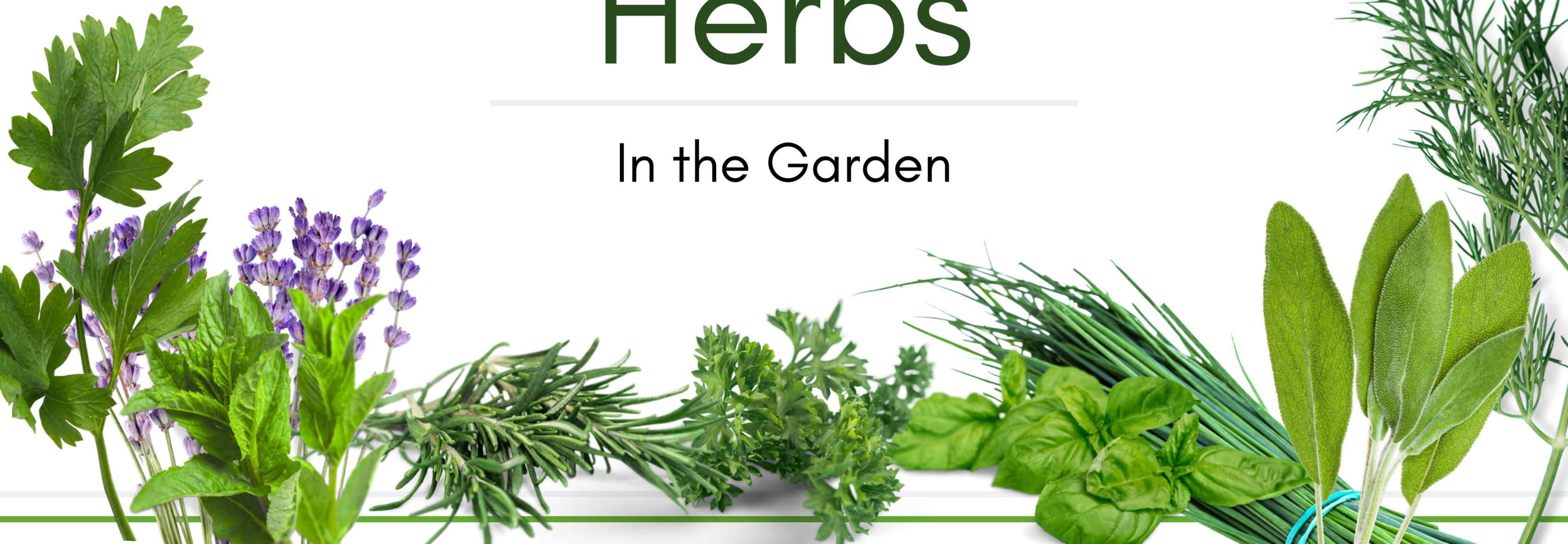


Herbs

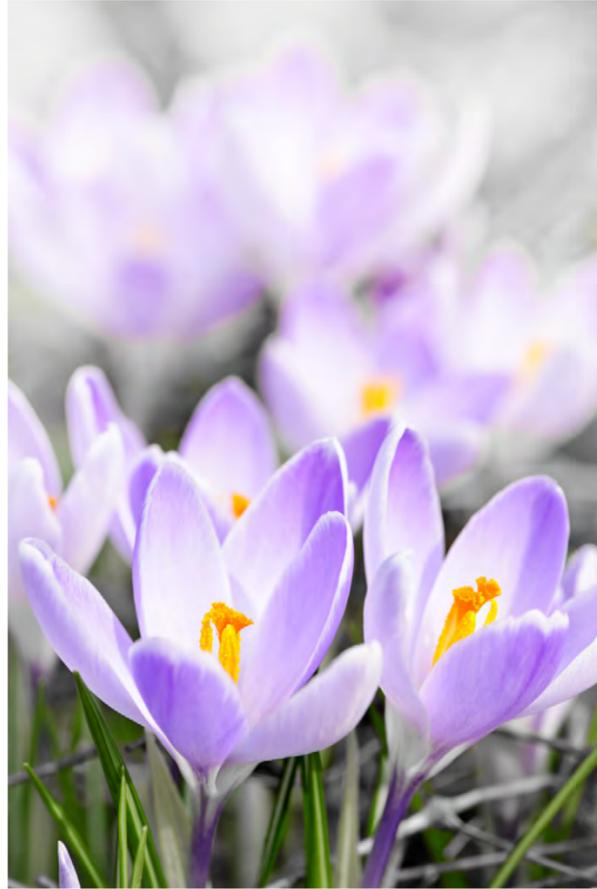
In the Garden



What is an "Herb"?



