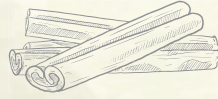


Herbal Pantry Checklist: 10 Budget Friendly Staples

These herbs & spices are versatile, affordable and easy to find – many may already be sitting in your kitchen. They form the backbone of a simple, effective home apothecary.



Mint	Refreshing tea, digestive support or infused water
Thyme	Digestive tonic, immune support or culinary seasoning
Rosemary	Focus-boosting tea, infused oils and soups
Oregano	Antimicrobial infusion, salad dressings and sauces
Chamomile	Calming bedtime tea and gentle skin soaks
Lemon Balm	Stress relief tea, mood lifting infusions, herbal baths
Holy Basil/Tulsi	Adaptogenic tea or stress-soothing honey infusion
Ginger	Supports digestion, immunity and warming teas
Cinnamon	Antioxidant rich spice for teas, tonics and baking
Garlic	Natural antimicrobial, immune support and savory dishes

Tip: Start with just 5-7 of these staples and add more as you go. Store in glass jars, old coffee canisters or repurposed spice containers to keep costs low while building a functional, attractive herbal collection.

These 10 ingredients cover most everyday wellness needs, making it easy to brew teas, create tinctures or whip up simple remedies without breaking the bank.

