

## **JERRY BAKER'S GARDEN OF HERBAL DELIGHTS**

America's Master Gardener Jerry Baker wants to spread the word about the beneficial ways in which herbs can enrich our lives and our health in his how-to special JERRY BAKER'S GARDEN OF HERBAL DELIGHTS. "If plants are like people, then herbs are the physicians of the plant world," says Jerry as he explains that herbs not only improve the taste of food, but can also make you feel better. Using tried and true methods from both his Grandma Putt and 50 years of gardening experience, Jerry demonstrates the secrets of growing healthy herbs. He covers how to prune, harvest and store herbs, and the variety of ways in which they can be used at home.

JERRY BAKER'S GARDEN OF HERBAL DELIGHTS offers tips on how to create a plan for an herb garden as well as identifying the best indoor and outdoor locations to grow herbs. Viewers learn how to buy different kinds of herbs – from seedlings to plants, what soil mixtures to purchase or make, how to prepare herb beds for planting, and tonic recipes for getting plants off to a growing start. Jerry also shares his "bug buster" recipe to deal with those pesky insects that can wreak havoc on a mint or basil plant.

The expert gardener also explains why herbal teas can often be used for medicinal purposes, i.e. fighting infections, headaches, easing indigestion. He shows the different methods of brewing teas depending on what types of herbs are used. While stressing their benefits, Jerry also advises moderation when consuming herbs and tells viewers to check with their doctor in case there's a potential problem mixing them with other medications.

Presented nationally by WLIW New York. Produced by Detroit Public Television in association with RFG Productions, Inc. Executive Producers: Diane Bliss and Kim Adam Gasior. Producers: Bob Gothro and Josette Marano.