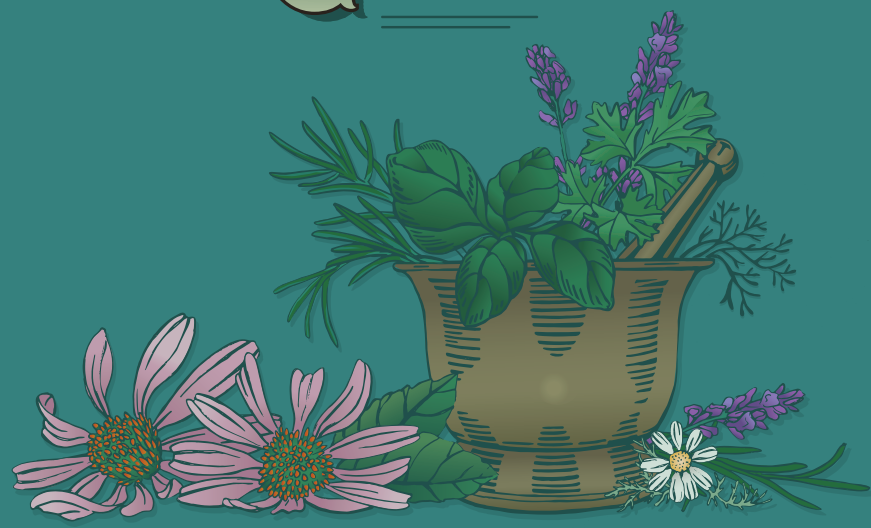


• TRUE LEAF MARKET •



HERB GROWING GUIDE



*Roots, Remedies & Routines
for a Flavorful Life*

• TRUE LEAF MARKET •



HERB
GROWING
GUIDE

The title is rendered in a decorative, serif font. 'HERB' is in a smaller, outlined font at the top. 'GROWING' is the largest word, in a bold, solid serif font. 'GUIDE' is in a smaller, outlined font at the bottom. The text is surrounded by detailed botanical illustrations of various herbs, including daisies, leafy sprigs, and small flowers, all in a black and white line-art style.



**WELCOME TO YOUR TRUE LEAF
MARKET HERB PLANTING GUIDE!
IN THIS BOOKLET, YOU'LL FIND
HERB INFORMATION PAGES THAT
GIVE YOU A BACKGROUND ON THE
ORIGINS AND USES OF A PARTICU-
LAR HERB WITH GROWING INSTRU-
CTIONS PROVIDED FOR EACH. THIS
BOOKLET IS YOUR GO-TO GUIDE FOR
STARTING AND MAINTAINING YOUR
HERB GARDEN.**



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THE BASICS

WHETHER you are familiar with or new to growing herbs, an herb garden in its peak, is a truly stunning site. The colors and aroma pair together in a harmonious duet. A presence unmatched, herb gardens call us back to our ancient past as we imagine a healthier present. Herbs have become so readily available that we've forgotten how essential they are to the human story. From our ancestors to ourselves, the properties of herbs have been used for a spectrum of reasons: to cleanse the air of bad spirits, provide relief from pain, aid us in our healing, and to enhance our experience of flavor and nourishment. People need gardening more than ever right now, helping us to recall the gifts the environment brings. Using herbs informs us of who we are and where we come from. It connects us to nature and our roots. Growing an herb garden is empowering. It can benefit the Earth and lives everywhere.

A successful herb garden can, in large part, be credited to the preparedness of the gardener. Having an understanding of each herb's individual traits in terms of growth, and its relationship with the characteristics of your climate, can determine the well-being of your plants. As you're just getting into gardening, there are many factors to consider. Depending upon your region's grow zone and the variation of weather, we recommend you begin by starting indoors first, so you can better control environmental conditions and nurture the herbs for their specific needs. The following section is aimed at giving you what you need to make informed choices when creating your herb garden.

PLANT TERMS

THE terms annual, biennial, and perennial refer to the life cycle of a plant as it relates to the season it is growing in. When talking about days to maturity in regards to herbs, we will often refer to the herb's lifecycle. This is because defining an herb's maturity is tricky since maturity can mean when the plant or parts of it are harvestable, or when the plant goes to seed. If we include a specific number of days, it is in tandem with ideal growing conditions, and aimed at giving you an idea of when to expect that plant to be in peak growth.

ANNUAL - plants that go through a full life cycle over the course of one season or year, meaning the seed grows into a plant to seed again and then dies. Annuals will grow differently depending on the climate. For example, some annuals can bolt and go to seed very quickly in very hot climates, thus, ending its life cycle.

BIENNIAL - a plant that requires two years to complete its lifecycle. Biennials take a period of dormancy to complete its lifecycle, which may be fruiting or going to seed. Usually the first year, the plants produce a root system, stems, and leaves. The second year is when the plant flowers or fruits.

PERENNIAL - plants that live for three years or more, where top foliage will die during the cold season each year, but then regrowing from the root system left behind. Some perennials have extensive lifespans, such as trees.



SPACE & LIGHT CONDITIONS



FIRST question you want to ask yourself, “How much space do I realistically have to garden?” Second question is, “How much light does that area receive throughout the day and where is the sun’s position?” Be aware of its trajectory. As the sun moves during the growing season, the conditions required to grow your ideal garden change. Most herbs require full sun. It may be easier for you to find a spot if you have a yard, but don’t be discouraged if you live in a place with only a patio or a space that receives six hours of sun. A sunny south-facing window is also the perfect place to start an herb garden.

You may need to build your own herb garden based upon your spacing needs. Determine the kind of light that area will see over the season. If you live in an apartment with a deck, but without direct sunlight, choose shade-tolerant plants such as lemon balm or mint. If you have a small patio that gets partial sun (6 hours) for the day, it would be a perfect space to grow chives or tarragon, which thrive in average light exposure. If you have roof access, or live in south-facing places that receive heavy sunlight, plant basil and oregano, as they do well in the heat.

START INDOORS OR OUTDOORS

WHEN and how you choose to sow your seeds is a critical factor when it comes to a prosperous herb garden. Look at the climate where you live and determine your growing season. The idea here is to let your environment inform you of when and how you sow your seeds. You can directly sow them outside when temperatures are right, but as mentioned, we usually opt for starting herbs indoors as they are very fragile during germination and the early growing period.

For ease of planting, sowing them in plug trays or pellets is the way to go. You may want to plant your seeds in a container as they mature indoors. This is only suitable for those with the space as some of the herbs require large pots to successfully grow in. A grow light is helpful but not necessary. Placing your seedling trays or direct-sown pots next to a window that receives at least six hours of sunlight a day is enough to provide the seeds the environment they need to germinate.

Another key is to start them at the appropriate time based on the average last frost date for your area. This information is critical for gardeners and can be found at the Agriculture Extension Service Office in the county where you live. How many weeks to start seed is usually stated on the seed packet. Sowing seeds indoors not only gives you a head start, it protects the plant from fluctuating temperatures and allows you to control the environment so your herbs grow healthy and strong.

All seeds started indoors will require a process known as “hardening off”, which is when you acclimate the seedlings to outdoor conditions

by placing them outside in increasing increments each day, until they spend the whole day outside. This can take anywhere from one week to a month depending on the herb. Be wary of setting them out overnight as a sudden drop in temperatures can kill your seedlings. After you harden off your herbs, you can transplant them in soil that is loose and moist.

Whether you are starting indoors or outdoors, we recommend that you keep your garden simple—especially if it is your first time. You don't want to overwhelm yourself. Start with just three to five plants, a very manageable herb garden.



TERRA OR TERRACOTTA



WHEN it comes to where you want to grow your herbs, you have a few options. The first is to plant directly into a prepared garden space, the second is to build a raised bed and the third is to use containers. A prepared garden space can be a section of an established vegetable garden or interplanting in established beds where there is room for a few herb plants.

Raised beds allow you to utilize space permanently in the ground as you prefer, while also tailoring your soil according to the herbs' needs. When planning the placement of your raised beds, always keep in mind how it will affect your vegetable garden if you start one in the future.

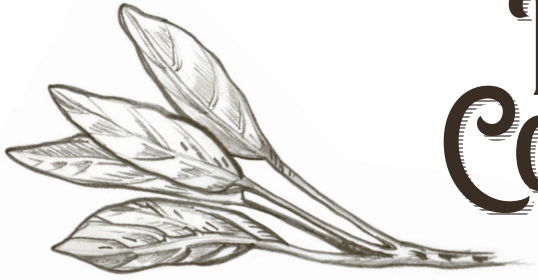
Containers are great for herbs. Use your imagination! From terracotta to galvanized tubs, containers are a great way to add spice to your garden! We recommend this method for several reasons: (1) These kinds of containers allow you to place your plants in the ideal spot for you - for example, just outside the kitchen window for easy access or in and around your vegetable garden as companion plants. (2) They help you to control over-spreading of some herbs such as mints. (3) They allow you to customize each herb's experience according to its needs, i.e. sun/shade exposure and soil specifications.

