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BOOMERS

Cover illustration: freepik

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KEEP your NECK looking good



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Melissa Erickson

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Life can be a pain in the neck, especially for women who have body image issues with, well, their necks.

“It’s so common. Women come in and complain about a specific body part: Their neck, jowls or sagging skin. Once you hit 50 the neck starts to change,” said Dr. Andrew Ordon, professor of plastic surgery and co-director of the Aesthetic Surgery Fellowship, Keck School of Medicine of the University of Southern California and co-host of daytime talk show “The Doctors.”

As we age, the skin and bones of the neck start to change.

“There’s more fine lines and wrinkles. Skin becomes crepe-y,” Ordon said. “You lose volume in the face as fat shifts downward. Gravity has its affects, and things start to sag.”

Bone density decreases also are a normal part of aging.

“The bones of the jaw do shrink. Osteoporosis can play a part with laxity and loose skin in the neck and jawline,” said Ordon, a board-certified Beverly Hills,

“Studies have shown that specific toning exercises don’t do much, but it’s important to keep your neck muscles strong.”

DR. ANDREW
ORDON

California, plastic surgeon and author of “Better in 7: The Ultimate Seven-Day Guide to a Better You.”

Menopause also causes changes in the skin as lower levels of estrogen can lead to sagging, wrinkling and thinning, Ordon said.

“As we age the body makes less collagen, resulting in less elasticity in the skin,” he said.

Some women prefer to camouflage their issues with statement jewelry, fitted turtle-necks or other flattering necklines.

“If you choose the right kind of clothes, you can feel better about yourself, but don’t forget about common sense good health,” Ordon said. “Eat right, exercise and try and stick to a stable weight. Exercise and diet play an important role in how you look.”

Staying active can help a person feel better about themselves.

“Studies have shown that specific toning exercises don’t do much, but it’s important to keep your neck muscles strong,” Ordon said. Consider stretching exercises like chin tucks and side-to-side neck tilts and turns, but check with your doctor if you experience any pain, Ordon said. Yoga can help strengthen neck muscles, too.

Moisturize and hydrate to decrease fine lines and wrinkles and always use sunscreen, Ordon said. Facial moisturizers work well on

the neck so you don’t need to buy a specific product, but there are plenty available. Neck creams are usually thicker and more moisturizing than face creams.

Ordon is a spokesperson for Crepe Erase, “a natural product that allows the skin to bounce back,” which is a blend of plant extracts that help promote healthy collagen and elastin.

Common neck moisturizers may include retinol, hyaluronic acid, peptides, ceramides and vitamin E or C to plump up skin and decrease fine lines.

Family history plays a role, too.

“If you parents had turkey gobblers, you may have one, too,” Ordon said.

Avoid weight fluctuations.

“Yo-yo dieting — gaining and losing weight — leads to a loosening of skin on the face and body,” Ordon said.

Avoid inflammatory foods and processed sugars and opt for more fruits, vegetables and foods high in antioxidants, Ordon said. Avoid smoking and excessive drinking.

Before opting for dramatic measures like surgical face lifts, try skin tightening radio-frequency therapy, which uses energy (heat) to increase production of collagen, Ordon said. Smaller procedures such as temple lifts, neck lifts and mini face lifts are also available.

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Back in the Swing

Professional photographer and avid golfer Les Jorgensen's deteriorating hip created constant pain and kept him from the things he loves, until he visited Michaela Schneiderbauer, MD, at SVMC Orthopedics. With a team-based approach, a full range of surgical and non-surgical services, and customized virtual rehabilitation programs, they resolve pain and restore their patients' active lifestyles. After a total hip replacement, Les is now walking 18-holes of golf three times a week, pain-free. Plus, he says, "I feel like I'm 40 again!"



Michaela Schneiderbauer, MD, MBA, is a board-certified orthopedic surgeon and joint replacement specialist.

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AGE-PROOF *your* BUSINESS PROFILE

Melissa Erickson

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It's been more than 50 years since the Age Discrimination in Employment Act of 1967 was passed, but ageism is alive and well.

"Whether there's a conscious or unconscious bias, it's still taking place," said TopResume career expert Amanda Augustine, who has tips to age-proof your business profile.

Make your pitch

Looking for a new job or making a career change can be tough, but let your experience stand out.

"Focus on your qualifications," Augustine said.

Streamlining your resume doesn't mean you are hiding your age.

"Look at it through the lens of what you want to highlight and what you want to downplay," she said.