Grass



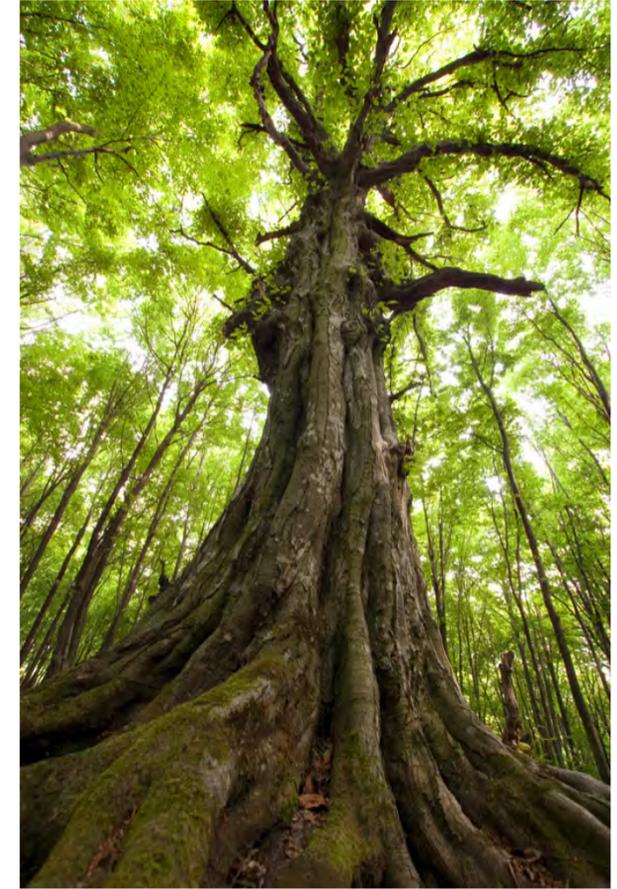
Bulbs



Perennial



Annual



Tree

Botany: "Herb" is a plant that does not produce a woody stem and dies back each winter to a perennial root system.

What is an "Herb"?



Grass:
Lemongrass



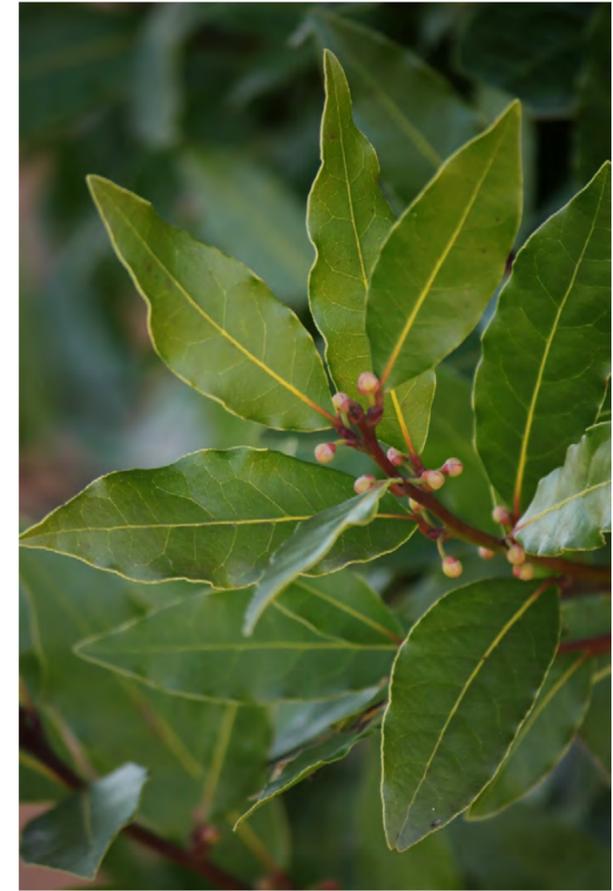
Bulb: Saffron



Perennial:
Lavendar



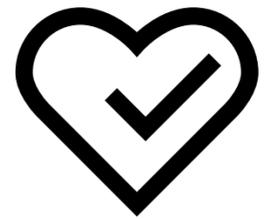
Annual: Basil



Tree: Bay

Garden/Culinary: Plants that serve as a major source of seasoning in food preparation, scents for cosmetics, or for medicinal purposes.

