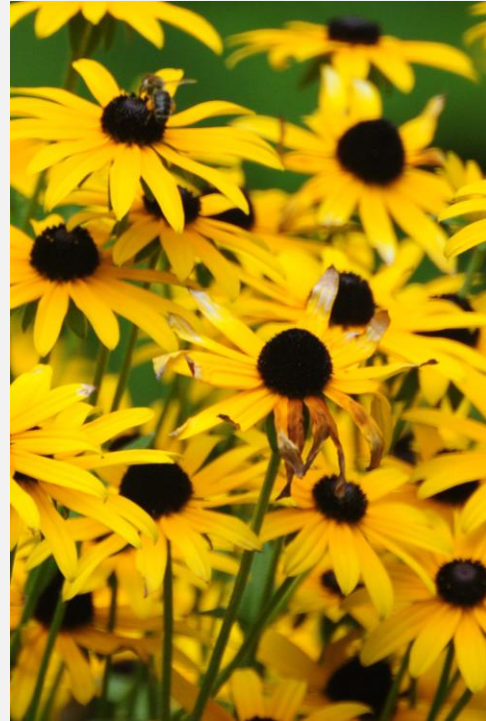




HERBS

WHAT IS AN HERB



- Botany Definition: Any seed-bearing plant that doesn't have a woody stem and dies back to the ground at the end of its life cycle.
- “Herbaceous” plants

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WHAT IS AN HERB



- Culinary: Any plant with leaves, seeds, roots, or flowers that are used for perfume, medicine, and food.
 - A bundle of herbs
 - FACT: Herbs are classified as the leaf part of a plant that is used in cooking
 - Any other part of the plant, which is usually dried, is referred to as a spice.

WHY SHOULD YOU GROW HERBS



- HEALTH BENEFITS

- <https://pubmed.ncbi.nlm.nih.gov/17022438/>
- <https://www.betterhealth.vic.gov.au/health/healthyliving/herbs>



