










# Garden Scraps to Apothecary: Simple Herbal Uses for Kitchen Scraps

 <b>Lemon Peels</b>	Dry for immune teas, digestive tinctures, or surface scrubs
 <b>Orange Peels</b>	Dry for uplifting bath soaks or simmer pot blends
 <b>Apple Peels</b>	Infuse in vinegar for toner or use in calming syrup-Can also be made into apple cider vinegar
 <b>Cucumber Ends</b>	Blend into soothing facial masks or cooling compresses
 <b>Mint Stems</b>	Dry for foot soaks, bath teas, or breath freshener spray
 <b>Rose Trimmings</b>	Dry petals for salves or use fresh in facial steams
 <b>Thyme Stems</b>	Simmer for respiratory steam or antimicrobial cleaning spray
 <b>Carrot Tops</b>	Dry for antioxidant-rich facial tea or compress
 <b>Basil stems</b>	Simmer in vinegar for DIY deodorizer or bug spray base