Why Grow Herbs?



Herbs and spices are FULL of antioxidants

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2841576/pdf/1475-2891-9-3.pdf>



\$3 for a bunch of dill vs \$3 for a dill plant.



They're more delicious. Such as in the case of Cilantro.

Picking Your Site

☀ Sun: Go for full!

💧 Drainage is a must.

🍲 Proximity to the kitchen



Design

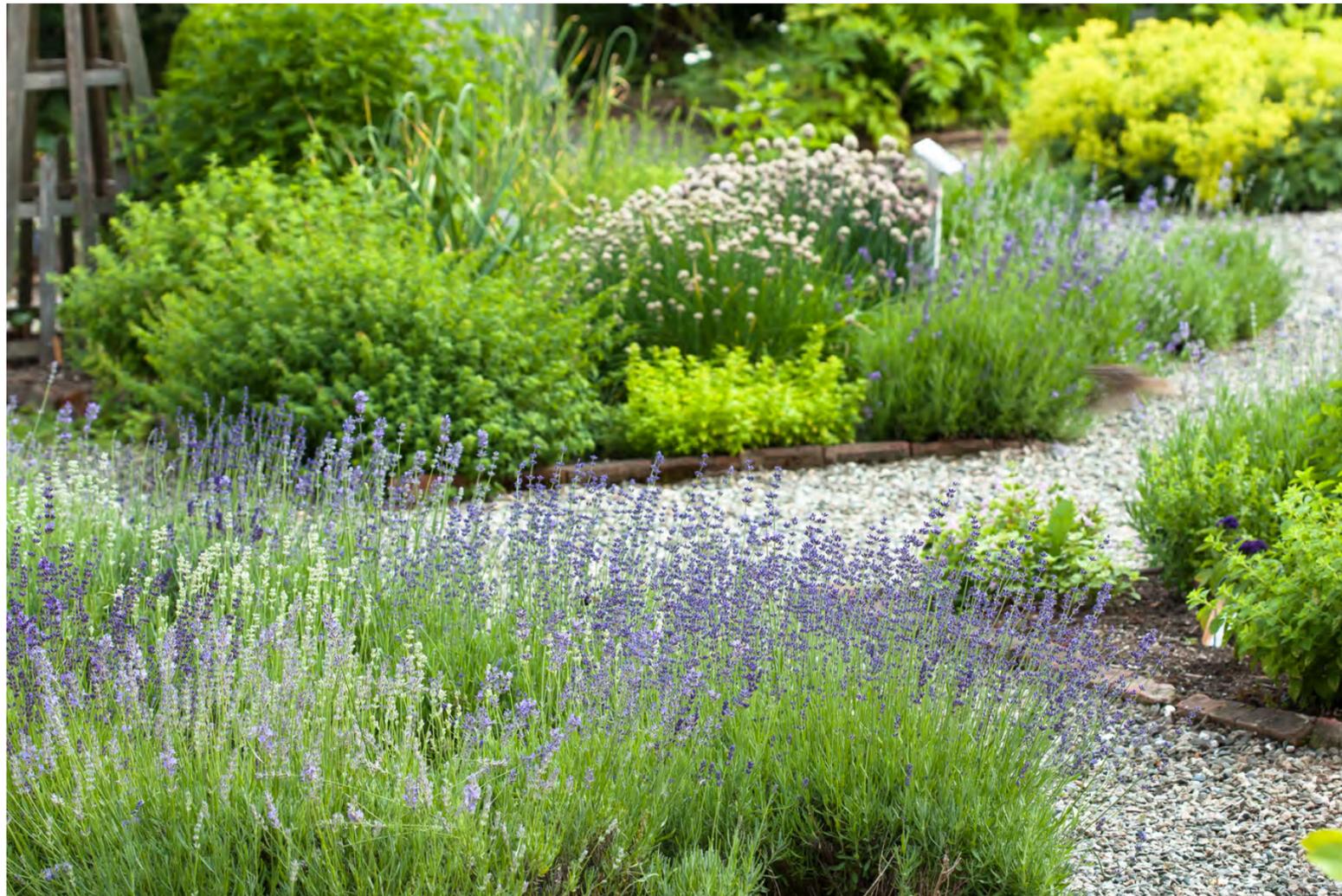
Container Herb Garden ↓



Perennial Herbs in Flower Bed ↑

Design

Informal ↓



Formal ↑

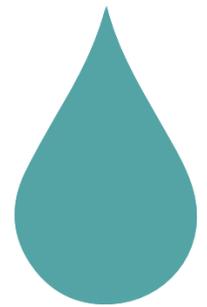
Prepping Your Site



- Add lots of organic matter
- Don't worry about the fertilizer
- Break up the top 12-18"