WATERING & DRAINAGE



IN general, herbs prefer well-drained soil. Good soil drainage is a requirement for many herbaceous plants, and herbs like rosemary, lavender and tarragon, having woody stems, prefer sharply drained soil. Choosing the right amendments to add to your garden soil, filling your raised bed with good ingredients, and picking a quality potting soil for your containers is time and money well-spent. Herbs, like vegetable plants, benefit from careful planning and forethought.

Don't overwater—Water consistently yet consciously. Lightly press your finger into the soil and feel for an ideal moisture. It should feel moist to the touch but not soggy. Use this touch method accordingly as the temperature rises. Another benefit of containers is that if you accidentally water too much, simply place your container in the sunniest area for a period to evaporate the excess water.



PEST CONTROL

HERBS make fantastic companion plants, as some have insect-repellent properties. When your herbs flower, they can attract beneficial pollinators. Placing your herbs in and around your vegetable crops can accommodate your needs as a vegetable gardener. Either place your container herbs around the garden as needed throughout the growing season or build your raised bed in a place that benefits your garden all season long!

Herb plants are less likely to have pest problems if your ground is healthy and the placement of your herbs is ideal, but it can happen. Aphids, mites, and mealybugs can populate your herb garden, but as long as you have healthy soil and a consistent soil moisture, they should stay away. They can be easily treated by creating a pepper spray using ground cayenne peppers.

These fundamental pieces of information grant you the foundation to start successfully growing herbs and harvesting the rich experience. Watch as your mini environment comes to victorious life as you remember what you've learned. Keep in mind that with practicing the gardening lifestyle, trial and error is the rule of the day. Let these moments advance you further to understanding and connecting to your environment. We encourage this guide to be a lifelong pursuit that fulfills you more with the coming years. Once the roots take hold, the foliage will expand, leading to blooms that bring all kinds of life to your space.



THE HERBS



ANGELICA

Angelica officinalis
Biennial



Days to Maturity: Biennial
Hardiness Zone: 4-9
Planting Depth: 1/2"
Plant Spacing: 15-18"
Growth Habit: Upright
Soil Preference: Fertile, moist, 6.3 to 7 ph
Temp Preference: Cooler
Light Preference: Partial shade
Color: Green
Flavor: Sweet taste with musky aroma

SOWING AND GROWING

Direct sow in peat pots that can be directly planted in the prepared garden space. Germination is slow and can take up to a month. Angelica prefers cool climates. If you live in a hot climate, sow in an area that will receive partial shade all season long. Water regularly, as angelica struggles in times of drought. Never allow the soil to dry out as this can kill it pretty quickly.



ANGELICA is an herb in the parsley family, the seeds most popularly used to flavor liquors such as gin and vermouth. Once angelica flowers and goes to seed, it dies. Sometimes this in two years and sometimes three years. The leaves of the herb are dried and used to brew tea. Not a common herb but a great one for adding diverse flavors and aromas to your herb garden.

HARVESTING

Nearly every part of the angelica plant is edible. The leaves can be used fresh to season fish, poultry, and soups. The stems can be trimmed and cooked like asparagus. Wait until the second year when the flower is in full bloom to cut just above the root and hang upside down, allowing it to dry before harvesting the seeds. Store seed in the freezer.

ANISE

Pimpinella anisum
Annual



Days to Maturity: Annual, 120+

Hardiness Zone: 5-9

Planting Depth: 1/2"

Plant Spacing: 8-12"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green

Flavor: Strong licorice-like flavor

SOWING AND GROWING

Soils need to be above 70 degrees to germinate. Clear garden bed of weeds, roots, and other pieces of debris before direct sowing. Keep the area moist for best germination. This herb requires regular watering, but be sure to check soil with your fingers for moisture. Water consciously--if the soil is adequately moist, hold off on watering until soil has dried a bit.



ANISE is native to the Mediterranean, North American, and Asian regions. Anise has been known to aid in an upset stomach and cough. The plant and roots are edible, but the seeds are by far the most used and well-known part of the anise plant. Aids in freshening breath by chewing leaves and stems after a meal. Used also in soaps, perfumes, and sachets because of its aromatic properties.

HARVESTING

Producing Anise seeds requires a long hot growing season. Harvest by cutting stems below the flowers, and if the seeds are still green and not fully dry, tie flowers together and hang upside down. Otherwise the stems and leaves can be harvested throughout the season.

ARUGULA

Eruca sativa
Annual



Days to Maturity: Annual, 43

Hardiness Zone: 5-9

Planting Depth: 1/4"

Plant Spacing: 6-12"

Growth Habit: Upright

Soil Preference: Rich, moist soil

Temp Preference: Cool

Light Preference: Full sun

Color: Green

Flavor: Peppery and buttery

ARUGULA is an easy-growing leaf herb to include in your herb garden. It is used as lettuce in sandwiches, and mixed in a salad with other greens. Arugula thrives in cooler temperatures. Arugula also grows well in containers filled with well-draining soil.

SOWING AND GROWING

Arugula can be grown in all zones. In warmer climates, such as zones 8+, you should plant in the fall rather than in the spring. You can start arugula in your garden about 1 to 2 weeks before your last frost date. If you sow a row or section every 2 to 3 weeks you can get a continuous crop. These seeds can be dispersed evenly to create a bed of tender leaves.



HARVESTING

Arugula is a cut-and-come again plant, meaning you can harvest as leaves mature. Grow in cool weather and keep the soil moist for the best flavored greens. Stop harvesting the leaves once the plant flowers or they will become bitter-tasting. If arugula becomes wiltly after harvest, submerge in luke-warm water for 60 seconds, then submerge in ice water. Arugula will crisp up after that.



BASIL

Ocimum basilicum
Annual

Days to Maturity: Annual, variety and climate dependent
Hardiness Zone: 4-10
Planting Depth: 1/8"
Plant Spacing: 12-18"
Growth Habit: Upright
Soil Preference: Well-drained and moist
Temp Preference: Warm
Light Preference: Full sun
Color: Green or purple
Flavor: Anise and licorice-like flavor with sweetness

SOWING AND GROWING

Start basil indoors 3 to 4 weeks before the last frost. Start in plug trays or pellets and place in a warm spot. Make sure soil doesn't go below 72 degrees during the germination phase, which takes 8 to 14 days. Once seeds sprout, move to a location where there is full sun. Basil plants prefer soil that is moist but not soggy.



BASIL may be the champion of the herb world- it's wide use and powerful flavor make it one of the most popular herbs on the planet. Basil is a delight to the senses and well worth growing in your herb garden. Lemon Basil, Thai Basil, and Dark Opal Basil are just a few available varieties.

HARVESTING

Pruning the plants before they set flowers will keep the plant producing fresh leaves throughout the season. Prune about once a month. A shot of liquid nitrogen fertilizer, at pruning time if your soil is not particularly fertile, will help the plants recover. Eat basil often and dry or freeze leaves throughout the summer. Make your final harvest before the first frost of fall, as the plant will not survive the cold.

BORAGE

Borago officinalis
Annual



Days to Maturity: Annual, 64-72

Hardiness Zone: 3-10

Planting Depth: 1/4 - 1/2"

Plant Spacing: 15-18"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green, with blue flowers

Flavor: Strong cucumber flavor

BORAGE is one of the most unique additions to your herb garden with its wide applications as an herb, flower, and vegetable. Throughout the ages, borage has had many uses in traditional herbal medicine, one of them being the alleviation of menstrual pains. The young leaves and flowers are edible with a cucumber-like taste, the blue flowers make a summer treat frozen into ice cubes. Bees and other beneficial insects love it.

SOWING AND GROWING

For best results, direct sow seed after the last frost for summer blossoms. Prefers well-drained soil and will often reseed itself. A great companion plant for strawberries, borage brings pollinators and repels harmful insects. 5 to 10 days for germination.



HARVESTING

Once the plant is fully established, pick young leaves anytime. Leaves are most flavorful just after harvest. The longer they are allowed to dry, the more they lose their flavor. Allow the plant to flower and pick blossoms for culinary and/or aromatic uses.

BURDOCK

Arctium lappa
Biennial



Days to Maturity: Biennial
Hardiness Zone: 3-10
Planting Depth: 1/4-1/2"
Plant Spacing: 18-24"
Growth Habit: Upright
Soil Preference: Deeply well-worked loamy soil
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green
Flavor: Pleasant earthy taste

SOWING AND GROWING

Direct sow in the spring in deeply-tilled, well-drained soil as the roots can get quite long. Germination time is up to 2 weeks. Burdock can grow from 2 to 9 feet tall and is a plant that can become invasive. Consider a location where spread will not affect other plants.

