

Growing Herbs for the Health of It!

- What is an Herb vs Spice
- Deciding What Herb to Plant
- Companion Planting
- Health Benefits
- Types of Herbs and Their Uses
- Storage and Preservation



CONTACT: SPEAKERS BUREAU
YCMGspeakersbureau@gmail.com
For more information
extension.arizona.edu/yavapai
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COUNTY EXTENSION OFFICES

Yavapai County – Prescott
840 Rodeo Drive, Bldg. C
Prescott, AZ 86305
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Camp Verde, AZ 86322
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