Prepping Your Site



Irrigation

- **Drip is best**

- Cuts down on weeds
- Save water
- Minimize mold

Inline ↓



Point Source ↑

Planting

Direct Seeding ↓



Transplants ↑

<https://climate.usu.edu/reports/freezeDates.php>

Planting

OREGANO

Description:
Oregano is a classic culinary herb. Great for cooking Italian, Greek, Spanish, and Mexican foods. Oregano is also often used as an ornamental plant with flowers and it grows well outside or in containers around the house.

Growing Tips:
Oregano is easy to grow. It needs well drained soil, and full sun. It grows great in window boxes, hanging baskets, or other containers. As they grow, you can enjoy the flowers or trim back the plant to encourage new growth for use in the kitchen.

Approx. Seed Count / Seed Depth: 2,000 seeds / 1/2 in

Plant / Row Spacing: 8 - 10 in

Days to Germ / Maturity: 10 / 85

Hardiness / Light: Hardy / Full Sun

Spread / Height: 12 in / 12 - 18 in

Square Foot Garden

4 Plant / Sqft

 **Mountain Valley Seed Co.**
175 W 2700 S Salt Lake City, UT 84115
Certified Organic by Oregon Tilth

mvseeds.com

BASIL ITALIAN LARGE LEAF

Description: This sweet basil is easy to grow in a garden bed or in small kitchen containers. Fresh or dried it is refreshing, aromatic, and great on pastas, pizzas, tomato sauces, and a must-have in classic Italian pesto. Besides its great flavor basil has long been used by herbalists for its essential oils.

Growing Tips: Sow in full sun in early spring or midsummer for fall crop. Sow seeds outdoors after danger of frost or indoors in a well-lighted area. Prune the shoot tips to increase branching.

Approx. Seed Count / Seed Depth: 500 seeds / 1/4 in

Spacing (Plant/Row): 6 in / 18 in

Days to Germ / Maturity: 10 / 70

Hardiness / Light: Tender / Full Sun

Spread / Height: 8 in / 18 in

Square Foot Garden

4 Plants / Sqft

 **Mountain Valley Seed Co.**
175 W 2700 S Salt Lake City, UT 84115
Certified Organic by Oregon Tilth

mvseeds.com

CHIVES HERB

Description:
Very popular in the kitchen, Organic Chives have a delicious, mild onion flavor. They are easy to grow, and regularly harvesting the tops will help stimulate new growth in the groups that will form as they come back each year.

Growing Tips:
Start early indoors or outside when danger of frost is over. Chives are perfect to grow in a container; but keep out of full sun and be sure to keep them watered when grown in a container. Follow specifications below and enjoy!

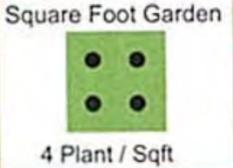
Approx. Seed Count / Seed Depth: 250 seeds / 1/4 in

Plant / Row Spacing: 4 - 6 in / 4 - 6 in

Days to Germ / Maturity: 10 / 80

Hardiness / Light: Hardy / Full Sun

Spread / Height: 12 in / 12 - 24 in

Square Foot Garden

4 Plant / Sqft

 **Mountain Valley Seed Co.**
175 W 2700 S Salt Lake City, UT 84115
Certified Organic by Oregon Tilth

mvseeds.com

Maintenance



Weeding! Weeding! Weeding!