BURDOCK is native to Europe and Asia with a long history of culinary use, such as a bittering agent for beer. Burdock is known for various medicinal applications, such as the treatment of skin, scalp, and digestive issues. It can be identified by the prickly blooms that stick to you as you walk by. Burdock produces long, slender roots with a light-brown skin. Use like carrots or parsnips in soups and stews.

HARVESTING

Roots, shoots, and leaves are edible. Harvest the roots in the fall of the first year or spring of the second year and leaves and shoots when very young. During the plant's second year, the identifiable spiky purple flowers appear. Remove these to prevent self sowing.



CALENDULA

Calendula officinalis
Annual



Days to Maturity: Annual, 60+
Hardiness Zone: 3-9
Planting Depth: 1/2"
Plant Spacing: 12"
Growth Habit: Upright
Soil Preference: Loamy and well-drained
Temp Preference: Cool
Light Preference: Full sun, part shade
Color: Green and yellow
Flavor: Herbal and slightly sweet

SOWING AND GROWING

Calendula seeds have a wildflower-like hardiness and can be started inside or sown directly in the garden. Plant seed half, inch deep, and thin to 10 to 12 inches apart. Germination time is about 15 days. Keep moderately watered and cut blossoms often or remove spent flowers to prevent seed heads from forming.

CALENDULA is a vibrant addition to any herb or flower garden. Also called Pot Marigold, the fresh and dried flower petals have multiple uses. Add them to soup for a beautiful color, mix with butter or cream cheese or sprinkle on top of your salad. As a cool season annual, it blooms best before the heat of summer arrives. Calendula will often self-sow and find its way to ideal spots in the garden.

HARVESTING

Cut the blossoms when they are just fully open but before they begin to set seed. Remove the petals from the disk to use fresh or spread on wax paper to dry. Store dried petals in a jar in a cool and dark space.



CATNIP

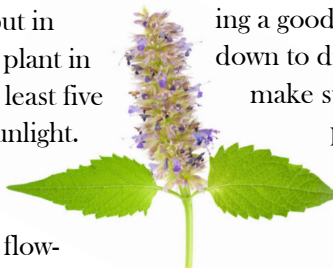
Nepeta cataria
Perennial



Days to Maturity: Perennial
Hardiness Zone: 3-7
Planting Depth: 1/2"
Plant Spacing: 15- 36"
Growth Habit: Upright
Soil Preference: Well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green, blue and purple
Flavor: Pungent, mint-like taste and aroma

SOWING AND GROWING

Sow catnip seeds just after the last frost of spring outdoors or sow inside. Stratification prior to sowing can help germination. Catnip loves full sun, but in places of extreme heat plant in an area that receives at least five to six hours of direct sunlight. Catnip needs space to branch out, so give plants space. Pinch off flower buds to encourage more leaf growth and prevent self sowing.



CATNIP foliage is greenish-gray with small white or purple flowers. Besides being a popular stimulant for cats, with a pungent mint-like fragrance, the dried leaves can be used to brew a tea that promotes relaxation in humans. The leaves are heart shaped and coarsely toothed. Attracts not only cats but bees and butterflies!

HARVESTING

To dry catnip, cut about 4 inches above the base of the plant. This can be done multiple times during the growing season ensuring a good supply. Hang upside down to dry. If you have a cat, make sure you dry them in a place your cat doesn't have access to. Cats also love the fresh growing herb. Place a small pot of catnip in the window sill and watch your cat visit.

CARAWAY

Carum carvi
Biennial



Days to Maturity: Biennial

Hardiness Zone: 4-9

Planting Depth: 1/2"

Plant Spacing: 8-12"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green and White

Flavor: Anise-like, earthy peppery

SOWING AND GROWING

Caraway prefers sunny temperate climates, and well-drained moderately moist soil. Caraway may be direct sown in either spring or autumn in prepared soil or started inside in peat pots to prevent transplant shock. Mulch plants in the winter if the soil freezes in your area. Expect germination in 4 to 14 days.

CARAWAY, a biennial with finely cut, carrot-like foliage and white flowers that appear the second year, is an often overlooked herb. Seeds, the most commonly used part of the plant, are used in breads, soups, cheese, and liquors. Very closely related to fennel but is notably different in that caraway is milder in anise flavor. Also known as Meridian Fennel or Persian Cumin.

HARVESTING

Harvest leaves when young in the first year of growth for use in salads and soups. Harvest seed heads about a month after blossoming in the second year.

Shake the heads into a paper bag, separate the debris and store in a cool, dark location. Dig up the roots the second year.



CAYENNE PEPPER

Capsicum annuum
Annual



Days to Maturity: Annual, 75+

Hardiness Zone: 3-9

Planting Depth: 1/4"

Plant Spacing: 15"-18"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green, red and orange

Flavor: Spicy

SOWING AND GROWING

Start indoors in a sterile seed starting mix keeping the temperature above 70 degrees. Once the plant has 6 to 8 true leaves and a well established root system, harden off until the pepper plants can remain outside throughout the night. Some seeds can take 3 to 4 weeks to germinate. Transplant in large containers or raised beds. Water thoroughly—especially on the extremely hot days of summer.

CAYENNE is a skinny, hot, zesty, and pungent pepper. Their growth habit is often curled and twisted. This popular pepper is dried and crushed, used as a seasoning that packs a punch in any dish. Although not technically an herb, we include it in this booklet because it has so many herbalistic properties, making it an essential component to your herb garden as a whole.

HARVESTING

Harvest cayenne peppers when they are red yet still firm. Use fresh in sauces or to add flavor to meats or vegetables.

Thread the peppers on a string and hang to dry until they are brittle. Grind dried peppers and store in a mason jar.



CHAMOMILE

Matricaria recutita
Annual



Days to Maturity: Annual, 60+

Hardiness Zone: 1-13

Planting Depth: 1/2"

Plant Spacing: 8-12"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green, yellow and white

Flavor: Floral

SOWING AND GROWING

Chamomile is an annual suitable for all grow zones. Chamomile does best in well-drained soils with moderate water. Seed can be started inside or sown directly in the garden as long as outdoor temperatures are right. If sowing outside, keep the area moist until germination—two weeks. Thin seedlings to 10 inches apart.



GERMAN chamomile is a self seeding annual that is a lovely addition to any herb garden.

Don't confuse it with Roman chamomile, *Chamaemelum nobile*, a perennial that is most often used as a ground cover.

German chamomile grows up to 2 feet with a bright sweet smell. Small daisy-like white blossoms are harvested and dried for use in tea, potpourri and salves.

HARVESTING

Harvest chamomile blooms when they are fully open.

Simply, pluck buds when the petals are fanned out. If the petals are pointing toward the ground, they are still harvestable. You can also harvest the flowers with a couple of inches of stem.

The flowers are very small and this can make harvesting easier.

CHERVIL

Anthriscus cerefolium
Annual



Days to Maturity: Annual, 60-70
Hardiness Zone: 3-7
Planting Depth: 1/4"
Plant Spacing: 10-12"
Growth Habit: Upright
Soil Preference: Moist and rich
Temp Preference: Cool
Light Preference: Sun for Spring and Fall
Color: Rich green leaves with white flowers
Flavor: Tarragon and parsley

SOWING AND GROWING

Sow seeds in early spring or fall in either an outside container or directly-sown. You can also sow chervil inside as long as you use peat pots as it struggles with transplanting. Germination takes about 14 days in cool weather. It will not germinate well when the weather warms. Plants grown in the heat bolt quickly. Sow seeds every 3 weeks to have a steady supply before the weather warms and throughout the fall.



CHERVIL is a cool season hardy annual in the parsley family and one of the four French “fines herbes”. A staple in the art of French cuisine, this herb has a delicate parsley/anise flavor. It’s flavor is best used fresh or only briefly cooked.

HARVESTING

Begin harvesting chervil about 6 to 8 weeks after sowing. Use fresh leaves often before the weather becomes unfavorable. Freezing chervil rather than drying it is best so it retains flavor.

You can make chervil into a puree, or use as a bright garnish. With its parsley-like flavor, chop and mix with eggs, either scrambled or in an omelette for a terrific culinary pairing!

CHIVES

Allium schoenoprasum
Perennial



Days to Maturity: Perennial
Hardiness Zone: 3-10
Planting Depth: 1/4 - 1/2"
Plant Spacing: 6-12"
Growth Habit: Upright
Soil Preference: Rich and moist
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green, and purple
Flavor: Mild onion and hints of verdant spice

SOWING AND GROWING

Start chives outside in early spring as they will germinate in cooler temperatures in 14 days. Warm to temperate seasons are ideal to maintain growth. If you want to plant chives earlier and live in a cold region, start inside 6 to 8 weeks before your average last frost date. Once the seedlings appear, thin the chives to 6 to 8 inches apart.

