



Growing Herbs

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International Herb Association:

herb of the year 2016 is the Pepper.

- What they offer: planting information, ancient history and lore, poetry, musings, photography, illustrations, recipes, chemical constituents and medicinal virtues of herbs.

What and how many

- From the botanical viewpoint, an herb is a seed plant that does not produce a woody stem like a tree. But an herb will live long enough to develop flowers and seeds.
- Richters catalog out of Canada, list over 200 herbs, 43 different types of Basil, 40 mints, 15 Rosemary's, 35 Sages, and 10 Beebalms.
- Seed Savers Exchange lists over 350 herbs.
- So many choices so little time.....

Lamiaceae Family



- Known as the mint family.
- Comprising about 210 genera and some 3,500 species.
- The plants are frequently aromatic in all parts include many widely used culinary, such as: Basil, Mint, Rosemary, Sage, Savory, Marjoram, Oregano, Thyme, Lavender.
- Mostly with opposite leaves, when crushed the foliage usually emitting various, mostly pleasant odors. Stems usually square.
- Flowers usually abundant and quite attractive, the sepals and corollas variously united. Calyx 2-lipped or not. Corollas strongly 2-lipped (labiate, hence the family name).

What to do with them

- Herbs fit into one or more classifications according to use -
- culinary, aromatic, ornamental, and medicinal.
- **Culinary herbs** are probably the most useful to herb gardeners, having a wide range of uses in cooking.
- Strong herbs -- winter savory, rosemary, sage.
- Herbs for accent -- sweet basil, dill, mint, sweet marjoram, tarragon, thyme.
- Herbs for blending -- chives, parsley, summer savory..



● Aromatic herbs

- Most have pleasant smelling flowers or foliage.
- Oils from aromatic herbs can also be used to produce perfumes and various scents.
- Basil, Bay, Borge, Burnet, Cilantro, Chervil, Dill, Fennel, Garlic, *Lavender*, Lemon Balm, Lemon Grass, Lemon Thyme, Lemon Verbana, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Savory, Sorrel, Tarragon, Thyme

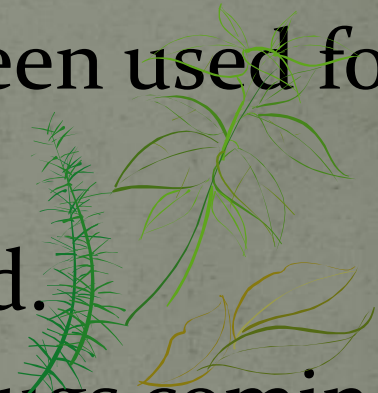


● Ornamental herbs



- have brightly colored flowers and foliage.
 - Many have whitish or light-colored flowers. Valerian has crimson blossoms while borage and chicory are blue-flowered.
 - Such herbs as variegated thyme, mint, lavender, and chives produce variegated foliage.
- Hyssop, Sweet Cicely, St John's Wort, Echinacea, German Chamomile, Chives

- **Medicinal herbs** have long been thought to have curative powers.
- 2,500 plants have historically been used for medicines.
- Only 250 have been investigated.
- Less than ten percent of new drugs coming onto the market are entirely man made and nearly eighty percent are derived from plant material.



The Herb Garden.

- Historically it is a more formal design:
 - clipped hedges of the parterre
 - precise brick walkways of the colonial herb garden
- In today's world, our herb garden fits our landscape and not the other way around.



Formal Herb Garden



Semi-Formal Herb Garden



University of Washington, Medicinal Herb Garden.