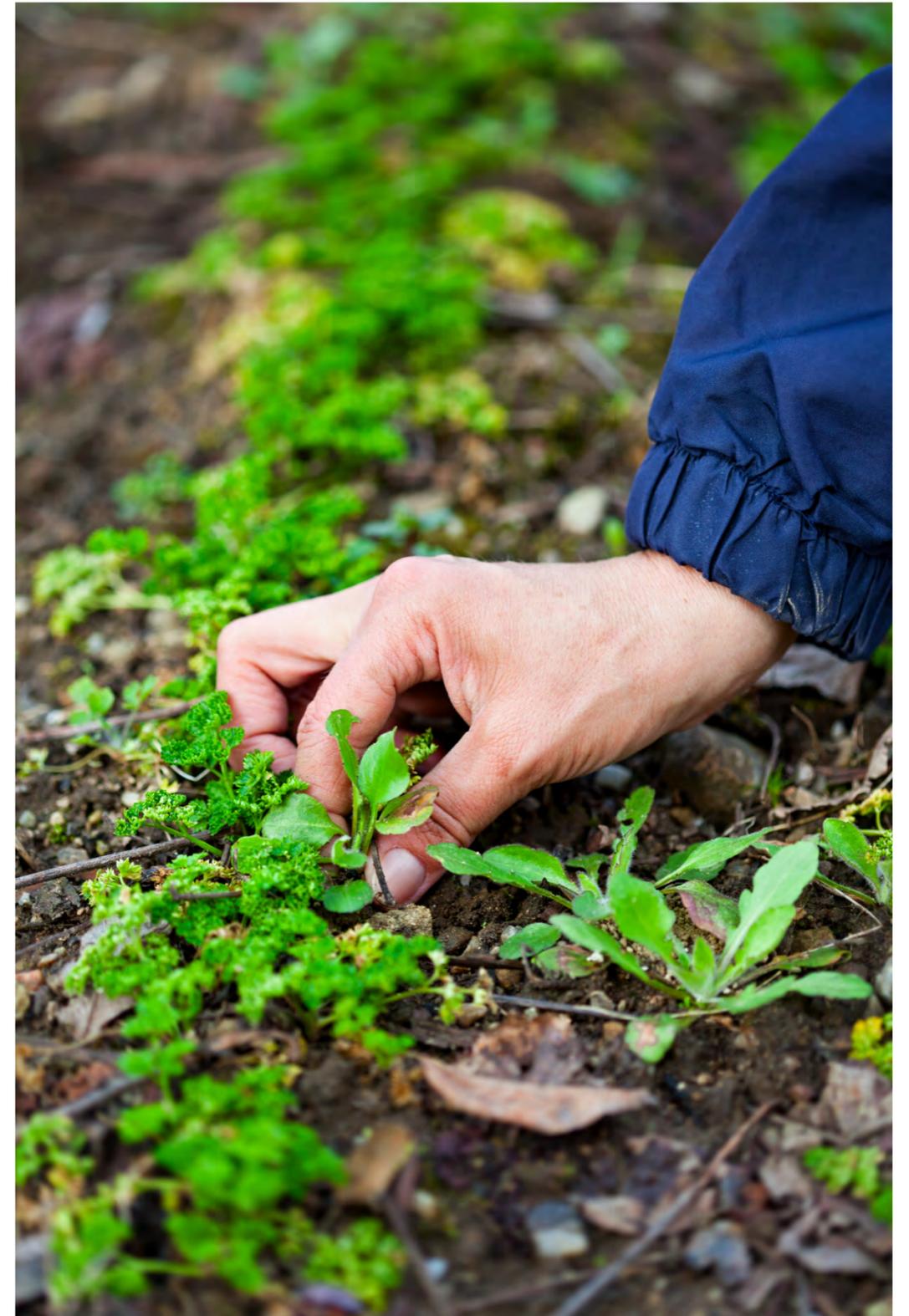
Keep evenly moist



Deadheading and pinching back



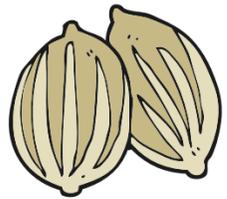
Watch for pests



Harvesting



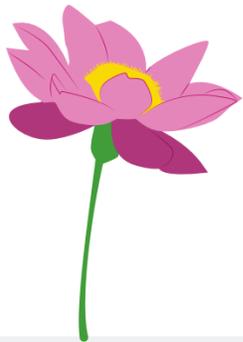
Leaves



Seeds



Roots



Flowers



Harvesting



Leaves

- Early morning is best, right after dew has dried
- Harvest when oils are at their peak
- Dry or freeze
- Can cut perennials down to half their size, annuals can be cut almost to the ground



Harvesting

Seeds

- Wait to harvest until flower heads have turned brown and leaves are starting to yellow.
- Dry in on the flower head 5-6 days, remove seeds from chaff, dry for an additional week