- COST BENEFIT

- \$3 Basil plant vs. \$3 bunch of fresh basil



- TASTE BENEFIT

- Fresh sage vs. dried sage

CHOOSING A SPOT



- **FULL SUN**
 - This means 6+ hrs. of Sunlight



- **GOOD DRAINAGE!**
 - Herbs don't like wet roots



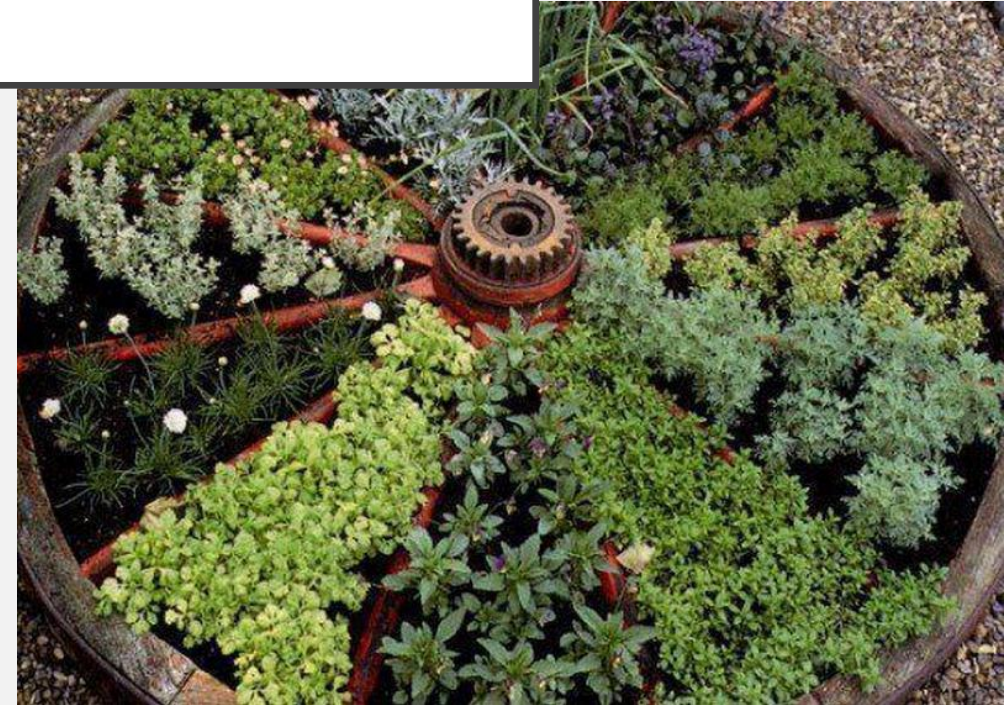
- **CLOSE TO KITCHEN**





DESIGN

DESIGN CONTAINERS



• Tips to growing herbs in containers

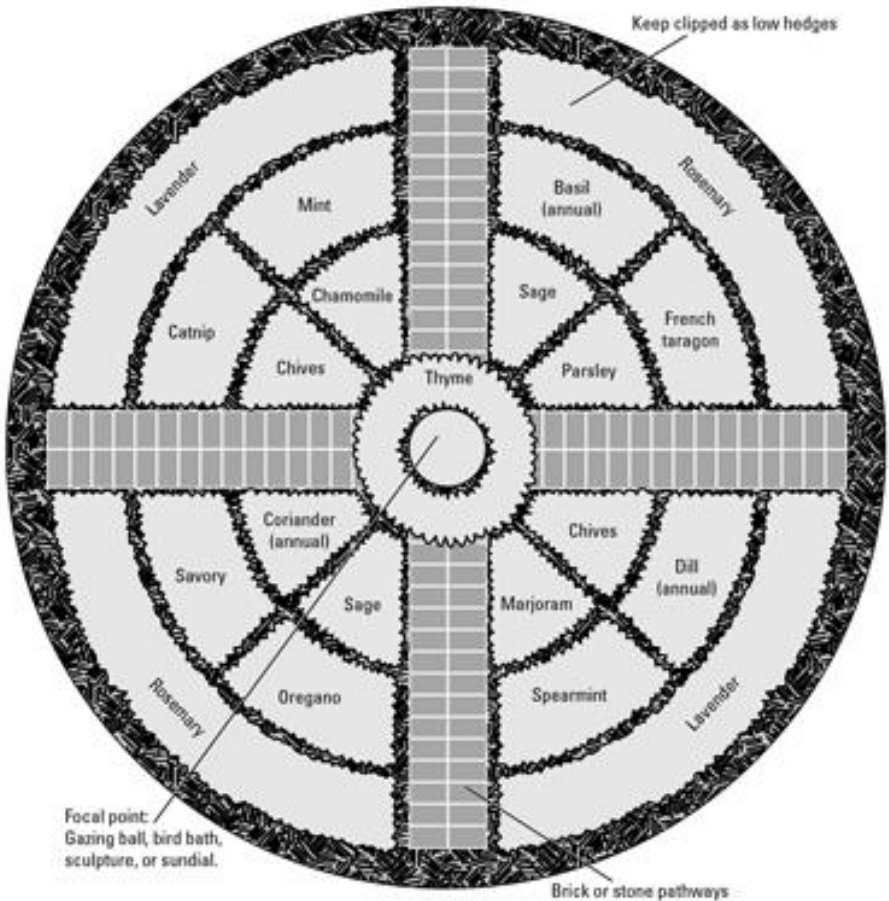
- Clay pots are best
- Pot Size needs to be at least 10" in diameter and depth
- Need to be in full sun for 6+ hours

- Use a quality commercial soil
- Fertilizer may need to be applied in the summer
- High water use but let the soil dry out
 - In the summer water may be needed twice a day

DESIGN INFORMAL



DESIGNS FORMAL



DESIGN PERENNIAL HERBS IN YOUR GARDEN



PREPARATION ADD ORGANIC MATTER!

- Add lots of organic matter!



- Break up the top 12-18"



- Not necessary



PLANTING

- SEED



- TRANSPLANT



IRRIGATING WITH DRIP IS BEST!

Benefits to using drip

- Saves water
- Cuts down on weeds
- Minimizes mold





MAINTENANCE

- Weeding is a must!
- Keep the soil around the plant evenly moist. NOT soaking
- Deadhead and pinch back
- Keep an eye out for pests

A person wearing gloves is harvesting a plant in a field. The image is a close-up, top-down view of the hands and the plant. The person is wearing a light-colored glove on the left hand and a dark-colored glove on the right hand. The plant has small, light-colored flowers and green leaves. The background is a blurred field of similar plants.