Informal Herb Garden, west Cheyenne



Perennial Herbs

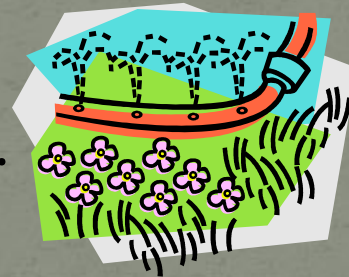
- Artemisia, Bay, Bee Balm, Burnet, Catnip, Chives, Roses, Fennel, Garlic, Feverfew, Germander, Lavender, Lemon Grass, Mint, Oregano, Rosemary, Sage, Salvia, Winter Savory, Sorrel, Tarragon, Thyme.
- **Strictly Ornamental/Non-Edible:**
Artemisia, Yarrow, Monkshood, belladonna,, Chaparral, Crown Vetch, Foxglove, Geranium, Periwinkle.

Growing herbs

- One size “fits -all” method of growing herbs may not work!
- Site Selection: 
 - This is the most important cultural consideration for growing herbs.
 - Full sun. Choose a site that receives at least 6 hours of direct sun each day.
 - Good drainage.
 - Adequate water.
 - No weeds.
 - Mulch.

Growing Herbs

- Best way to grow
 - Raised beds allow soil to warm early; good drainage.
 - Containers.
- Irrigation methods
 - Drip is the best.
 - **Avoid** over head watering.
- Mulch to control weeds
 - Keeps the foliage clean.
 - Black plastic is best.
 - Wood mulch may severely reduce yields.



* Jeanine M Davis North Carolina State University

Growing Herbs

- Apply balanced fertilizers sparingly to leafy, fast-growing herbs. 5-10-5 or lower.
 - Heavy applications of fertilizer, especially those containing large amounts of nitrogen, will decrease the concentration of essential oils in the lush green growth.
- Herbs do not like to be over-fertilized.

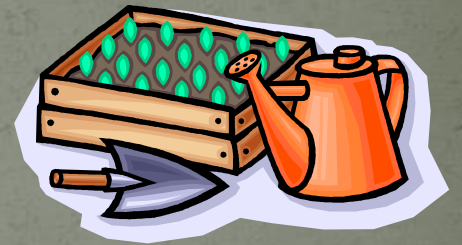


Growing Herbs

- The soil at the site does not have to be especially fertile.
 - Generally, highly fertile soil tends to produce excessive amounts of foliage with poor flavor.
- Plants, such as chervil, fennel, lovage, and summer savory, require moderate amounts of fertilizer.
 - Adding several bushels of peat or a thin layer of compost per 100 square feet of garden area will help improve soil condition and retain needed moisture.

Growing Herbs

- If possible start seeds in late winter. Transplant seedlings outdoors in the spring. A light, well-drained soil is best for starting the seedlings indoors.
- Sow anise, cilantro/coriander, and dill, directly in the garden since they do not transplant well.



- **Herbs that should be bought as plants:**

- Rosemary

- Tarragon

- Oregano

- Lemon verbena

- Lavender (takes a very long time to germinate)



Harvesting

- Fresh leaves may be picked as soon as the plant has enough foliage to maintain growth.
- To ensure good oil content, pick leaves or seeds after dew has disappeared but before the sun becomes too hot.
- For dry, winter use, harvest leaves **before** the flower buds open.
- Seed heads should be picked as the color changes from green to brown or gray.
- Wash leaves and seed heads in **cold** water; drain thoroughly before drying.



Harvesting

- Most herbs are at their peak flavor just before flowering.
- Herbs may be dried or frozen.



Harvesting

- The shelf life of many herbs is one to two years.
- Herb leaves keep their flavor best when they are stored whole and crushed just before use.
- Herb seeds are to be used for cooking, the seeds should be stored whole and ground up as needed.
- Putting herbs in vinegar captures their flavor for the months when fresh herbs are not available.



What to Grow and how to grow it.

Agastache, (*Agastache aurantiaca*)



Agastache, (*Agastache aurantiaca*)

- **Description:** Most species upright, 18" to 3' tall, with stiff, angular stems clothed in toothed-edged, lance shaped leaves ranging from 1/2 " to 5" long. Upright spikes of tubular, two-lipped flowers develop at the stem tips in summer. The flowers ; white, pink, mauve, or purple, color.
- **Culture:** Average Water Needs; Water regularly; do not overwater Sun to part shade, well drained soil. Can be drought tolerant once established.
- **Harvesting:** fresh leaves. Cut flower arrangements.
- **Use:** This plant is attractive to bees, butterflies humming birds. Flowers are fragrant. Leaves can be used in teas or light seasonings.