Harvesting

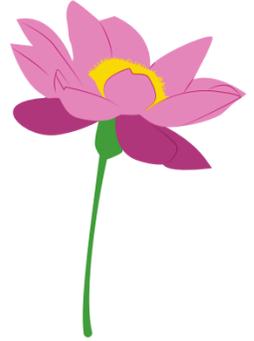


Roots

- Typically harvest in the fall
- Wash before storage
- If drying, slice in thin slices



Harvesting



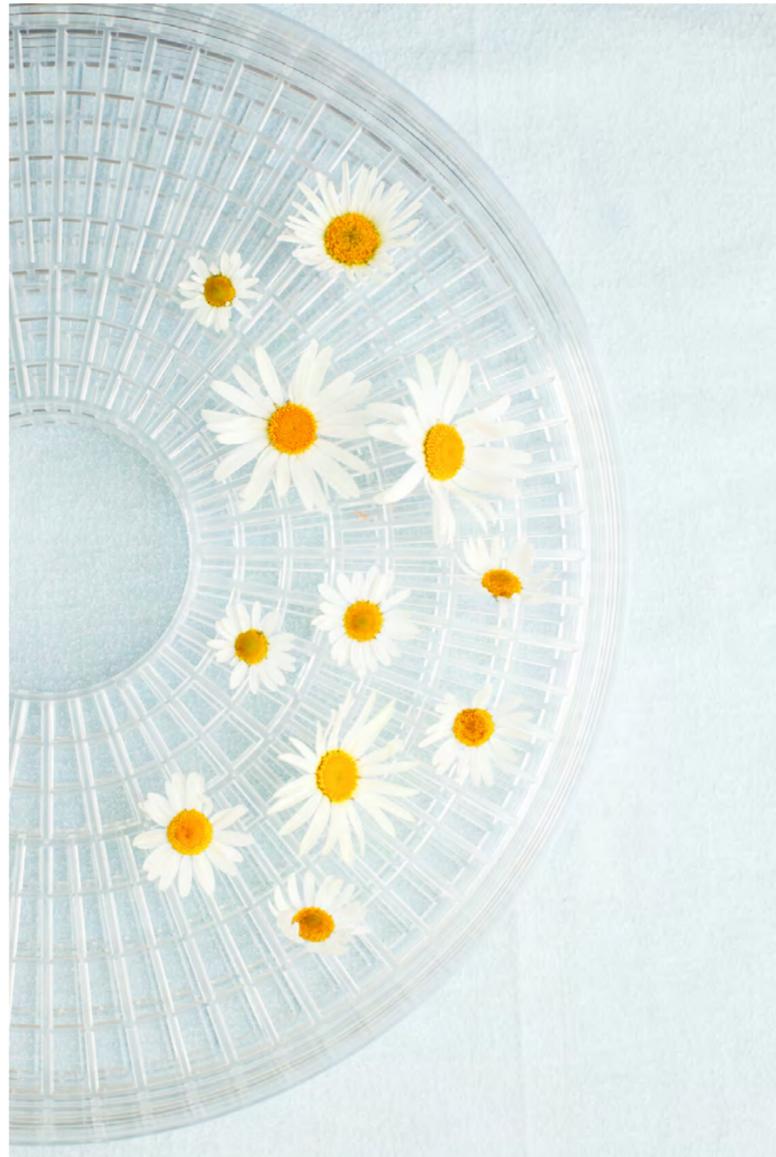
Flowers

- Like leaves, harvest in the cool morning after dew has dried
- Harvest when buds are just beginning to open



Drying

- Drying should only take 3-4 days
- 70-90°F
- Low Humidity



- Strip larger leaves and lay them flat
- Smaller leaves can be dried on the stem

Storing

- Store in air-tight containers for 2-3 years →



- ← • Try infusing oil



- Blanch for about a minute, ice bath, pat dry ←
- Freeze in ice trays or laid out on a tray

Enjoying

Channel your inner Gordon Ramsey, try some new recipies, and have fun!



Parsley

Petroselinum crispum

- Hardy biennial
- Two main types Curly Leaf which is mostly used as a garnish, and Flat Leaf which has a better flavor
- Seeds have a difficult time germinating and need to be soaked overnight
- Originated in Mediterranean area and spread with Roman rule. Lots of taboo.