CHIVES are an easy-to-grow herbaceous and grass-like perennial. They are part of the onion family. Considered essential in all different types of cuisine. Chives are hardy plants that produce large light purple flowers. They love full sun, but will stand 6 hours of sun in a pinch. Chives pack a flavorful punch! Transform any dish from bland to banging!

HARVESTING

Be sure to trim back the flowers as they will readily reseed. Expect flowering to occur in late spring.

The flower buds are edible too and can be used in salads or as a garnish. Cut shoots down as needed to the base, a couple of inches from the ground. Harvest 3 to 4 times the first year, then cut back monthly the next year.



CILANTRO

Coriandrum sativum
Annual



Days to Maturity: Annual, 50-55
Hardiness Zone: 3-11
Planting Depth: 1/4 - 1/2"
Plant Spacing: 4-6"
Growth Habit: Upright
Soil Preference: well-drained and moist
Temp Preference: Warmer (50-85F)
Light Preference: Full sun or light shade
Color: Green with white or pink flowers
Flavor: Fresh spice and citrusy

SOWING AND GROWING

The way to successfully continue cilantro's growth, is to sow seeds continuously in the spring and fall. This plant grows best in full sun. Heat causes the plant to begin flowering and setting seed. Water young plants consistently for best growth. Avoid overwatering established plants. Germination takes 2 to 3 weeks and produces rapid leaf growth.



CILANTRO adds a unique flavor to many foods, crossing international barriers of cuisine. Part of the Apiaceae family, not only does cilantro (the leaves of the plant) but coriander (the seeds of the plant) lend flavor to dishes. Coriander is often used as a salt replacement. Cilantro looks similar to flat parsley, and is sometimes referred to as "Chinese parsley."

HARVESTING

Cut back the cilantro frequently for controlled and continuous growth. This plant can be harvested 4 to 5 weeks from the time the seeds are planted. Letting some plants set seed and drop on their own will give you plants for next season. For storage, cut the mature seed heads and store in a dry container, such as a paper bag.

CRESS

Lepidium sativum
Annual



Days to Maturity: Annual 25-40
Hardiness Zone: 6-9
Planting Depth: 1/2"
Plant Spacing: 8-10"
Growth Habit: Upright
Soil Preference: Moist and rich
Temp Preference: Cool
Light Preference: Full sun, part shade
Color: Green leaves with white flowers
Flavor: Spice, tang, raddish

SOWING AND GROWING

Since garden cress is cool-season and hardy, you can direct-sow seeds a couple weeks before your region's last frost. If you're planting to transplant, sow seeds indoors about 4 to 6 weeks before the average last frost date. Germination can take 5 to 15 days. This kind of cress desires a sunny environment, but can stand partial shade. Garden cress is fairly low maintenance, just be sure to keep it watered.



AMONG the three common types of cress, garden cress is a cool season hardy annual that is also referred to as "pepper grass". Fast germination and growth makes this a great early spring and fall green to add a bite to your favorite salad. Garden cress shouldn't be confused with its cousin watercress. This herb welcomes some shade, but prefers a sunny environment.

HARVESTING

You can harvest younger garden cress sprouts by pinching the tops as needed. Cut the stems and leaves once the true leaves appear or when they grow at least 3 inches tall. Harvest before this plant matures, as garden cress is at its prime early. Garden cress is often used in salads, sandwiches or eaten as a microgreen.

DANDELION

Cichorium intybus
Annual



Days to Maturity: Annual 65
Hardiness Zone: 3-9
Planting Depth: 1/4"
Plant Spacing: 8"
Growth Habit: Upright
Soil Preference: Rich and well-drained
Temp Preference: Cool
Light Preference: Full sun, part shade
Color: Green
Flavor: Slightly sweet with hints of bitterness

ITALIAN dandelion is not a dandelion at all but a variety of loose leaf chicory commonly grown in Italy and used in Italian salads. Leafy greens are tender and slightly bitter. It is a cool-weather crop like most plants grown for leaf production. Don't confuse this chicory variety with the invasive species that creeps up in your lawn. Although those are edible also.

SOWING AND GROWING

Prepare soil with compost for best results of leaf production. Continue sowing seeds every three weeks for on-going harvests. Keep soil moist but not wet. Allow Italian dandelion to mature for two weeks before beginning the harvest process. Germination can take up to a month.



HARVESTING

To harvest leaves, cut just above the crown when leaves are 10 to 12 inches in length—any longer will result in a bitter flavor. Try braising these greens as they make a great side dish in any meal. Harvest when the plant is still young and tender. When it goes to flower, it can become more bitter in flavor.

DILL

Anethum graveolens
Annual



Days to Maturity: Annual 65

Hardiness Zone: 3-11

Planting Depth: 1/4"

Plant Spacing: 9-12"

Growth Habit: Upright and top-heavy

Soil Preference: Moderately fertile, well-drained

Temp Preference: Warmer

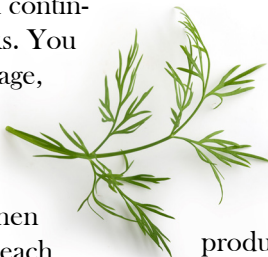
Light Preference: Full sun, part shade

Color: Dark green with yellow flowers

Flavor: Pickley with hints of anise

SOWING AND GROWING

Sow seeds once the soil is able to be worked. Reseed every 2 weeks into midsummer for a continuous supply. Like many herbs, dill can withstand the heat. Germination takes 7 to 21 days and will continue to grow for 4 to 6 weeks. You can plant dill next to cabbage, but keep well away from fennel. You won't need to water dill too much, unless it's potted, then give it 6 to 8 hours of sun each day and water consistently.



DILL is often used as a pickling spice or used to season fish. Dill grows to be 2 to 4 feet high, with sleek green stems and finely cut foliage. The plant is multi-branched and grows yellow flower clusters. Dill is aromatic, has a hint of caraway flavor and is lovely in a cucumber salad. This plant grows throughout summer and peaks in flavor once flowering starts. When grown in ideal conditions, dill will self-seed.

HARVESTING

You can begin harvesting 60 days from the sow date or as soon as the plant has produced several leaves. Depending on the end use of this herb, keep some plants pruned to delay flowering and let others produce flowers.

ECHINACEA

Echinacea purpurea
Perennial



Days to Maturity: Perennial 64-72

Hardiness Zone: 3-9

Planting Depth: 1/2"

Plant Spacing: 12-15"

Growth Habit: Upright

Soil Preference: Moist, moderate

Temp Preference: Warm

Light Preference: Full sun

Color: Green, and pink

Flavor: Bold, floral, tingly

ECHINACEA is an essential hardy perennial wildflower for your herb garden. Fairly easy to grow, give it sun and moderate water and beginning in its second year, you will be rewarded with plenty of material to harvest. This herb is often used to aid a common cold or flu and immune system support.

SOWING AND GROWING

Sowing seeds directly during the fall is a great way to start your echinacea, as germination is best when it receives winter cold.

Avoid heavy and wet soils.

You can also sow in pots.

Artificial stratification will greatly enhance germination which can take up to 6 weeks inside. To

fill out your patch, let echinacea stand through the winter, dropping its own seed.

HARVESTING

As a perennial, you don't harvest aerial parts of the plant until year two and whole plants with their taproot can be harvested in peak bloom in year three. Cut back any material remaining in the spring to let the sun in. Thin out

unwanted seedlings. Home uses include teas, foot soaks and herb baths.

Gently remove blooms and dry by stringing and hanging.



BRONZE FENNEL

Foeniculum vulgare
Perennial



Days to Maturity: Perennial
Hardiness Zone: 6-9
Planting Depth: 1/4"
Plant Spacing: 12-18"
Growth Habit: Upright
Soil Preference: Well-worked and well-drained
Temp Preference: Warmer to cooler
Light Preference: Full sun
Color: Green, white and yellow
Flavor: Earthy and mild licorice

SOWING AND GROWING

Sow in spring as soon as the weather is consistently warm. If you're planting indoors, you can sow early as 6 weeks before the last frost, just be sure to use a deep peat pot that can support the long tap root. Fennel can survive some drought, but does better with moderate water.

Sprouting occurs in approximately 2 weeks from the sow date.



FENNEL is a large tall perennial plant that adds a nice vertical accent to the herb garden. These plants grow 4 to 7 feet high and produce small yellow flower umbels. All parts of this long cultivated plant are edible. Slightly sweet and with a hint of licorice, fennel is used in tea, cosmetics, baking and for medicinal purposes.