Cut off dates after 10 or 15 years. Keep what's most relevant.

You may feel proud of old accomplishments, and it can feel personal to suppress them, but stick to what's most relevant to the job you are seeking, Augustine said.

"Limit your resume to two pages. Curate the information you include," she said.

While focusing on the last 10 to 15 years, you can still make mention of other achievements.

"Show the progression of your career," Augustine said. Include company name, location and job title, but exclude older dates such as graduations or certifications.

Companies are most interested in how your job history relates to the current role you're applying for, Augustine said. Exclude irrelevant information.

"If you held two roles, eliminate the less useful one," Augustine said.

Recruiters spend less than 10 seconds looking at a resume.

"You want the best, most relevant version of your career story, not a transcript of everything you've done," she said.

Mind the gap

Showing a continuity of employment is beneficial, so if you've had an employment gap there are two ways to go: Play it down and don't call attention to it, or highlight how you've kept your skills sharp.

With the job market as it is now, a job gap does not carry the same stigma as it may have previously, Augustine said.

Play with your dates. Instead of mentioning a month and year with start and end dates, just list the year to represent it as a smaller gap, Augustine said.

Address a career gap positively. Include skills-based volunteering, pro bono work, freelance gigs, and how you exercised your skills or learned new things while unemployed, Augustine said.

No-no's

Do not include a photo, which is a top 10 dealbreaker for many recruiters, Augustine said.



FREEPIK.COM / MCN

Employers do not want to open themselves up to discrimination lawsuits. If a photo is required for your work, it should be a separate document, Augustine said.

Do not include your home address. If you're looking for a local job, include city, state and ZIP code.

A professional email address is essential. Use your name and get a free Gmail account at google.com/gmail.

Include one phone number; it should be a cell number.

"Google your name on a monthly basis. If nothing pops up, that's equally as bad" as negative results, Augustine said.

Recruiters are checking out social media. Get a LinkedIn account at the least.

"LinkedIn now allows people to put a frame around their picture that shows they are looking for a job," Augustine said.

Avoid two spaces after end punctuation. It's a telltale sign you are older.

Get up to speed

"Be cognizant of technology software and systems," Augustine said. If the job requires certain knowledge, Google it. Reach out to a tech-savvy friend in your network.

"Show you are dedicated to learning new things and willing to grow," Augustine said.



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Eggs & cholesterol

Experts say take the whole diet into account
before swearing off eggs

Melissa Erickson

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Whether eggs are good or bad for your cholesterol often depends on what you're eating with them.

With 6 grams of protein, vitamins and nutrients yet no sugar or carbs, eggs are an affordable wonder food. On the other hand, eggs are naturally high in cholesterol.

"As with any other food, a person's egg intake should not be viewed in isolation, but rather as a part of a person's diet pattern and lifestyle," said clinical dietitian Aidan Gilmore, University of Iowa Hospitals and Clinics.

Eggs are an inexpensive source of high-quality protein and other essential nutrients including:

- Vitamin D, which is important for bone and immune health.
- Choline, which is important for brain function and memory.
- Unsaturated, heart healthy fats.
- Lutein and zeaxanthin, which are important for vision and may help decrease the risk of developing age-related macular degeneration and cataracts.

"Another benefit of eggs is that they require minimal cooking time and skills, and are soft and easy to chew," Gilmore said. "Often as people age, meat becomes tougher to chew, swallow, digest, and intake drops. Substituting eggs can make up for that decrease in protein intake."

Eggs often get a bad rap due to previous guidelines recommending limiting dietary cholesterol intake to a certain number, Gilmore said. Earlier studies found a link between eating eggs and heart disease, but more current research takes a wider look at the entire meal plate as well as how eggs are cooked, such as if they are

"A smaller percentage of people may see a small increase in total cholesterol and LDL, or 'bad' cholesterol. Eating eggs may slightly increase HDL, or 'good' cholesterol."

AIDAN GILMORE

as a part of a healthy diet," Gilmore said.

The data is mixed when considering whether eggs are good or bad for your cholesterol levels, he said.

"The majority of observational studies have not found a significant association between dietary cholesterol intake and cardiovascular disease, stroke and heart attack. Some interventional studies have found an increase in cardiovascular disease risk, especially in those with diabetes. Most cholesterol-containing foods are high in saturated fat, which is generally considered less heart healthy. That being said, studies investigating an individual food or nutrient are difficult given a food or nutrient doesn't exist in isolation," Gilmore said.