Anise (*Pimpinella anisum*)



Anise (*Pimpinella anisum*)

- **Description**

annual that grows from 1 to 2 feet high. It has finely cut, serrated leaves and very small, whitish flowers in flat clusters. The leaves and seeds have a warm, sweet taste that suggests licorice.

- **Culture**

Anise grows rapidly from seed. Plant after all danger of frost has passed. If planted in rows, thin to 6 to 8 inches apart in rows 2 feet apart.

- **Harvesting**

The green leaves can be cut whenever plants are large enough. Gather seeds about 1 month after flowers bloom.

- **Use**

Anise leaves can be used in salads and as a garnish. Use the seeds to flavor confections such as cakes and cookies.

Bergamot, (Monarda)



© Thomas G. Barnes

Bergamot, (Monarda)

- **Description:** aromatic herb with whorled flowers in various shades of red, pink and purple.
- **Culture** Plants thrive in full sun or partial shade and evenly moist soil. They can be vigorous to the point of invasiveness, Deer resistant.
- **Harvesting:** flowers, leaves.
- **Use:** The flowers make an attractive and tasty addition to soups, salads, baked goods, jellies, and beverages. The flowers and leaves can also be used in dried floral arrangements. The essential oil of bergamot is often used in perfumery and in cosmetic preparations.

Balm (*Melissa officinalis*)



Balm (*Melissa officinalis*)

- **Description:** The root-stock is short, the stem square and branching, grows 1 to 2 feet high, and has at each joint pairs of broadly ovate or heart-shaped, crenate or toothed leaves which emit a fragrant lemon odor when bruised. They also have a distinct lemon taste.
- **Culture** This herb can be easy to cultivate in zone 4. In it needs winter mulch and a well-drained sandy soil to survive. Prefers full sun, it is moderately shade-tolerant.
- **Harvesting:** leaves before plant blooms, dried or fresh.
- **Use:** Teas, salads, soups, stews, vinegars.

Basil (*Ocimum basilicum*)



Basil (*Ocimum basilicum*)

- Native to India and other tropical regions of Asia. It has been cultivated there for more than 5,000 years.
- There are many varieties used in Italian food, typically referred to as **sweet basils**, as opposed to Thai Basil or Holy Basil, which are used in Asian cuisine.
- Cultivars often named after the type of aroma they emit.
- Seed populations obtained by many seed companies are not necessarily genetically uniform.

Basil (*Ocimum basilicum*)

- Very tender and sensitive to frost injury
- Start indoors, 4 weeks before the last frost
- Maintain a soil temperature of approximately 70 degrees F
- Once germination begins, the plants must be kept warm at 70 degrees F or above, the soil must be kept moist.
- Basil prefers a soil pH of 5.5 to 6.5. Fertilize basil sparingly as this decreases the fragrant oils.
- Encourage a bushy, healthy plant and maximize production; prune basil.
- Pinch off the flower buds as soon as they begin to emerge.

Basil (*Ocimum basilicum*)

- Harvest in the cool of the day
- Handle very gently
- Cool immediately

Basil (*Ocimum basilicum*)

- Genovese Group
 - Genovese, Compatto FT, GeCoFuRe, Envigor, Superbo.
- Bush Group
 - Bush, Greek bush, Purple Bush, Spicy Globe, Green Gate Improved, Stella, Green Globe, Pistou, Marseilles.
- Purple Group
 - Ararat, Dark Opal, Osmin, Rubin, Purple Belight, Ruffles.
- Sweet Group
 - Medinette, Napoletano, Sweet, Sweet Salad, Nufar F1,
- Other Group
 - Indian, Magical Michael, Anis, Cinnamon, African Blue, Lemon, Sweet Dani, Lime, Sacred, Oriental, Spice, Blue Spice, Thai, Siam Queen, West African, Holy, Camphor, Anise, Licorice, Chocolate