HARVESTING

Snip off leaves anytime for fresh use and for drying. Cut off flower heads when fully ripe. Separate and store in a glass jar in a cool, dark spot. The large, deep roots may be dug in spring or fall. This long lived perennial will also reseed itself and can become a nuisance if not controlled. Give it plenty of room and quickly remove unwanted seedlings.

FENUGREEK

T. foenum-graecum
Annual



Days to Maturity: Annual, 30 (leaves), 120 (seed)

Hardiness Zone: 9-11

Planting Depth: 1/4"

Plant Spacing: 4"

Growth Habit: Upright

Soil Preference: Rich and well-draining

Temp Preference: Warmer to cooler

Light Preference: Full sun, part shade

Color: Green, blue and purple

Flavor: Hints of maple syrup and spice

SOWING AND GROWING

Direct sow fenugreek seeds in compost-enriched, well-draining soil. Fenugreek has yellow-white flowers. Consistent water is best. It is possible to harvest leaves and seeds from the same plant just make sure you leave plenty of time for flowering and setting ripe seed. You can also grow a few plants for harvesting leaves and some for seed saving.

FENUGREEK seeds are the most popularly used part of this garden plant, included in many central Asian spices, such as curry. The leaves are also edible, usually braised and served as a green side dish much like spinach greens. Being a member of the legume family, it can make a decent nitrogen-fixing cover crop.

HARVESTING

You can begin to harvest fenugreek leaves approximately 30 days from sowing. Snip off just 1/3 of the stem so greens can continue to grow. You can harvest leaves every 15 days or so after that. To harvest seeds, allow the plant to flower and set seed. Pull up whole plants when the small pods turn yellow.

When fully dry, open pods and gather seeds.



FEVERFEW

Tanacetum parthenium
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/4"
Plant Spacing: 12-15"
Growth Habit: Upright
Soil Preference: Well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green with white daisy-like flowers
Flavor: Astringent, slight citrus

FEVERFEW is an herbaceous to semi-woody perennial that is in the daisy family. This herb has daisy-like flowers and blooms beginning midsummer. The leaves are used as a mild sedative and headache remedy, used medicinally as far back as ancient Greece. Native to the Balkan Mountains of eastern Europe.

SOWING AND GROWING

Like many herbs, you can choose to start feverfew indoors during late winter or direct sow seeds in April. Seed benefits from a cold period before germination which can take up to 2 weeks. Best in full sun with regular water, feverfew is vigorous and self-seeds readily, popping up here and there around the herb garden. Trim back after flowering for a tidier look.



HARVESTING

To harvest feverfew, pick leaves and flowers anytime or hang bundles in a cool, dark place for use in the off season. Leave at least 4 inches of stem so feverfew can continue to grow back healthy. Create a tea with other dried herbs. The tiny numerous blooms also attract beneficial pollinators, so consider allowing a few plants to remain in bloom rather than harvesting.

HYSSOP

Hyssopus officinalis
Perennial



Days to Maturity: Perennial
Hardiness Zone: 3-9
Planting Depth: 1/4"
Plant Spacing: 12-18"
Growth Habit: Upright
Soil Preference: Well-drained, moderate water
Temp Preference: Warm
Light Preference: Full sun
Color: Green, blue and purple
Flavor: Strong menthol/mint

HYSSOP is a perennial shrub or subshrub that grows to 2 feet and does well in dry, well-drained soil. This menthol-fragrant herb begins blooming in midsummer and can be pruned into a low hedge as a border in your herb garden. Once used to purify temples, this herb is very beautiful with its spikes of vivid purple/blue flowers and makes a minty tea good for digestion.

SOWING AND GROWING

Sow hyssop seeds indoors in late winter to transplant in the spring. You can also direct-sow in well-prepared, well-drained soil. Germination takes about 2 weeks. Hyssop can grow up to 2 feet high. Prune lightly after flowering and keep deep pruning for the spring after growth has begun.

HARVESTING

Harvest leaves anytime during the season with or without flowers.

Infuse into a tea, add the flowers to a salad or use as a cake decoration. Great in potpourri! Dry in a cool dark place for winter use.



LAVENDER

Lavandula angustifolia
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-8
Planting Depth: Start inside
Plant Spacing: 2-3"
Growth Habit: Upright and round
Soil Preference: Well-drained, slight alkaline
Temp Preference: Warm
Light Preference: Full sun
Color: Silver-green and violet
Flavor: Floral, earthy, slight mint

SOWING AND GROWING

Sow seeds indoors in late winter due to a long germination period. Once your seed is up, don't over water. Give a strong light source. Transplant outside in full sun. Too much water can slow growth. Make sure to leave the ground unmulched. In humid areas, space plants for maximum air flow. Once your lavender blooms, cut off the spent flowers.



ENGLISH lavender is a woody subshrub that is fragrant, hardy and does well in the hot sun. With it's summer spikes of purple flowers and beautiful silvery green, this herb stands out. Lavender can grow along a sidewalk during the dry summer, or can add to your country garden as a stunning focal point that catches the eye. Bees love it!

HARVESTING

Harvest flower spikes while still in the bud stage when the color is fixed but before the flowers open. Foliage may be snipped for drying anytime. Dry small bundles of lavender for use in sachets and sleep pillows. Fresh lavender spikes can be added to cut flowers for its subtle fragrance and understated beauty.

LEMON BALM

Melissa officinalis
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/4"
Plant Spacing: 18-24"
Growth Habit: Upright
Soil Preference: Moderately fertile, well-drained
Temp Preference: Warmer to cooler
Light Preference: Full sun, part shade
Color: Green and white/pink flowers
Flavor: Lemon and hints of mint

SOWING AND GROWING

Sow lemon balm seeds inside 6 to 8 weeks before the average last frost date for your area or outside once the soil can be worked. Germination will take about 2 weeks. Keep the soil moist but not wet. The plant will need more water as it grows. Lemon balm grows to about 2 feet tall and wide. Lemon balm will go dormant through the winter season.



LEMON BALM is a hardy perennial that thrives in full sun or partial shade in very hot areas. A great candidate for container growing, in the garden it can re-seed and spread. Treat it as you might a favorite mint!

HARVESTING

Harvest lemon balm by picking off fresh leaves as needed or gather cut stems into bunches and hang upside down to dry. Flavor is best as the plant nears flowering and dried leaves should be used within 6 months. Store in a cool, dry space.

Lemon balm will go dormant through the winter season. Be sure not to overwater as this can lead to root rot.

LEMON BERGAMOT

Monarda citriodora
Annual



Days to Maturity: Annual, 90-120
Hardiness Zone: 4-10
Planting Depth: 1/16" Needs light to germ
Plant Spacing: 18-24"
Growth Habit: Upright/spread
Soil Preference: Loose and well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade in very hot areas
Color: Green leaves, lilac flowers
Flavor: Lemon/oregano, earthy and herbaceous

SOWING AND GROWING

Sow lemon bergamot inside about 6 to 8 weeks before your average last frost date and keep moist. Leave seed uncovered as it needs light for germination. Again, the seed needs light for germination, so mist lightly to keep from burying the seed. Germination can take up to 30 days.



LEMON BERGAMOT, also known as Lemon Mint, is a beautiful annual with unusual whorled flowers and fragrant foliage that is much loved by beneficial insects. A great addition to a tea blend or just brewed on its own because of its deeply citrus-like flavor. The flowers are also used in teas but have less of lemon scent and flavor.

HARVESTING

Lemon bergamot leaves can be harvested anytime and used to make tea or dried for use in potpourri. Pluck the flowers gently and string them up to dry.

The flowers make a terrific cut flower and the pretty lavender petals can be used as a garnish or added to a fruit salad. Add a sprig to summer drinks for a beautiful look!

LOVAGE

Levisticum officinale
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-8
Planting Depth: 1/2"
Plant Spacing: 24"
Growth Habit: Upright
Soil Preference: Rich, moist, well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade in very hot areas
Color: Green and white/yellow/pink flowers
Flavor: Strong celery

SOWING AND GROWING

Start lovage seed inside 6 to 8 weeks before the last frost in your region. Germination takes about 2 weeks. This herb likes moisture and sun, but in the hottest areas, afternoon shade is appreciated. Mulching will help cool the soil and keep it moist. Give 2 feet between plants and cut off the flower stems if seed is not being collected and if reseeding is not desired. This practice promotes fresh leaf growth.



LOVAGE is a perennial herb that can get quite large if it finds its happy spot in the herb garden. Typically around 3 feet tall, it can reach 6 feet when in flower. With a strong celery flavor, it is a great herb for soups and stuffings. Native to the Mediterranean region and was also used in ancient Greek medicine.