For most people, dietary cholesterol intake — and therefore egg intake — does not affect blood cholesterol numbers, he said.

"A smaller percentage of people may see a small

increase in total cholesterol and LDL, or 'bad' cholesterol. Eating eggs may slightly increase HDL, or 'good' cholesterol," Gilmore said.

"Current guidelines recognize the lack of scientific evidence to support putting a defined limit on dietary cholesterol intake, which means that eggs can be enjoyed

fried in butter.

Most healthy people can eat an egg a day without increasing health risks, but the determination depends on many other factors and what other foods a person is eating.

"One egg a day as a part of a healthy diet which includes plenty of fruits and vegetables, whole grains and other lean proteins would be a sensible approach," Gilmore said. "If someone doesn't eat meat or their diet is otherwise low in saturated fats, they may be able to reasonably include more eggs in their diet than a person who is eating meat."

Egg whites provide protein without cholesterol but at the cost of the other nutrients.

"In addition, the fat in egg yolks can help someone feel fuller and more satisfied at a meal compared to just eating egg whites," Gilmore said. "A common solution for a person wanting to reduce their overall cholesterol or saturated fat intake while still getting the benefits of the whole egg is to combine a couple of whole eggs with a couple of egg whites."

Cardiovascular health depends on many factors.

"Including eggs in a person's diet is less likely to make as big of an impact as, say, smoking," Gilmore said. "Bottom line, eggs in moderation can be a nutritious part of a healthy and varied diet. Don't stress over individual foods too much — stress management plays an important role in health as well."



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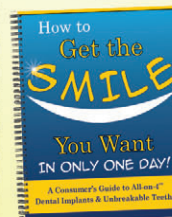
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Melissa Erickson

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Isolated from others over the past year, many Americans turned to pets for companionship, with an estimated 11.38 million households adopting a pet during the pandemic, according to the American Pet Products Association.

Pets aren't cheap, though. Nearly two-thirds of new pet owners experienced some financial hardship in affording basic pet care costs, with 13% of owners giving up their pets because of the financial challenge, according to the Mars Pet-care Pets in a Pandemic report.

If you have recently adopted a pet or are thinking about doing so, there are ways to lower care costs.

"Adopting a pet is an investment of time, resources and space in your heart and your home. It is good to be aware of costs that may come with keeping a new pet healthy and happy, and I recommend including pets in the family budget to save for any larger expenses that may occur unexpectedly," said Dr. Kurt Venator, chief veterinary officer at Purina. "Pet insurance is also an option to consider."



New pet



Food

A general rule is the bigger the pet, the higher the cost for food.

"It's fair to assume that pet food expenses will be more for larger breed pets because their recommended feeding amounts will be significantly more than, say, a small breed dog," Venator said.

Smart shoppers should do their research. Quality pet foods that are both complete and well-balanced are available at all price points, he said.

"Overall, the best thing you can do for your pet's health and your budget is to prevent disease through feeding a quality diet at the recommended portions, providing regular daily exercise and giving your pet lots of love," Venator said.



parent?

Tips to keep costs low

Keeping clean

“One tip that a lot of pet owners may overlook is brushing your pet’s teeth. A number of health concerns can stem from oral health problems,” Venator said.

By age 4, most dogs and cats show signs of oral disease due to lack of consistent care at home, he said. While it’s not always feasible, Venator recommends brushing your pet’s teeth daily using a pet-approved toothpaste. Avoid human toothpaste, which may contain toxic ingredients to pets.

Cut back on grooming costs by managing the task yourself. Brushes, nail trimmers and even a good bath at home can help extend the time between professional grooming visits, Venator said.

“I love the Bissell Barkbath because it keeps the water and mess contained for easier at-home bathing, but a good shower or outdoor hose bath is always an inexpensive option,” he said. “Just be sure to use dog-specific shampoo. And to help avoid the infamous dog shake, bathe your dog’s head last.”



Health care

Vet visits are an investment in your pet’s health.

“Just like for humans, preventative care is key to staying ahead of health concerns that could become much more serious and expensive to treat later on,” Venator said.

The rule of thumb is at least one veterinary visit per pet, per year, but the frequency of vet visits will often vary by life stage and overall pet health, he said.

Ask friends and neighbors for recommendations to find a vet that doesn’t charge exorbitant rates.

“Not only can you get a good understanding for the costs of routine examinations and procedures, but you will also be able to see how the personality of the veterinarian and culture of the clinic aligns with your mindset; a good fit between the pet owner and veterinarian is important because he or she and their staff will be your trusted partner in your pet’s health for years to come,” Venator said.