HARVESTING



HARVEST HOWS

Leaves

Harvest the entire stem

You can usually harvest up to 75% of growth at one time

Seeds

Remove seeds or seed pods

Flower

Clip stem with flower from plant

Roots

Take directly from the soil



HARVEST WHEN

Leaves

Harvest before the plant flowers! This is when the oils are at their peak

Seeds

Harvest when the seed or seed pods have changed in color from green to brown

Flower

Harvest just before it fully blooms

Roots

Harvest in the fall after foliage has started dying back and drying out



PREPPING FOR LATER USE



FREEZING

1. Rinse the herbs in cold water
2. Chop coarsely

Ice cube method

Place chopped herbs into ice cube tray

Fill tray with water or oil, depending on how you will use the herbs

Sheet tray method

Spread chopped herbs onto a cookie tray

Freeze the entire tray

STORING

Store frozen leaves or frozen cubes in rigid, air-tight containers or Ziplock bags.



DRYING

1. Rinse herbs and shake off excess water
2. Spread them out on dry paper towels or dishcloths until all surface moisture has evaporated
3. Remove anything dead, dying, or damaged

Drying Seeds

Suspend seeds inside a paper bag with holes to allow air inside

Hang the bags in a dark area with good air circulation

Once seeds are dry, store in rigid, light-proof containers

Hanging Method

Tie stems into small bundles-use twine or string

Hang upside down in a warm, dry, airy place

Make sure it is indoors and out of the sun



DRYING

Spreading Method

Spread the herbs on a window screen, wire rack, or herb drying rack
Allow to dry in an airy, warm, and dry area indoors and out of the sun

Microwave Method: Quick method for drying a small amount of herbs

Lay a single layer of herbs between paper towels
Place in a microwave for 1-2 minutes on High
Allow leaves to cool before checking for brittleness
If they are still flexible, reheat in microwave.
Repeat if needed



DRYING

Conventional oven Method

- Spread herbs onto a cookie sheet
- Set oven to the lowest setting possible
- When the leaves are brittle, they are done

Other Methods

- Dehydrating machines
- Food Dryers
- Pressing

NOTE: Herbs with thicker leaves need to be air dried for a few days before being dried using a microwave, oven, or pressing.



STORING

Best if stored in air-tight containers.

If stored in clear containers, herbs will lose potency faster.

If stored in freezer: Herbs best used within 9 months to a year.

USING YOUR HERBS

Dinner

- Chives- adding them to eggs
- Basil: Fresh tomato basil soup

Desserts

- Lavender Lemon bars
- Mint: Fresh mint brownies- different types of mints

Bath bombs

- Lavender
- Mint

Teas

- Mint
- Chamomile





SOME OF MY FAVORITE HERBS



BASIL

Ocimum basilicum

PLANT TYPE: Annual

HEIGHT: Variable- range between 6" -3'

PLANT USE: Leaves

MAINTENANCE:

Do not allow to flower

Continually harvest to increase leaf production

Once temps dip below 55 degrees, it will freeze.

HARVEST:

Cut the stems at the top of the plant.

USE:

Put the whole stems into soup that you blend

Take leaves off stem to use in salads, pesto, or sauces

Garnish pizza with fresh leaves

FUN FACTS

There is a Holy basil call Tulsi that is sacred in Hindu religious tradtions



THYME

Thymus vulgaris

PLANT TYPE: Perennial- Zone 5

HEIGHT: 1'

PLANT USE: Leaves

MAINTENANCE:

Do not allow to flower

Don't over water

May need to be replaced every few years to take out the woody growth

May need extra protection in the winter if in a container

HARVEST:

Cut stems from the top of the plant.

USE:

Whole stems can be used in soups- fish out stems before eating

Good for use in meat and vegetable dishes



CHIVES

Allium schoenoprasum

PLANT TYPE: Perennial- bulb

HEIGHT: 1-2'

PLANT USE: Leaves

MAINTENANCE:

May not want it to flower- it can lessen the flavor of the leaves

May need to be divided at the end of the season

HARVEST:

Snip the leaves as needed throughout the season

USE:

Use as a garnish

Good if mixed into cheeses and salads

Flowers are edible and can be used as a garnish also.