HARVESTING

You can harvest lovage foliage when it has reached about a foot tall. Plants started from seed inside will reach harvest stage earlier than plants started outside, usually in the first year. Collect seed heads when mature and if desired, the roots can be dug in the spring or fall. All parts of the plant should be used sparingly so as not to overwhelm other flavors.

MARJORAM

Origanum majorana
Perennial



Days to Maturity: Tender perennial (Annual in northern climates 60-85)

Hardiness Zone: 9-10

Planting Depth: 1/4"

Plant Spacing: 6-12"

Growth Habit: Upright

Soil Preference: Sandy, well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Light green with lilac/white flowers

Flavor: Warm spice and sweet woody notes

SOWING AND GROWING

This herb has an aversion to the cold, so it's best to start these seeds indoors in early spring. Once the threat of frost is over, you can transplant the seedlings outdoors in a pot with well-drained soil, where they can receive full sun. Marjoram seeds will germinate in 1 to 2 weeks and need regular water. Marjoram can be trimmed flowering for renewed growth.



MARJORAM is a tender perennial in zones 9 to 10 but is grown as an annual in northern climates. Sweet and fragrant, marjoram is used both as a culinary herb and medicinally. It was reputedly created by Aphrodite as a symbol of happiness. Don't confuse marjoram with oregano. They are quite different in both flavor and growth.

HARVESTING

Marjoram can be used fresh or dried. Pick leaves as needed, never taking more than 1/3 of the plant. Flowering stems can be used as a tea for headaches and simple gastrointestinal distress. Make sure to store leaves in an airtight container and use them before a new growing season arrives.

MARSHMALLOW

Althaea officinalis
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-8
Planting Depth: 1/4"
Plant Spacing: 12"
Growth Habit: Upright
Soil Preference: Loamy, moist soil
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green with pale pink flowers
Flavor: Honey and sweet mint

MARSHMALLOW is a cold-hardy perennial that prefers a moist environment as its natural habitat is open spaces near waterways. The original marshmallow was made using the root and sugar, far from the modern day confection. All parts of this plant contain soothing mucilage, which has many medicinal uses.

SOWING AND GROWING

Sow seeds directly in the fall as stratification will aid germination, or start artificially stratified seed inside. Germination will take between 2 to 3 weeks. Marshmallow grows up to 3 to 4 feet tall and light pink flowers appear up and down the stalk in mid to late summer. This herb likes full sun, but it can stand partial shade and thrives in cooler regions.

HARVESTING

Marshmallow is known for its medicinal benefits, especially the root of this herb. You can harvest part of its root in late fall by cutting only a portion of the root and leaving the rest which will allow continual growth. Harvest marshmallows' flowers once they have bloomed and the leaves before its blooming period for the best results.



MUSTARD

Brassica nigra
Annual



Days to Maturity: Annual, 60-70
Hardiness Zone: 5-7
Planting Depth: 1/2"
Plant Spacing: 6-8"
Growth Habit: Upright
Soil Preference: Fertile, well-drained
Temp Preference: Cool
Light Preference: Full sun, part shade
Color: Green and white/yellow/pink flowers
Flavor: Varies-sweet to spicy, hints of tang or wasabi

SOWING AND GROWING

Sow seeds directly a half inch deep in early spring before the final frost. Start inside about 6 weeks before planting outside. Make sure the transplants have 4 to 6 mature leaves. Plant mustard in a partial shade area for prolonged greens before flowering. Aim for maturity 2 to 3 weeks after the first frost of the year in your area. Germination takes up to 10 days.



MUSTARD is an annual herb that grows best in cool weather in the sun. Mustard is one of the kings of the cabbage family when it comes to culinary spice across the world. From India to France, this herb is versatile and has been used in medicinal practices for centuries.

HARVESTING

If you want to harvest this herb for its greens, you can use scissors throughout its growth to cut fresh leaves as needed. Avoid using any yellow leaves, as mustard greens should be harvested in the earlier stages of its maturity.

If you want to harvest the seeds of the plant, allow flowering and collect the stems with the ripe pods attached. Store in a paper bag. Once they're completely dry, separate the seed from the pods and store in a glass jar.

OREGANO

Origanum vulgare
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-9
Planting Depth: 1/4"
Plant Spacing: 12-15"
Growth Habit: Upright/spread
Soil Preference: Well-drained, sandy
Temp Preference: Warm
Light Preference: Full sun
Color: Dark yellow-green with light pink purple or white flowers
Flavor: Bold pepper, slight mint

SOWING AND GROWING

Sow seeds in early April, 1/4-inch deep. Germination takes about 2 weeks. Transplant in a full sun location giving the plant room to spread. Space out to ensure good air circulation in areas with high humidity. This herb is also easy to grow from cuttings. If you're using a pot for its home, make sure it's at least 12 inches wide. Cut back after flowering for renewed growth and tidiness.



OREGANO is a much loved hardy perennial herb. It's simple to grow indoors and would be a good plant for city-dwellers to start with. If you have a windowsill or patio with 6 hours of full sun, it takes well to pot culture. Oregano is well-known in Italian cuisine and adds a rich, robust spice to any food.

HARVESTING

You can begin harvesting oregano when your plant is well established. Cut sprigs anytime for fresh use. For dried oregano with the best flavor, harvest when about half of the flowers are open. Gather in small bunches and hang to dry. Strip dried leaves and store in a cool, dark cupboard. Ground dried leaves with a mortar and pestle or food processor.

PARSLEY

Petroselinum crispum
Biennial



Days to Maturity: Biennial
Hardiness Zone: 5-8
Planting Depth: 1/4"
Plant Spacing: 12-15"
Growth Habit: Upright
Soil Preference: Rich, moist and well-drained
Temp Preference: Warmer
Light Preference: Full sun, part shade
Color: Bright green

Flavor: Mild bitter and fresh spice

SOWING AND GROWING

Parsley has a very long germination period, taking up to a month. To shorten the wait, stratify seeds for at least a week and soak for 12 to 24 hours before sowing. Grow on in clumps, under a strong light source and leave plenty of time, about 10 weeks to transplant ready plants. When the weather has fully warmed, plant in full sun and water regularly.



PARSLEY is a cold-hardy biennial herb that is grown as an annual for foliage use. As a biennial, the plants bloom early in the second year and although no longer edible, it attracts beneficial insects to the garden. Parsley is divided into two types: flat leaf and curly leaf. Flat leaf is most often used in recipes and curly leaf is a well-known garnish.

HARVESTING

Once parsley is established, you can begin harvesting outer leaves. For best color and flavor, chop leaves fairly fine and dry in a single layer on waxed paper. Freezing also works well. You can place parsley in water and keep in your fridge, or even keep parsley throughout the winter by placing a small pot on your windowsill.

PEPPERMINT

Mentha piperita
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-9
Planting Depth: Surface
Plant Spacing: 18-24"
Growth Habit: Upright/spread
Soil Preference: Light and well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green with pink flowers
Flavor: Cool green mint

SOWING AND GROWING

Sow seeds inside in early spring. Press lightly into the soil but do not cover as light aids germination. Pinch young plants to promote bushiness and transplant outside when the weather is warm. Plant in partial shade in hot areas and give consistent water. Make sure to use a very large pot, or place in the garden where spreading is not a problem!



PEPPERMINT is a cold-hardy perennial that is hearty and thrives in warm temperatures, partial sun and moist soil. A fragrant herb, with many uses, remember that it's a spreader and is best grown in large pots. Uses include teas, sweets and potpourri.

HARVESTING

Peppermint expands quickly, so harvesting throughout its growth is key. For sweetest flavor, harvest just before flowering, but fresh leaves can be used anytime during the growing season. Dry bunches, or individual leaves. Store whole leaves for the best flavor. Try adding to a hot simple syrup. Let cool and store in the refrigerator for a great addition to summer drinks!

ROSEMARY

Salvia rosmarinus
Perennial



Days to Maturity: Tender Perennial (Annual in cold climates)

Hardiness Zone: 8-11

Planting Depth: Surface

Plant Spacing: 2-3"

Growth Habit: Upright

Soil Preference: Well-drained, dry

Temp Preference: Warm

Light Preference: Full sun

Color: Dark green with blue/violet flowers

Flavor: Lemon, pine, slight bitterness

SOWING AND GROWING

Sow seeds inside 10 to 12 weeks before the last frost. Press onto the soil surface or barely cover as light aids germination.

Germination takes up to 21 days with low germination.

Plants are ready for the garden when they have about 10 true leaves. It prefers dry conditions. In warm winter areas, rosemary is a perennial, blooming after low but not freezing temperatures.



ROSEMARY is a tender perennial and is grown as an annual in cold climates. It is very successful in pots as long as it isn't overwatered and makes a wonderful topiary. It is a terrific source of antioxidants and aids the digestive tract, circulation and the respiratory system. Rosemary is a symbol of remembrance.