Look for a veterinarian who is Fear Free certified, which indicates they are using the latest techniques to keep your pet comfortable during their visits, he said.

Keeping your pet at its ideal weight helps keep costs lower because obesity impacts overall health and happiness.

“Obesity puts additional stress on the body and organs, increasing the likelihood of diseases with potentially negative health outcomes, such as osteoarthritis in dogs and diabetes in cats,” Venator said. “Making your pet’s health a priority by keeping him at an ideal body condition will certainly make a big difference in his daily life and activity level, and Purina has research to show that it may also add years to his life.”

Follow feeding guidelines and the advice of your pet’s veterinarian, he said.



PHOTOS: FREEPIK.COM

“Just like for humans, preventative care is key to staying ahead of health concerns that could become much more serious and expensive to treat later on.”

DR. KURT VENATOR, PURINA





Downsizing *without* DRAMA

“Measure it out. Do a floor plan. Use a tape measure to see what will fit. Space is finite; your stuff isn’t.”

MARNI JAMESON

Melissa Erickson

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The past year has made people ask so much of their homes as people brought in work, school and exercise. It not only took a toll on the aesthetics, but also our lifestyles, said Marni Jameson, a syndicated home and lifestyle columnist with several books on downsizing.

“COVID-19 changed the way we live in our homes and what we expect from them,” Jameson said.

For people in the process of downsizing to a smaller home, it’s best approached with an end goal in mind.

“Find your motivation. Do you want to live in a smaller, lighter footprint? Are you moving from 3,000 square feet to 1,500 square feet? Do you only want to keep what you need, use or love? Having a goal in mind will help rev your engines,” Jameson said.

When it comes to downsizing Jameson prefers the term “rightsizing” instead. “It’s upsizing for many people” because they will be living in their ideally sized space, she said.

For adults who are combining two houses, decluttering is required.

“Boomer-age folks are getting remarried in midlife, and they need to fit two houses into one. One house plus one house needs to equal one house. Each has to get rid of half a house,” Jameson said.

Don’t fantasize that you will be able to fit in all your furniture, appliances, clothes and gadgets.

“Measure it out. Do a floor plan. Use a tape measure to see what will fit. Space is finite; your stuff isn’t,” Jameson said.

Be practical. For example, measure kitchen shelves to see how many glasses they will hold and get rid of the excess, she said.

Downsizing can be an emotional experience. We hang onto much of our stuff for the memories. Getting rid of things can feel like cutting off an arm, Jameson said.

Start the process in a place where you won’t get emotional, such as the linen closet, under the sink or the garage.

“Once you start, you’ll get momentum. Then you can move on to more difficult spaces like the clothes closet, children’s rooms and photos. The photos are hard,” Jameson said.

Tread lightly when it comes to the “box of feels” — the keepsakes, souvenirs and inherited treasures — because that can become “a sinkhole of sentiment,” Jameson said.

“Be prepared. You don’t know what will trip your feelings,” she said.

The key is to manage the stories those things evoke. “That’s what you’re connected to,” Jameson said.

Sometimes it helps to choose a number when it comes to precious items, whether it’s a collection of milk glasses or fishing lures. Save one or five, take photos of the rest and let them go.

Digitize what you can: photos, old video cassettes and films, letters, certificates, CDs and DVDs, Jameson said. They can be saved in the cloud or through a service like ScanMyPhotos.com.

“Instead of feeling sad about letting go of your possessions, think of how beneficial they will be for someone else,” she said.

Put the dining room table that doesn’t fit on Craigslist or in the classifieds (use precaution when meeting and only accept cash). Sell your jewelry on eBay or through consignment stores and higher end items through auction houses or TheRealReal.com.

Keep track of donations for tax writeoffs and use Intuit’s ItsDeductible feature (app or online) to find out what they’re worth, Jameson said.

Be creative with hard-to-part with items. Turn your wedding gown into a baptismal gown or pillow, or cut off a piece of fabric and add to a scrapbook.

One of Jameson’s books, “Downsizing the Family Home: A Workbook,” is a tool to help. Filled with advice and how-to checklists, it’s also a scrapbook and journal to retain family history.

Downsizing may be hard, but it’s also freeing.

“Most people are not remorseful. They feel great about it,” Jameson said.

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When COLD HANDS, FEET are a medical issue

Melissa Erickson

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“Cold hands, warm heart” is a proverb that rings true because when the body is cold, it restricts blood flow to the extremities to keep our core temperature warm.