Bay (Laurus Nobilis)

Herb of the year 2009



Bay (*Laurus nobilis*)

- Leaves - fresh or dried. A spicy, aromatic flavoring, bay leaves are commonly used for soups, stews. an essential ingredient of the herb mix 'Bouquet Garni
- The flavor of freshly dried, crushed or shredded leaves is stronger than fresh leaves.
- The dried fruit is used as a flavoring The dried leaves can be brewed into a herbal tea. An essential oil obtained from the leaves is used as a food flavoring. An essential oil from the fruit is used in soap making.
- The plant is highly resistant to pests and diseases.

Borage (*Borago officinalis*)



Borage (*Borago officinalis*)

- **Description**

Borage is a decorative annual with coarse, hairy leaves and stems and beautiful sky-blue flowers in a star shape. The plant grows about 2 to 3 feet tall.

- **Culture**

Borage is easily grown from seed and will sow itself. This plant does best in dry, sunny places. Although it is difficult to transplant, you can stretch out the harvest by sowing three times at 4-week intervals.

- **Harvesting**

Pick blossoms as they open. Use leaves fresh anytime; they are seldom dried.

- **Use**

Sprays of borage flowers and leaves are used to give a cool, cucumber-like flavor to summer drinks. Bees are attracted to the borage plant.

Calendula (Calendula)



2008 Herb of the year.

Calendula (Calendula)

- **Description:** Also known as Pot Marigold, this plant sports 2- to 3-inch single daisy-shaped blooms of yellow .
- **Culture:** untroubled by pests and diseases. Happy in sun to light shade, it prefers cool summer climates. Cut it back when the weather warms up and it will usually re-bloom in autumn. 15 to 30 inches high and wide, it is happy in well-drained soil of any type. May help keep destructive bugs away .
- **Harvesting:** The 4-inch foliage is also edible, though it can be bitter. Cut it young for best flavor and texture.
- **Use:** Both the Flowers and the Foliage are Edible

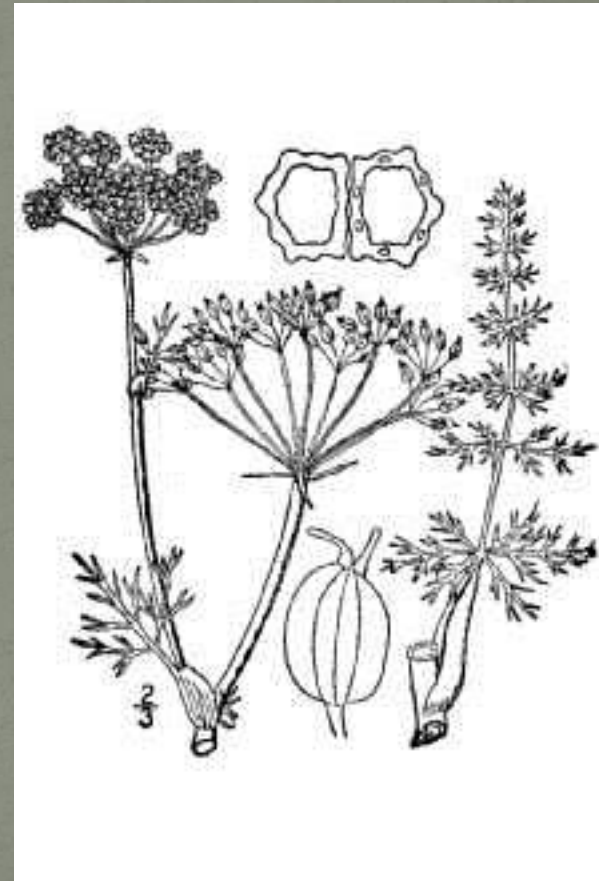
Catnip (Nepeta)