Basil

Ocimum basilicum

- Annual
- Grow either from seed or transplants.
- Really likes warm soil
- Start harvesting after 6–8 leaves have formed
- Originated in India, not Italy
- SO STINKIN' DELICIOUS! Pesto, pizza, tomato dishes, Thai curries.



Thyme

Thymus vulgaris

- Woody perennial
- A good, solid, easy to grow herb
- Mild, herby flavor makes it versatile



Rosemary

Rosemarinus officinalis

- Woody, tender perennial
- Flavor is slightly reminiscent of pine
- Start from cuttings
- Try making infused oils
- Pair with fruits. Just trust me and try it!
- Greek scholars often wore garlands on their heads to help their memory during examination
- The cologne Napoleon used was made with rosemary



Mint

Mentha sp.

- INVASIVE perennial
- When "mint" is called for in recipes, it's calling for spearmint unless otherwise specified
- Stick to transplants as seed is often not true to type
- Over 2000 varieties including chocolate mint, Corsican mint, apple mint, orange mint, etc.



Cilantro / Coriander

Coriandrum sativum

- Annual
- 2 for one special
- Wants to bolt when it gets too warm. Can't handle the frost, but can't handle the heat either.
- Common in both Asian and Mexican dishes
- Originated around the Mediterranean.
Egyptians believed it could be used for food in the afterlife.



Chives

Allium schoenoprasum

- Perennial
- Cool season
- Onion family, same great taste just much milder
- Bon Appetite "*You Should Be Using More Chives...On Everything*"
- Rumor has it that Marco Polo introduced them to Europe from Asia.



Oregano

Origanum vulgare

- INVASIVE perennial
- Sharp flavor
- Fresh flavor is completely different from dried taste
- Can be grown from either seeds or transplants.
- Greek for "Joy of the Mountains"



Dill

Anethum graveolena

- Annual
- Grows best from seed
- Plant every 4-6 weeks for continuous supply
- Fish, potato, and pickles. Important in European cuisine
- Remnants found in Swiss Neolithic settlements as early as 400 BC



Sage

Salvia officinalis

- Shrubby perennial
- Transplants are best because seeds take forever to grow large enough to harvest
- Distinct flavor in stuffings
- Try pineapple sage for fun
- Transform the flavor by frying it in oil and using as a garnish



French Tarragon

Artemisia dracunculus

- Tender perennial, hardy to -10°F
- Mild, sweet anise flavor
- Only propagated by cuttings because it rarely flowers, and when it does, it rarely produces seed.
- Name derived from french, means "little dragon"
- VERY important herb in French cuisine
- Food Networks herb of the month 09/11



Bay

Laurus nobilis

- Tender tree
- Houseplant it in the wintertime
- Seed may take 6 MONTHS to germinate, so you're going to want to propagate it via transplant
- Dry leaves whole so they can be removed after stewing in dishes
- Many other Laurels are poisonous



Lavender

Lavandula angustifolias

- Perennial
- Low water, low fertilizer, low maintenance!
- Propagate by cuttings only
- Mostly used for soothing fragrance, but can be used in culinary dishes. Try some!
- Name comes from the Latin verb "to wash"