HARVESTING

Cut rosemary sprigs anytime during the season from well-established plants. Spread out harvest giving the plant time to recover. Rosemary is used fresh or dried. Cut long branches, strip off leaves and use them for kabobs. Rosemary adds a lovely flavor to pork and other fatty meats. Hang small bundles and when completely dry, strip leaves and store.

SAGE

Salvia Officinalis
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-8
Planting Depth: 1/4"
Plant Spacing: 18-24"
Growth Habit: Upright
Soil Preference: Well-drained, dry
Temp Preference: Warm
Light Preference: Full sun
Color: Gray-green or purple green fuzzy leaves
Flavor: Earthy, sweet pine

SOWING AND GROWING

Sow seeds indoors 10 weeks before the last frost. Warm soil temperatures help germination which can take up to 3 weeks. Transplant and grow on with a strong light source, being careful not to overwater. When seedlings have 6 to 8 mature leaves, place in full sun and water consistently. Pruning promotes bushy growth. Sage dislikes humidity.



SAGE is a hardy and versatile perennial that loves dry conditions and plenty of sun. The herb emanates a bold earthy fragrance and grows into quite a presence with its woody bark and wonderful foliage. Resilient and beautiful, sage is often grown as a filler in gardens, but deserves to be one of the backbone plants of your herb garden.

HARVESTING

Leaves can be snipped anytime during the growing season. Don't take more than half of the plant at a time. It is best to let plants become well-established before the first harvest.

Dry sage is a wonderful seasoning, especially for poultry and potatoes. Hang small bundles or lay individual leaves on wax paper.

SHISO

Perilla frutescens
Annual



Days to Maturity: Annual, 60-70
Hardiness Zone: 10-11
Planting Depth: 1/4"
Plant Spacing: 10-12"
Growth Habit: Upright/bush
Soil Preference: Rich, moist, well- drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Dark green with blue/violet flowers
Flavor: Mint, ginger, cinnamon, citrus

SOWING AND GROWING

Shiso prefers full sun and grows best in moist, rich soil. Although a warm weather lover, it will do well in partial shade. Sow seeds indoors about 6 weeks before the last frost date. Germination takes up to 2 weeks. Plant outside when young plants have 4 to 6 true leaves. Growing shiso is often compared to basil in terms of growing. Pinch tips for a bushy plant and remove flowers to delay the end of its life cycle.



SHISO is an Asian herb sometimes used as a bedding plant. It lends itself well to pot culture and is very beautiful in a mixed herb garden. Given its vigorous nature, it fills in quickly ensuring plenty for fresh use. There is more than one variety with leaf color ranging from solid green, to red and green to red/purple.

HARVESTING

Once plants are established, harvest leaves for fresh use as needed. The uses of shiso are numerous because of its unique zesty flavor. Add to salads, Asian dishes or use in sushi. Try as a substitute for basil in pesto. Incorporate into brew tea for added zing! The red/purple variety can be used to color pickling brine and the unopened flower spikes can be fried, and are often used to make dyes.

SORREL

Rumex acetosa
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/2"
Plant Spacing: 12-15"
Growth Habit: Upright
Soil Preference: Rich, moist, well-drained
Temp Preference: Cool
Light Preference: Full sun, partial shade
Color: Dark green with blue/violet flowers-
Flavor: Tart, citrus

SOWING AND GROWING

Sow sorrel seeds indoors in early spring. Germination takes about 2 weeks. Transplant in mid to late spring. Space plants 12 to 15 inches apart and water generously. This herb grows best in full sun, but a partially shaded environment helps it deal with the heat. Not a beautiful plant and looking a bit weedy, cut back flower stalks to promote new growth. Sorrel does well in a container and is ideal to grow as a cool season annual.



COMMON garden sorrel is a cold-hardy perennial herb that thrives in full sun where it gets lots of water or partial shade with moderate water. It likes rich, loamy soil. At its best in cool temperatures, it may die down in the heat of summer. With a lemony flavor, fresh use is best. Sucking on sorrel leaves is said to alleviate thirst.

HARVESTING

Harvest young leaves from established plants and use fresh for the best flavor. The tangy citrus flavor fades as older leaves become bitter, so harvest often to keep new growth coming. Well known for its use in soup, it is also great with fish and vegetables. With its strong yet agreeable flavor it makes a great secret ingredient to add depth of flavor to salads.

STEVIA

Stevia rebaudiana
Annual



Days to Maturity: Annual, 90
Hardiness Zone: 9-11
Planting Depth: 1/4"
Plant Spacing: 12-18"
Growth Habit: Upright
Soil Preference: Acidic, moist, well-drained
Temp Preference: Warm
Light Preference: Full sun
Color: Light green with white flowers
Flavor: Sweet!!

SOWING AND GROWING

Sow seed indoors in late winter and keep the seeds very warm and moist and expect slow germination that can take up to 3 weeks. Once the threat of frost has passed, harden the seedlings off and plant in full sun and keep evenly moist. Mulch if growing in the ground to conserve moisture and mist to raise humidity. Pinch for bushy plants. Stevia does well in containers and can be brought inside to overwinter.



STEVIA is a perennial in zones 9 to 11 and is also considered a tropical annual that prefers warm, humid regions. It is grown as an annual in colder regions. This herb is native to South America and is used in many parts of the world as a sweetener.

HARVESTING

You can start harvesting stevia leaves once plants are well established. Use fresh as a sweetener in food and drinks, but it can be very sweet so be careful. When the growing season is over, dry leaves quickly in a very low oven (below 150 degrees) and store whole leaves cool and dry and use before the next growing season. Grind the dried leaves as needed. Stevia supports the digestive tract, has no calories, and inhibits tooth decay.

SUMMER SAVORY

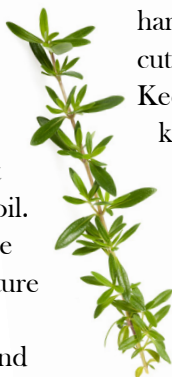
Satureja hortensis
Annual



Days to Maturity: Annual, 80-90
Hardiness Zone: 6-9
Planting Depth: Barely cover, 1/16"
Plant Spacing: 12"
Growth Habit: Upright
Soil Preference: Loamy, well-drained
Temp Preference: Warm
Light Preference: Full sun
Color: Small dark green leaves with tiny lavender/white flowers
Flavor: Thyme, oregano and pine - pungent

SOWING AND GROWING

Sow seeds in very early spring and expect germination in about 2 weeks. Press seed into the soil and keep the area moist. Move savory outside once the seedlings have a few sets of true leaves. Transplant into full sun in well-drained soil. Keep young plants moist while they become established. Mature plants need less water. Prune tips to encourage branching and delay flowering.



SUMMER SAVORY is a reseeding annual herb that has a wonderful pungent fragrance with thyme and oregano overtones. It can also be resinous and piney. It is a component of the traditional French blend herbes de Provence and is used in Germany as a sausage seasoning. Use Summer Savory as an annual edging plant for the garden.

HARVESTING

Wait until the plant has reached at least 6 inches tall to begin harvesting. Much like thyme cut stems and strip the leaves. Keeping this plant harvested keeps it tidy and from becoming floppy. Use fresh leaves anytime to season bean dishes, soups, sauces and meat. Try infusing vinegar with savory for use on green beans or three-bean salad.

TARRAGON

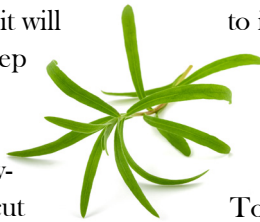
Artemisia dracunculus-
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/4"
Plant Spacing: 18-24"
Growth Habit: Upright
Soil Preference: Loamy, well-drained
Temp Preference: Warm
Light Preference: Full sun
Color: Green, greenish/white flowers
Flavor: Slight anise, pepper, licorice

SOWING AND GROWING

Sow seed indoors in mid-April, and cover the seed lightly. Germination can take up to 2 weeks. Harden off and plant outside in full sun and well-drained soil. Russian tarragon is very hardy and once it is established it will not need much water. Keep the young plants pinched back to promote bushiness and to postpone flowering. The plant may be cut back by 2/3 once it does flower to control spread.



RUSSIAN tarragon should not be confused with French tarragon which is not grown from seed. Russian tarragon is a coarser plant that improves in flavor the longer it is in the garden. It is a taller plant and will reseed if left alone. It's mild flavor is a worthy addition to the herb garden.

HARVESTING

Cut leaves anytime after plants are well established for fresh use. Tarragon doesn't dry well, as it loses its flavor quickly so enjoy during the summer and fall. Tarragon flavor lends itself to infusion applications, such as oils. Create amazing salad dressings and sauces for dishes with fish and other meats. Toss chopped leaves in light soups for enhanced flavor.