Catnip (Nepeta)

- **Description:** The opposite leaves are 1-2" long with scalloped edges. The plant has 2-3 foot stems, but because of its arching habit the clumps are only 1½ -2 feet high if not staked.
- **Culture:** grows well in full sun and any well-drained soil, will tolerate light shade. Once established it tolerates drought (but grows better when well-watered). Shear the plant back in spring for more compact habit. Cutting back plants by half to a third after the initial flush of flowers fade will promote re-blooming and a more attractive appearance later in the season.
- **Harvesting:** Leaves and flowers.
- **Use:** Oil isolated from catnip by steam distillation is a repellent against insects, in particular mosquitoes, cockroaches and termites. Cats!

Caraway (*Carum carvi*)



Caraway (*Carum carvi*)

- **Description**

A biennial, grows about 30 inches tall. The flowers appear in flat, white clusters and, like the finely cut leaves, resemble those of carrots.

- **Culture**

Caraway can be easily raised from seed. Usually plants do not bear seed the first year they are planted. This herb is not easily transplanted. If sown in rows, thin to 8 to 12 inches apart in rows 3 feet apart. Protect roots with mulch in winter. The seed is slow to germinate.

- **Harvesting**

Seeds can be picked when ripe, about a month after flowering, when they are grayish-brown in color.

- **Use**

Caraway seeds have a warm, aromatic odor and flavor and are popular in cooking. The oil of caraway seeds is an important ingredient in liqueurs.



Chamomile (Roman chamomile *Chamaemelum nobile*) German chamomile (*Matricaria recutita*)



Chamomile (*Chamaemelum nobile*)

- **Description** has daisy-like white flowers, the stem is procumbent, the leaves alternate, bi-pinnate, finely dissected, and downy to glabrous. The solitary, terminal flower heads, rising 8 to twelve inches. Flowering time is June and July.
- **Culture:** full sun to part shade, moderate water.
- **Harvesting:** Flower heads
- **Use :** Teas, face creams, drinks, hair dyes, shampoos, and perfumes.

Chives (*Allium schoenoprasum*)



Chives (*Allium schoenoprasum*)

- **Description**

Small, onion-like plants that grow in clumps reaching about 10 inches in height. They are a hardy perennial with decorative, light purple flowers.

- **Culture**

Chives demand little care other than dividing when they become overcrowded. They are easily propagated by division or from seed and make attractive border plants.

- **Harvesting**

Cut fresh leaves for use as they grow.

- **Use**

Chives are used to impart a delicious, subtle, onion-like flavor to foods.

Cilantro or Coriander (*Coriandrum sativum*)



Coriander or Cilantro (*Coriandrum sativum*)

- **Description**

An annual plant that grows about 2 feet tall. It has finely divided leaves that are strong-smelling; small white flowers.

- **Culture**

Easily grown from seed sown in the garden in spring. This plant does well in any good garden soil. Thin plants 7 to 10 inches apart.

- **Harvesting**

Harvest plants when 4 inches high, pick leaves sparingly. Gather seeds as they ripen in mid-summer.

- **Use**

The seeds are round and about one-eighth of an inch in diameter. Have a perfumed taste and odor and are used as a condiment in confections. The leaves are used in Mexican dishes, summer soups, or salads.

Dill (*Anethum graveolens*)



Herb of the year 2010

Dill (*Anethum graveolens*)

- **Description**

Bluish-green stems that contrast with finely divided, yellow-green, plume-like leaves and yellowish flowers. Dill grows about 2 to 3 feet high.

- **Culture**

Easily grown from seed sown in the garden in spring after all danger of frost has passed. Sow the seed where you want it to grow as it is difficult to transplant.