No matter the season, if the temperature around you is colder than your body temperature, your hands and feet may feel cold even indoors.

Normal body temperature is around 98.6 degrees, but most buildings are kept around 68 to 70 degrees, said Dr. Steven Goldberg, chairman of the Public Education Committee, American Society for Surgery of the Hand, and orthopedic hand surgery specialist at Bellin Health Tiletown Sports Medicine and Orthopedics, Green Bay, Wisconsin.

Cold hands and feet can also be a sign of certain medical conditions such as the relatively common Raynaud’s syndrome or peripheral artery disease, which affects people over 50, especially those with a history of smoking or diabetes, said Dr. James T. Rogers, an internal medicine physician at Mercy Clinic Internal Medicine in Springfield, Missouri.

If you suffer from cold hands and feet, speak to your doctor and avoid Dr. Google, Rogers said: “You’ll always find reasons to support what you think it is.”

Speak with your doctor if cold extremities are painful or if you have a family history, and be ready to talk about the medications you’re taking, Rogers said. Certain medications for blood pressure, cancer and heart health (beta-blockers) can limit blood flow, he said. Over-the-counter medications such as Sudafed and Actifed can also compress blood vessels and lead to cold hands and feet.

Most commonly, cold hands and feet may be caused by Raynaud’s phenomenon, also known as Raynaud’s syndrome or disease.

“Raynaud’s is not a rare disease. It’s estimated to affect 5% to 10% of the population and 20% of all women of childbearing age. Unfortunately, most go

TIPS:

- Carry hand and foot warmers like those found in sporting goods and ski shops.
- Use insulated drinking glasses or mugs. Place a napkin or insulating material around them to protect your fingers from becoming cold.
- Place hands under warm (not hot) water to warm them up quickly.
- Don’t smoke, which narrows blood vessels and makes Raynaud’s symptoms worse.
- Swing arms around in a windmill fashion to get the circulation going quickly.
- While not clinically proven, self-relaxation techniques such as biofeedback and tai chi work for some people to minimize the severity of Raynaud’s attacks.

— Lynn Wunderman,
Raynaud’s Association

undiagnosed,” said Lynn Wunderman, founder and chairman of the Raynaud’s Association. Only about 10% of people are aware that their pain and discomfort have a medical explanation and seek treatment, she said.

Raynaud’s is a disorder in which the arteries get too small and tight, temporarily limiting blood flow to the fingers and/or toes, Goldberg said.

“It is often in response to cold exposure and is reversible when the body warms up,” he said.



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“When the vessels are in spasm, the patient experiences pain, numbness, tingling and severe finger color changes.”

Affected fingers can turn white to blue as blood vessels constrict and then red as the blood vessels become larger again and the blood flow is restored, Goldberg said. These episodes are not harmful if symptoms rapidly improve with re-warming and rarely require medical treatment, he said.

“It may be appropriate to limit smoking and vaping as well as caffeine, as they can make blood vessels smaller,” Goldberg said.

A more severe type of Raynaud’s may be caused by an underlying medical condition such as scleroderma or another auto-immune problem, he said.

“Patients are sometimes advised to ‘avoid the cold.’ However, even if we bundle up in chilly weather with heavy coats, hats and gloves, exposure to air conditioned and refrigerated spaces in warmer months can trigger attacks,” Wunderman said. “Avoiding stress is easier said than done, too. Raynaud’s is a year-round issue and it applies to all climates.”

Take precautions to protect yourself from the cold as much as possible.

“Keep your core warm by dressing in layers and be willing to unlayer,” Rogers said. Wool blends that wick moisture away from the body are better than cotton, which holds in moisture.

Wear gloves when exposed to air conditioning or cold temperatures, such as in the refrigerated section of a supermarket or before touching a cold steering wheel or door handle.

“Mittens are even better protection. Use these even when handling frozen or refrigerated foods,” said Wunderman.