THYME

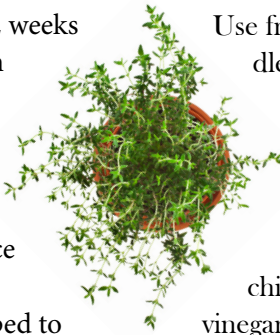
Thymus vulgaris
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-9
Planting Depth: 1/4"
Plant Spacing: 1-2"
Growth Habit: Low and mounded
Soil Preference: Well-drained, fairly dry
Temp Preference: Warm
Light Preference: Full sun
Color: Deep green with purple flowers
Flavor: Herbaceous, earthy, resinous

SOWING AND GROWING

Sow seeds indoors 8 weeks before the last frost date. Germination takes from 1 to 2 weeks but is easy to grow from seed indoors. Shrub-like and low-growing, common thyme prefers well-drained soil, a sunny location, and once established, needs little water. Keep lightly clipped to delay flowering.



THYME is a hardy woody perennial that loves hot, dry conditions. A well-loved culinary herb that is widely used both fresh and dried, it is a component in both bouquet garni and herbes de Provence. A must for any herb garden, it is beautiful, productive and when in bloom attracts bees.

HARVESTING

You can harvest thyme anytime from well established plants.

Use fresh or hang small bundles to dry for winter use.

Strip dry leaves from the stems and store cool and dark. Thyme has many uses. Try it with vegetables and to season chicken. Infuse it in oil or vinegar as its flavor is strong yet diverse in its culinary applications.

YARROW

Achillea millefolium
Perennial



Days to Maturity: Perennial
Hardiness Zone: 3-9
Planting Depth: 1/16"
Plant Spacing: 24"
Growth Habit: Upright, spreading
Soil Preference: Loamy, well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Light green, white flowers
Flavor: Lemon, pine

SOWING AND GROWING

Sow yarrow seeds indoors 6 to 8 weeks before your average last frost date. Cover seeds lightly and provide a consistently warm temperature. Germination can take up to 3 weeks. This plant is a spreader and can be grown in a large pot to control its nature or plant in a spot where spreading will not be a worry.



YARROW is a hardy spreading perennial that has white flower clusters appearing in the summer. Long considered sacred and is known to intensify the medicinal actions of other herbs. Yarrow has been used to aid fever and relaxation.

HARVESTING

Harvest leaves when the plant is blooming for the highest quality material. Yarrow flowers are lovely in dried bouquets but can also be separated and used fresh. Chopped leaves will add peppery flavor to salads and can be made into an infusion for digestive problems or to help remedy a cold. Fresh leaves can be chewed to help alleviate a toothache.

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NOTES

DATE

NOTES

HERB GROW CHART

SEED NAME	LIFECYCLE	HARDINESS ZONE	CLIMATE	LIGHT	SOIL	AVERAGE GERM TIME (IN DAYS)	PARTS USED
ANGELICA	BIENNIAL	4-9	COOL	PART SHADE	WELL-DRAINED	30	SEEDS, STEMS, LEAVES
ANISE	ANNUAL	5-9	WARM	FULL SUN	WELL-DRAINED	14	ROOTS, SEEDS, STEMS, LEAVES
ARUGULA	ANNUAL	5-9	COOL	FULL SUN	RICH, MOIST	2-3	LEAVES
BASIL	ANNUAL	4-10	WARM	FULL SUN	WELL-DRAINED	8-14	SEEDS, STEMS, LEAVES
BORAGE	ANNUAL	3-10	WARM	FULL SUN	WELL-DRAINED	5-10	YOUNG LEAVES, FLOWERS
BURDOCK	BIENNIAL	3-10	WARM	SUN/SHADE	LOAMY	7-10	ROOTS, FLOWERS
CALENDULA	ANNUAL	3-9	COOL	SUN/SHADE	WELL DRAINED, LOAMY	5-15	FLOWERS
CATNIP	PERENNIAL	3-7	WARM	SUN/SHADE	WELL-DRAINED	5-10	LEAVES
CARAWAY	BIENNIAL	4-9	WARM	FULL SUN	WELL-DRAINED	4-14	SEEDS, STEMS, LEAVES
CAYENNE	ANNUAL	3-9	WARM	FULL SUN	WELL-DRAINED	21-28	FRUITS
CHAMOMILE	ANNUAL	1-13	WARM	FULL SUN	WELL-DRAINED	7-14	FLOWERS
CHERVIL	ANNUAL	3-7	COOL	FULL SUN	RICH, MOIST	7-14	LEAVES
CHIVES	PERENNIAL	3-10	WARM	SUN/SHADE	RICH, MOIST	14	ENTIRE SHOOT
CILANTRO	ANNUAL	3-11	COOL	FULL SUN	WELL-DRAINED	7-14	SEEDS, STEMS, LEAVES
CRESS	ANNUAL	6-9	COOL	SUN/SHADE	RICH, MOIST	5-15	LEAVES
ITALIAN DANDELION	ANNUAL	3-9	COOL	SUN/SHADE	RICH, WELL-DRAINED	30	LEAVES
DILL	ANNUAL	3-11	WARM	FULL SUN	FERTILE, WELL-DRAINED	7-21	SEEDS, STEMS, LEAVES
ECHINACEA	PERENNIAL	3-9	WARM	FULL SUN	MOIST	30+	FLOWERS
FENNEL	PERENNIAL	6-9	WARM	FULL SUN	WELL-DRAINED	14	SEEDS, STEMS, LEAVES
FENUGREEK	ANNUAL	9-11	WARM	FULL SUN	RICH, WELL-DRAINED	1-3	SEEDS, STEMS
FEVERFEW	PERENNIAL	4-9	WARM	SUN/SHADE	WELL-DRAINED	14	FLOWERS, LEAVES
HYSSOP	PERENNIAL	4-9	WARM	FULL SUN	WELL-DRAINED	14	FLOWERS, LEAVES
LAVENDER	PERENNIAL	5-8	WARM	FULL SUN	WELL-DRAINED	21+	FLOWERS, STEMS
LEMON BALM	PERENNIAL	4-9	WARM	SUN/SHADE	FERTILE, WELL-DRAINED	14	LEAVES, STEMS
LEMON BERGAMOT	ANNUAL	4-10	WARM	SUN/SHADE	LOOSE, WELL-DRAINED	14-30	LEAVES, STEMS
LOVAGE	PERENNIAL	5-8	WARM	SUN/SHADE	RICH, MOIST WELL-DRAINED	14	FLOWERS, LEAVES, STEMS
MARJORAM	PERENNIAL	9-10	WARM	FULL SUN	WELL-DRAINED SANDY	7-14	FLOWERS, LEAVES, STEMS
MARSHMALLOW	PERENNIAL	5-8	WARM	SUN/SHADE	LOAMY, MOIST	14-21	FLOWERS, LEAVES, ROOT
MUSTARD	ANNUAL	5-7	COOL	SUN/SHADE	FERTILE, WELL-DRAINED	7-10	GREENS, LEAVES
OREGANO	PERENNIAL	5-9	WARM	FULL SUN	WELL-DRAINED SANDY	14+	LEAVES, STEMS
PARSLEY	BIENNIAL	5-8	WARM	FULL SUN	RICH, MOIST WELL-DRAINED	30+	LEAVES, STEMS
PEPPERMINT	PERENNIAL	5-9	WARM	SUN/SHADE	LIGHT WELL-DRAINED	10-15	LEAVES, STEMS
ROSEMARY	PERENNIAL	8-11	WARM	FULL SUN	DRY WELL-DRAINED	21+	SPRIGS
SAGE	PERENNIAL	4-8	WARM	FULL SUN	DRY WELL-DRAINED	21+	LEAVES, STEMS
SHISO	ANNUAL	10-11	WARM	SUN/SHADE	RICH, MOIST WELL-DRAINED	14	LEAVES
SORREL	PERENNIAL	4-9	COOL	SUN/SHADE	RICH, MOIST WELL-DRAINED	14+	LEAVES
STEVIA	ANNUAL	9-11	WARM	FULL SUN	ACIDIC, MOIST WELL-DRAINED	21+	LEAVES
SUMMER SAVORY	ANNUAL	6-9	WARM	FULL SUN	LOAMY WELL-DRAINED	14	LEAVES
TARRAGON	PERENNIAL	4-9	WARM	FULL SUN	LOAMY WELL-DRAINED	14	LEAVES
THYME	PERENNIAL	5-9	WARM	FULL SUN	DRY WELL-DRAINED	7-14	SPRIGS
YARROW	PERENNIAL	3-9	WARM	SUN/SHADE	LOAMY WELL-DRAINED	18-21	LEAVES