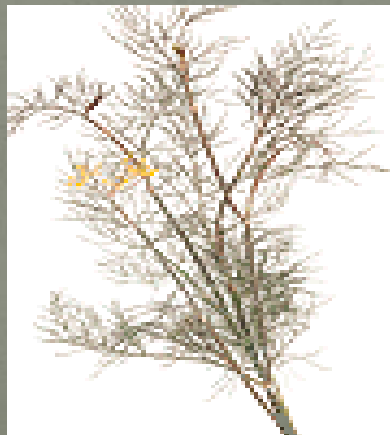
- **Harvesting**

For best results, pick leaves just as flowers open. Pick seeds when they are flat and brown.

- **Use**

Both the leaves and seeds of dill are popular for flavoring. The seeds yield a fragrant oil.

Florence Fennel (*Foeniculum dulce*)



Florence Fennel (*Foeniculum dulce*)

- **Description**

Fennel is a perennial (but usually grown as an annual) that grows to about 3 to 4 feet tall. The leaves are finely divided into thread-like segments and are light green.

- **Culture**

Fennel grows easily from seed planted in the garden in spring. Sow in full sun. Space rows 3 feet apart. Thin plants 10 to 12 inches apart.

- **Harvesting**

Pick seeds when ripe. The best stems for eating are the tender flower stalks just before they blossom.

- **Use**

Fennel seeds are used as a condiment. The leaves have an anise-like flavor and the stems can be eaten like celery. Seeds can be used in cheese spreads and vegetable dishes.

Hops (*Humulus lupulus*)



Hops (*Humulus lupulus*)

- **Use;** used by brewers for giving aroma and flavor to beer.
- Originally used for their preservative value, the hops were only later noted to impart a flavor to beer. There is one German patent for adding hops to sausages as a "natural" preservative.
- Prevents gram-negative bacteria from growing in the beer or wort.
- Oil of Hops also used in perfumes, beverages, mineral waters, and tobacco.
- Romans ate the young shoots like asparagus. Chopped very fine and dressed with butter or cream "the young shoots are excellent" (Fernald et al., 1958).
- Extracts and oil are used as flavoring in nonalcoholic beverages, frozen dairy desserts, candy, baked goods, gelatins, and puddings, (Leung, 1980).
- Hops steeped in sherry make an excellent stomachic cordial. Leaves and flower heads have been used to produce a fine brown dye (Grieve, 1931).

Hops (*Humulus lupulus*)

- Beer Hops, used for brewing since 12th century, female plant can grow to 23 feet.
- Beer Hops
 - Cascade, Hallertauer, Mount Hood, Nugget, Willametter
- Other Hops
 - Golden, Jamanese

Hyssop (*Hyssopus officinalis*)



Hyssop (*Hyssopus officinalis*)

- **Description**

Hyssop is a hardy perennial that grows about 2 feet tall. It has woody stems, small pointed leaves, and spikes of small purple flowers. There also are forms with pink or white flowers. If kept clipped, it makes a good border or small hedge.

- **Culture**

Hyssop will grow in rather poor soil and is easily propagated from seed. When it is established, it is a quite hardy plant.

- **Harvesting**

Use the youngest leaves and stems as needed.

- **Use**

Hyssop's pungent leaves are used to flavor liqueurs and sometimes are used as a condiment. Oil obtained from the leaves is used in making perfume.

Lavender (*Lavandula angustifolia*)



Lavender (*Lavandula vera*)

- **Description**

Lavender is a many-branched, somewhat woody, perennial plant growing 1 to 3 feet tall. The narrow leaves are about 2 inches long and have a pleasing gray-green color. The small lavender flowers are born on long-stemmed, slender spikes.

- **Culture**

Lavender grows best in rocky, dry, sunny places. Best propagated by cuttings. If winters are severe, the plant needs protected. *Fussy zone 5.*

- **Harvesting**

Cut whole flower spikes when the first flowers begin to open and dry.

- **Use**

Lavender is one of the most famous of all herbs for the fragrance of its dried flowers and the oil distilled from them. It is used most often in sachets and perfumes.

