CITY OF FORT LAUDERDALE | HUMAN RESOURCES

EMPLOYEE BENEFITS SECTION

HEALTH | WELLNESS | VOLUNTARY | RETIREMENT | FINANCIAL

Herbs & Gardening

Grow your own fresh herbs

Tuesday, April 15, 2025

Presented by Wendy and Adam

Week 4 Healthy Habits Webinar

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Basil

- Basil is perfect for Mediterranean dishes and sauces.
- Reduces inflammation
- Provides vitamin K and antioxidants
- Pairs well with tomatoes and cheese
- Used to make pesto!

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Rosemary

- Good source of vitamins A, C, B-6
- Improves eye health
- Lowers risk of asthma
- Goes well with chicken or potatoes

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Thyme

- Thyme enhances the taste of meats and vegetables.
- High in Vitamin A and C
- Great source of calcium, iron, magnesium, potassium, phosphorus

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Oregano

- High in antioxidants
- May reduce cancer cell growth
- Use as a topping for pizza and pasta
- Adds to flavor or homemade sauces

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Mint

- Improves digestive health
- Boosts immune system
- Good source of Vitamin A
- Add to tea or water
- Make mint pesto, watermelon feta, mint salad, mint ice-cubes, add to smoothies

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Essential Herbs for Your Home Garden

Growing your own herbs is both rewarding and beneficial.

Growing Your Herbs

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Essential Tips for a Thriving Herb Garden

Planting in well-drained soil promotes healthy growth and flavorful herbs.

Harvesting: When and How to Collect Herbs

Harvesting at the right time maximizes flavor and ensures fresh ingredients.

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Herbs in Gardening

Growing Herbs

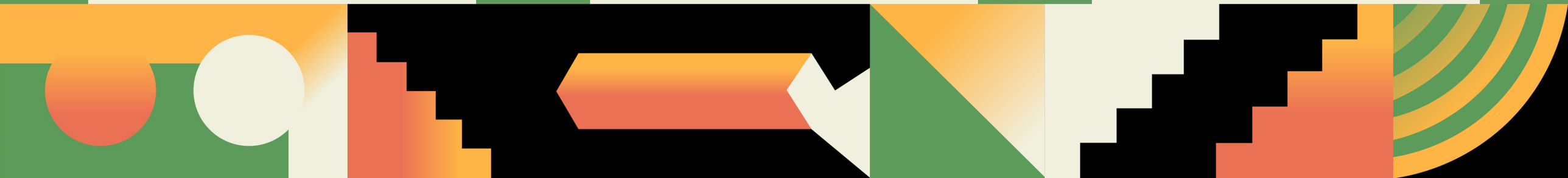
Herbs are easy to grow and can thrive even in small spaces.

Stress Relief

Gardening is positively correlated with a reduction in depression and anxiety symptoms

Caring for Herbs

Regular watering and sunlight are essential for a healthy herb garden.



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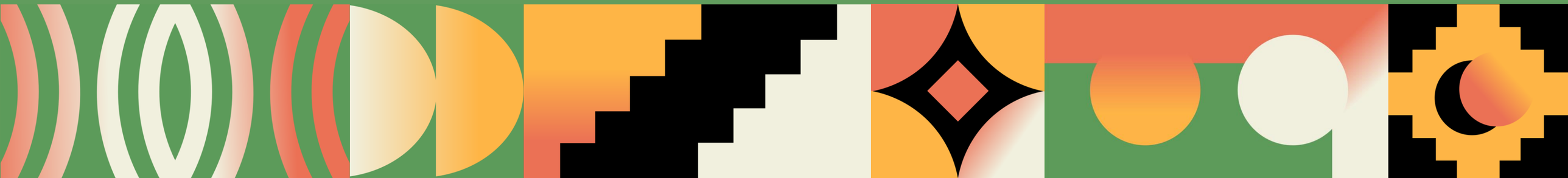
Herbs and Gardening

3 out of 4 gardeners grow herbs

- Herbs are easy to cultivate indoors.
- Fresh herbs enhance flavor in dishes.

85% of gardeners prefer organic methods

- Organic methods promote soil health.
- They reduce chemical exposure for families.



Florida-Friendly Veggies

Sweet potatoes

Okra

Southern peas

Peppers

Cherry Tomatoes

Eggplant

Resources

Preventive Care Guide

2025 Employee Benefits Handbook

myCigna website
myCigna app

Wellness Incentive Program

Marathon Health Center

Cigna Medical Benefits

Upcoming Events

4/16 “Digital Detox” Productivity and Personal Care Virtual Workshop, 12-1pm

Tuesday 4/22 Mammovan mobile mammography at TAM

Monday, 4/21 Onsite 2020 mobile vision screening at TAM

Wednesday, 4/23 Onsite 2020 mobile vision screening at FLPD

Tuesday, 4/22 Onsite 2020 mobile vision screening at DSD

Thursday, 4/24 “Take a Child to Work Day”

To register for upcoming wellness events, CLICK HERE and find the event by date or title.

Reminders

Turn in completed Apple-A-Day Challenge tracking forms to Adam by 4/18. Email adam.clawson@cignahealthcare.com

Please send one email with all of your team's tracking forms.

Attend the Taco Toppings Virtual Gardenuity Workshop on Earth Day, Tuesday, April 22 at 11am or 12pm

Registration is at capacity. Join the next one!

Thank You!

Start your own herb garden today!

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