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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why Purchase Herbs At The Supermarket?

By Liz Norman

Herbs are no doubt among the easiest plants to grow in your garden. Many of them are fairly drought tolerant and have a blooming period albeit short. In addition, herbs lend a delicious fragrance to the garden.

While most herbs are easily grown in containers which is a major plus, if you have space, consider planting an entire herb garden. It needn't take that much space. A plot of land measuring approximate 200-400 square feet should do you quite nicely. Find out the diameter of a mature plant; obtain some graph paper and sketch out your garden before you dig a single hole. Remember to allow at least 1 foot of space between mature plants for ease of weeding and pruning.

One of the most fragrant herbs to add to your garden is lavender. The scent of lavender in bloom is heavenly and is wonderful for making scented sachets to hang in your closet or place in your dresser drawers. This is the only herb I would suggest you plant as many as you have space for as those sachets make wonderful gifts.

As the song goes, 4 great savory herbs to add to your garden are Parsley, Sage, Rosemary and Thyme. Fresh chopped parsley is a wonder addition to potato and pasta salads, not to mention a lovely garnish for many other dishes. Try drying sage leaves to add to many dishes including stuffing for turkey and chicken. And, both rosemary and thyme are excellent accents when roasting poultry and lamb among other savory dishes.

Tarragon is a wonderful addition to soups and vegetables. This herb is also good in tuna, egg, pasta and green salads. Add when making sauces for fish or chicken, it's a must for béarnaise sauce.

If you intend upon canning pickled vegetables from your garden or making pretty vinegars for gifts think about planting some dill. While its true you can purchase dried dill weed very cheaply, there is no way you can get a full stalk of dill unless you grow it or pay rather dearly for it when needed in quantity.

In my opinion, no herb garden is complete without chives. In fact, if I could plant only one herb, it would be chives because they are so very useful. While I love green onions, by the time I get around to using

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them, alas they all but lifeless. No problem with chives growing right outside my door. They not only add that touch of needed green, they also have that subtle onion flavor which is perfect for salads and potato toppings.

Unfortunately, another one of my favorite herbs is not worth planting. Cilantro tends to bolt so quickly you would be lucky to retrieve a leaf or two. Obviously those that grow cilantro commercially know something we don't know and they aren't telling. If you figure it out please let me in on the secret. I will let you in on my secret for preserving store bought cilantro, however. Place the bunch of cilantro in a glass of water and cover with the plastic bag it came in. This way, the cilantro will stay fresh and crisp for up to 2 weeks in your fridge.

On a final note, let's talk about mint. A favorite of mine is pineapple mint. It has a wonderful fragrance and taste and makes a lovely tea and garnish. However, there is a real problem with mint. It's tangled roots go deep and it tends to try to take over every other plant in the garden. Spray it with Round-up

and it comes right back again. Once planted, you simply can't get rid of it! So, if you want to add mint to your garden, plant it in a container and move the container often enough to insure it doesn't take root in the ground through the drainage hole in the container.

Liz Norman is an avid gardener and a freelance writer. Click here for

<http://www.herbs1000.info>

Supermarkets And Internet Coupons

By Cathy Peterson

Supermarkets nowadays are facing fierce competition from each other. They basically offer almost the same line of goods. They basically offer almost the same line of goods at the same price also! So how do they stand out from the rest? They may be able to stand out by offering better service. The internet coupons are a great way to enhance the services provided by your regular supermarket store.

There are several ways by which a supermarket can stand out from the rest when they offer internet coupons. One way of standing out is by offering discount coupons related to products. Supermarkets can make deals with the product providers in their store. For instance, if the supermarket is carrying orange juice X, then they can talk to the manufacturer of orange juice X for a special deal. They can propose to orange juice X manufacturer that an internet coupon giving a discount on their product at their supermarket will be a great idea. The supermarket can give up a certain portion of their profit on orange juice X so long as orange juice X promotes online discount coupons for their supermarket. The supermarket will be able to attract more buyers to their store and orange juice X will sell more of its products.

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Another way where a supermarket can stand out from their competitors through internet coupons is when they offer bulk related internet coupons. Bulk related internet coupons say something like this, "buy three chickens from us and then we will give you another chicken for free!" These bulk related internet coupons will definitely attract more customers. All you have to do is to price your products properly and find out how many products a customer has to buy in order to cover for the free product. In this way, even if you give away a certain amount of your profit, you will be able to attract more customers to your supermarket. When someone goes to the supermarket, rarely will he or she buy only one product. That person will definitely buy more products when they are already there. When you have your computations done, all you have to do is to put those internet coupons on the World Wide Web and watch those sales figures soar.

Supermarkets should take advantage of the power of internet coupons. Not only will they stand out from the competition, they will also make customers very happy as well

Cathy Peterson writes about

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