soups. It's also a strong antioxidant.



### Rosemary

With a minty, pine-like aroma, rosemary adds depth to chicken, bread, and potatoes. Steep it in hot water for a healing tea that eases inflammation and promotes brain function.



### Sage

Though it's most famous in holiday dishes, sage can be used for so much more. Try adding it to potatoes or quinoa to enjoy its throat, skin, and hair health benefits.



### Stevia

The healthy alternative to sugar, stevia is a surprisingly sweet herb that pairs well with beverages, fruit, and many other foods.



### Thyme

Add this potent herb to vegetable and grain dishes, and you'll never want to go without it again! Containing antibacterial properties, thyme is useful for treating winter colds.