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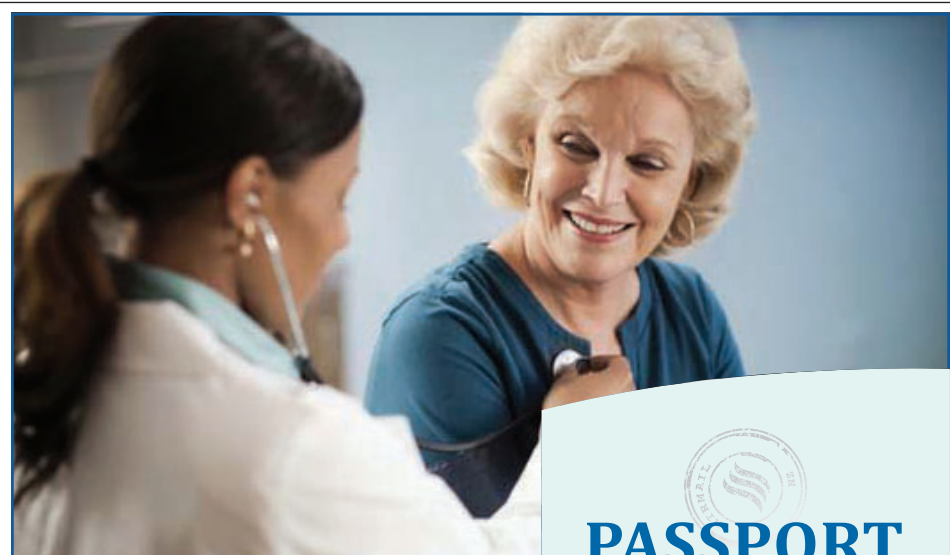
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Here are some of Enfield's herb suggestions that are essential for various cuisines:

- **Italian:** Parsley, basil, sage, rosemary and oregano
- **Greek:** Oregano, dill, parsley, marjoram, thyme and bay leaf
- **French:** Chives, French tarragon, parsley, thyme, basil, rosemary, marjoram, oregano and bay leaf
- **Asian/Thai:** Cilantro (coriander), lemongrass, Thai basil, shiso, garlic chives and mint
- **Indian:** Cilantro (coriander), fennel, mustard seed and bay leaf (Note: Indian cuisine focuses more on dried seeds/spices than fresh herbs.)
- **Mexican cuisine:** Cilantro, oregano, thyme, parsley, mint, marjoram and Mexican tarragon

Melissa Erickson

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Nothing can really replace traveling to another country and immersing yourself in the culture, atmosphere and food, but cooking with fresh herbs can bring the world home to you.

"Preparing an authentic meal from your favorite country and surrounding yourself with the fresh herbs used to prepare the dishes may partially quench the travel itch," said Amy Enfield, horticulturist for Bonnie Plants. "And the good news is, if you can't pick a favorite cuisine, many of the same herbs are used in different parts of the world, so you can 'travel' to Italy one evening and Greece the next."

"A garden should be a source of inspiration," said Katie Dubow, a guest on QVC for Cottage Farms and owner of Garden Media Group, publisher of the popular Garden Trends Report.

Gardening and cooking with herbs can offer an escape from everyday life.

"Smelling strongly scented herbs evokes memories, particularly lavender and rosemary, so you might have a fond travel memory stirred by simply inhaling the sweet or spicy aroma of one of these herbs," Dubow said.

Herbs are very easy to grow, are great for novice gardens and can be grown just about anywhere, including in-ground, raised beds, containers and even indoors, Enfield said.

"Gardening is hotter than ever, and perhaps it's because we can't travel and

we have more time to spend in the garden," Dubow said. "Whatever the reason, herbs are that perfect companion to any size plot — whether it's many acres or a simple balcony garden. The three things you need are herbs, soil and water — oh, and sun."

Add in a "patio sips" collection of sage, mint, thyme and basil for making mocktails or cocktails, Dubow said.

"With a few exceptions, most herbs will grow well together if given enough space," Enfield said. "Mint, for example, with its take-over-the-world sprawling growth habit, does best in a 6- or 8-inch container by itself. Cilantro does best in the cooler weather of mid-spring and fall and will quickly bolt to flower when the temperatures start to rise, which is great if you're after coriander — the seeds. Shiso, common in Asian cooking, can grow into a large plant with large leaves and also does better by itself."

The best tip is to use the herbs you grow.

"The more you prune, the more herbs you get," Dubow said. "Plus, your plant won't go to flower — something we don't want with herbs. It can turn the flavor bitter, and will stay shorter and denser."

Trim when a plant is about 3-4 inches tall.

"Cutting depends on the specific type of herb, but you'll want to cut just below where two shoots have sprouted," Dubow said. "You'll stimulate new growth and the others

will grow in larger."

"Feed your herbs regularly throughout the growing season with either an all-purpose plant food or one formulated for vegetables and herbs," Enfield said. "Always follow label directions."

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