Marjoram

Origanum marjorana

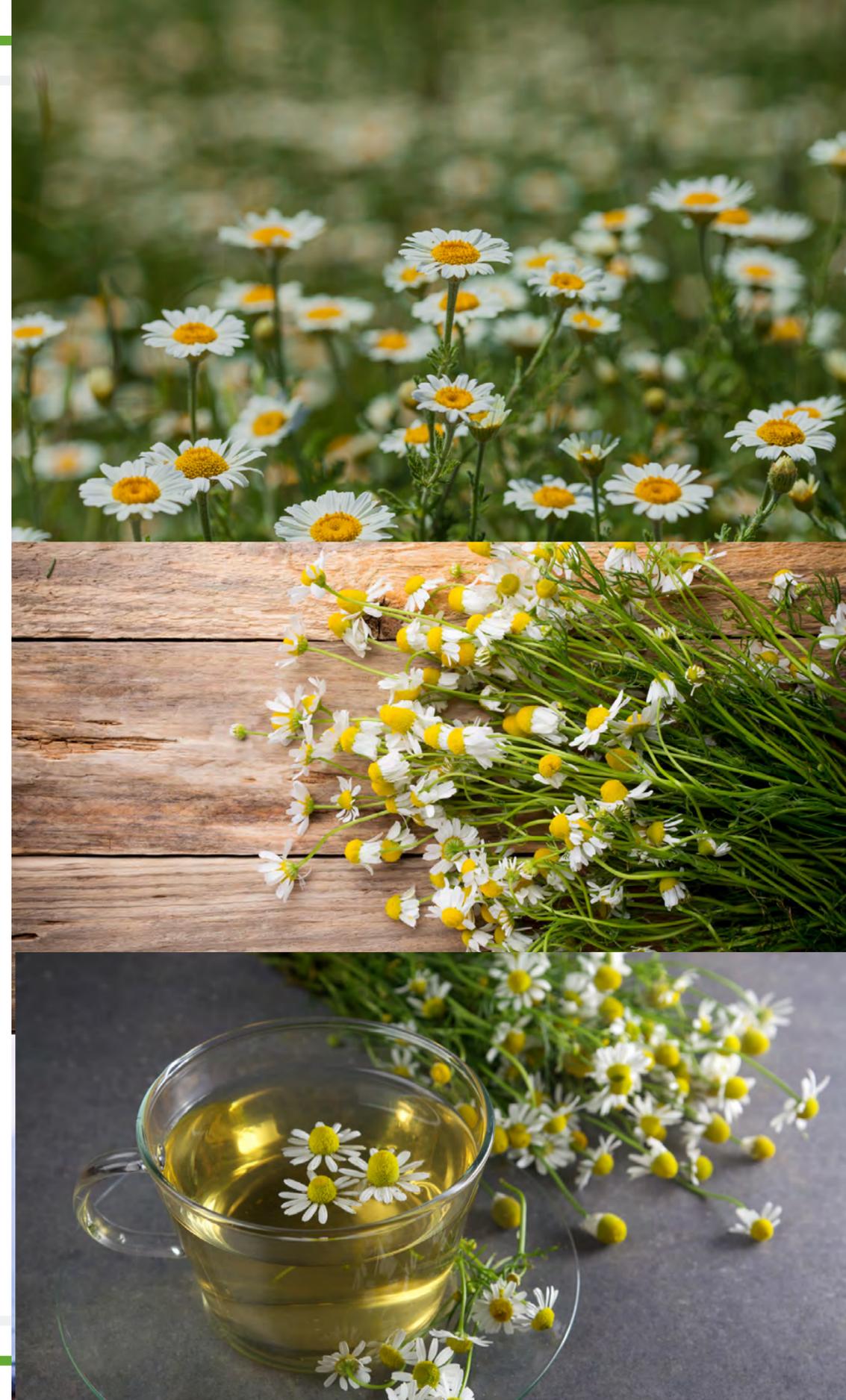
- Annual
- In the Oregano family, but milder and sweeter
- When it starts to flower, cut it back almost to the ground to allow a second flush that is more tasty
- Ancient Greeks used it in funeral wreaths to symbolize happiness in the next life



Chamomile

Chamaemelum nobile

- Hardy Annual
- Grown for flowers to make tea that promotes relaxation
- Grow from seed, plant as soon as you can work the soil
- Likes to be kept moist
- Rich soil results in poor flower production



Lemongrass

Cymbopogon citratus

- Tender perennial
- Fantastic mosquito repellent
- And delicious in southern Asian dishes
- Starter plants can be purchased from nurseries, or fresh stalks purchased at the grocery store can be rooted in water
- Really likes nitrogen
- Can be dried in chunks and used to infuse flavor into dishes, kind of like Bay leaves



Ginger

Zingiber officinale

- Tender rhizomes
- MUST have excellent drainage, but don't allow it to dry out.
- Cut rhizomes into 1" pieces and allow cuts to heal for a few days
- As weather cools, ease off watering to encourage growth of underground rhizomes
- Only able to grow young ginger



Turmeric

Curcuma longa

- Related to ginger and grown in mostly the same way
- Won't get mature turmeric
- Needs plenty of moisture to start growing
- Best if started at least 6 weeks before planting out
- Hardening off is really important
- Used to dye Buddhist monk robes
- Curcumin properties are great for health



Saffron

Crocus sativus

- Stigmas of large crocus that need to be harvested when fresh, usually with tweezers
- The most expensive spice in the world
- Harvest stigmas during fall flowering
- Hardy to -15°F , about a zone 6
- Dry stigmas on paper before storing in air tight containers
- 150 bulbs are needed for 1 gram of dried saffron