Not worthwhile to dry, will store better if mixed into butter and frozen



LAVENDER

Lavendula angustifolia

PLANT TYPE: Perennial- Zone 5

HEIGHT: 1-2'

PLANT USE: Dried flower heads and leaves

MAINTENANCE:

Can be divided in the fall

If it is in a container, it may need to be covered to protect from winter kill.

HARVEST:

USE:

Can be added to desserts

Good for bath bombs

Can be added to a bath with Epsom salts



APPLE MINT



SPEARMINT



PEPPERMINT



CHOCOLATE MINT

MINT

Mentha spp.

PLANT TYPE: Perennial- Zone 5

HEIGHT: 1.5-2'

PLANT USE: Leaves

MAINTENANCE:

Best if grown in a container- extremely invasive

HARVEST:

Take leaves off as needed

USE:

Good for use in teas and desserts

Can also be put into bath bombs

Good if sprinkled in a bath with Epsom salts



TRICOLOR



COMMON

SAGE

Salvia officinalis

PLANT TYPE:

Common sage- perennial-zone 5

Other sages- annual

HEIGHT: 1.5-2'

PLANT USE: Leaves

MAINTENANCE:

Not much maintenance.

Do not overwater

HARVEST:

Take leaves off as needed

USE:

Good for stuffing, sausages, and stews

Use fresh or dried



GREEK



ITALIAN

OREGANO

Origanum vulgare

PLANT TYPE: Perennial- Zone 4

HEIGHT: 2-3'

PLANT USE: Leaves

MAINTENANCE:

Can be divided in the spring

If grown in a container, will need winter protection

Can be invasive- best if grown in a container

HARVEST:

Take leaves off as needed

USE:

Good for Italian recipes

FACTS:

There are more than 44 species of oregano

The chemical carvacrol, is what makes oregano taste the way it tastes and is found in other plants.

Has been used to treat colds, coughs, stomach problems, and other conditions

It can be used



OTHER POPULAR HERBS

Arugula

Rosemary

Dill

Parsley

Thyme



MARJORAM

Origanum majoranum

PLANT TYPE: Annual

HEIGHT: 1'

PLANT USE: Leaves

MAINTENANCE:

Harvest before flower buds open- Provides best flavor

To keep from flowering, harvest or pinch back at least a third in spring.

If you are not harvesting regularly, you may need to cut it back to be more compact a few times to keep it from getting woody

HARVEST:

Take leaves off as needed

Harvest before flower buds open

Dry or use fresh

USE:

Good for Italian recipes. Has a sweeter and more mild oregano taste





LEAVES



FLOWERS



SEEDS- CORIANDER

CILANTRO & CORIANDER

Coriandrum sativum

PLANT TYPE: Annual

HEIGHT: 1'

PLANT USE: Leaves AND seeds

MAINTENANCE:

Plant will probably decline once the temps start to rise. It will flower and go to seed. If you would like more cilantro in the fall, you may need to replant.

To prevent bolting, you will need to cut off the flowers as soon as you see them appearing.

Note: Once it starts to bolt it will not stop.

HARVEST:

Take leaves off as needed.

Let the seeds change from green to brown before harvesting

USE:

Leaves: Good fresh in salsas or as a garnish

Seeds: Good for seasoning soups, salsas, and dishes from India, the Middle East, and Asia. Use dried or ground



PARSLEY

Petroselinum crispum

PLANT TYPE: Biennial

HEIGHT: 6" to 2'

PLANT USE: Leaves AND seeds

MAINTENANCE:

They like consistent moisture

HARVEST:

Cut leaves at the base of the plant.

USE:

Good fresh in salsas or as a garnish

Curly: good for garnishing plates- not the best for eating

Flat-leaved: good for garnishing and seasoning food

HISTORY/FACTS

Grows best in partial shade

Leaves are high nutrients- vitamin A B C as well as iron, calcium, and magnesium



ROSEMARY

Rosmarinus officinalis

PLANT TYPE: Annual

HEIGHT: 6" to 1'

PLANT USE: Leaves

MAINTENANCE:

Needs good drainage

Likes the soil to be moist, but not dripping wet

HARVEST:

Cut stems from the bottom of the plant

USE:

Leaves:

Good for seasoning breads, meats, vegetables, cheese, eggs, soups, and salads.

HISTORY:

Used since early Roman and Greek times.

Symbolizes remembrance

Symbolized happiness



GARLIC

Allium sativum

PLANT TYPE: Bulb

HEIGHT: Leaves 2-3' Tall

PLANT USE: Bulbs

MAINTENANCE:

They like fertile, well-drained soils. **DO NOT** plant where it or plants from the onion family were previously planted. Does not like standing water. Plant in the fall.

HARVEST:

Look for yellowing foliage to tell you the time to harvest. Dig up the entire plant. Let cure in an airy, shady, dry spot for 2 weeks. They can be hung upside down in bunches of 4-6 plants. Good air circulation is a must.

USE:

Bulbs: use to give flavor to many different things.



GINGER

Zingiber officinale

PLANT TYPE: Annual

HEIGHT: Leaves 2-3' Tall

PLANT USE: Roots

MAINTENANCE:

They like consistent moisture through the growing season, reduce watering in cooler temperatures.

HARVEST:

Dig up the entire plant. Best if harvested at 8-10 months old.

USE:

Roots: Flavoring meat or desserts. It is used in Asian dishes often.



DILL

Anethum graveolens

PLANT TYPE: Annual

HEIGHT: 2-4' Tall

PLANT USE: Leaves

MAINTENANCE:

The soil can dry a little bit, but not for long periods of time. To have a continuous harvest, sow seeds every few weeks and do not allow plants to flower.

HARVEST:

When the plant has 4-5 leaves, you can start harvesting by pinching off the older leaves.

USE:

Leaves: Good as a garnish for dishes. Good for flavoring chip dip. You can use them to make dill pickles.



SOME SORT OF HERBS



NASTURTIIUM

Tropaeolum majus

PLANT TYPE: Annual

HEIGHT:

Bush: 2'

Vine: 6-8'

PLANT USE: Flowers

MAINTENANCE:

Do not fertilize with too much nitrogen

HARVEST:

Take flowers off when needed

USE:

Flowers have a peppery taste. Works great for garnishing salads.



POT MARIGOLD

Calendula officinalis

PLANT TYPE: Annual

HEIGHT: 18"

PLANT USE: Flower petals

MAINTENANCE:

May need to be deadheaded if a repeat bloom is desired.

HARVEST:

Take off flowers and remove petals

USE:

Can be used fresh or dried.

Good for a garnish or ground as a saffron substitute.



CITROSUM



TOMENTOSUM



ODORATISSIMUM



LADY PLYMOUTH

SCENTED GERANIUM

Pelargonium

PLANT TYPE: Annual

HEIGHT: 1-2'

PLANT USE: Leaves

MAINTENANCE:

Take cuttings in the fall to keep indoors over winter

HARVEST:

Take off leaves as needed

USE:

Leaves: In teas, potpourri, or sachets

Plant:

Can help ward off mosquitos

Can give a nice smell to an area



LEMON GRASS

Petroselinum crispum

PLANT TYPE: Biennial

HEIGHT: 6" to 2'

PLANT USE: Leaves AND seeds

MAINTENANCE:

They like consistent moisture

HARVEST:

Cut leaves at the base of the plant.

USE:

Leaves: Good fresh in salsas or as a garnish

Seeds: Good for seasoning soups, salsas, and dishes from India, the Middle East, and Asia. Use dried or ground



CATMINT

Nepteta cataria

PLANT TYPE: Perennial- Zone 3

HEIGHT: 1-3'

PLANT USE: Leaves

MAINTENANCE:

Can become invasive if planted in the ground

Cats do love it- they can be a problem.

HARVEST:

Take off leaves as needed.

Can be cut about 1/3rd during the growing season, those leaves can be dried and used

Near the end of the season, cut stems at the base of the plant.

USE:

Leaves: Dried leaves can be used in cat toys



CAMOMILE

Matricaria recutita (GERMAN)/ *Chamaemelum nobilis* (ROMAN)

PLANT TYPE:

Roman: Perennial- Zone 3

German: Annual

HEIGHT:

Roman: 1' Stems with large flowers

German: 2' Stems with small flowers

PLANT USE: Flowers

MAINTENANCE:

Roman variety can spread if planted in the ground. Cut back each year

HARVEST:

Take off flowers as needed.

USE:

Leaves: Dried leaves can be used in cat toys