Lavender (*Lavandula angustifolia*)

- English Group, true lavenders:
 - English,, Hidcote,, Munstead.
- French Group, aromatic bedding plants, not used for their oils:
 - Grosso, Provence.

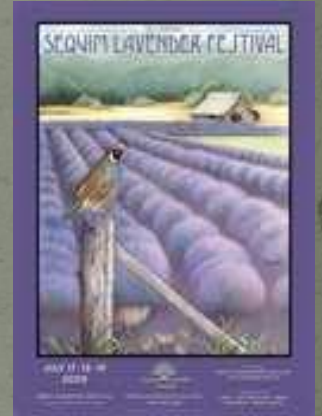
Lavender (*Lavandula angustifolia*)

- Annual Lavender Festivals -

Sequim, Washington

Grand Junction, Colorado

<http://www.lavendergrowers.org>



Mint (*Mentha spicata*)



Mint (*Mentha spicata*)

- **Description**

A perennial plant with spreading rootstalks and many upright stems, 2 feet or more in height. Its dark green leaves and reddish-tinged stems have a characteristic warm, spicy scent.

- **Culture**

Rich, moist soil. Propagate by division or cuttings. Grow in sun or shade. It is best to renew beds every 3 to 4 years.

- **Harvesting**

The more frequently the sprigs are cut, the better the growth. Leaves to be dried are best taken just as flowers begin to appear.

- **Use**

The leaves are used in tea and for other flavoring. Oil from the plant is used in products such as chewing gum, confections, soap, and liqueur.

Mint (*Mentha spicata*)

- Westerfield Mints:
 - Jim Westerfield a Freeburg Illinois plant breeder has developed over 20 different types of mint.
- Spearmint Group:
 - English, Spearmint, Scotch, Vietnamese.
- Peppermint Group:
 - Chocolate, Japanese, Peppermint, Variegated, Swiss.
- Other mints:
 - Applemint, Banana, Corsican, Ginger, Grapefruit, Orange, Pineapple, Menthol.

Mint (*Mentha x villosa*)

- Mojito Mint
 - A true mint native to Cuba.
 - Its scent and flavor are agreeable mild and warm, not pungent, nor overly sweet.
 - Easy to grow. Best purchased as a started plant from a reputable nursery.



Marjoram (Sweet)
Marjorana hortensis



Marjoram (Sweet) (*Marjorana hortensis*)

- **Description**

A fragrant annual. Its growth habit is low and spreading, and it reaches a height of about 8 to 12 inches. It has small, oval, gray-green leaves that are velvety to the touch.

- **Culture**

Easily grown from seed or cuttings. An annual in zone 5. Its color makes it an attractive border plant.

- **Harvesting**

Sweet marjoram leaves can be used anytime. Cut the leafy stems at flowering and dry for future use.

- **Use**

Leaves, fresh or dried, can be used as a flavoring in cooking. The oil derived from the leaves is used in making perfume. Very mild flavor.

Greek Oregano (*Origanum hirtum*)



Greek Oregano (*Origanum hirtum*)

- **Description**

Perennial that has sprawling stems which can grow to 2 feet tall. This plant is much coarser than sweet marjoram and smells more like thyme. It has small white flowers.

- **Culture**

Oregano grows well in poor soil and can be propagated by seed or division. Stimulate foliage by cutting back flowers. Replant when plants become woody in 3 to 4 years.

- **Harvesting**

Use fresh leaves as needed. Preserve leaves by drying.

- **Use**

Used extensively as a flavoring on pizza. Sprinkle leaves over lamb or steak rubbed with lemon juice. Add to other Italian-type sauces.

Greek Oregano (*Origanum hirtum*)

Wild Marjoram vs., Greek Oregano.

- **Wild Marjoram**, a culinary zero, is often commercially grown and offered as **Greek Oregano**.
- Wild Marjoram is an extremely invasive plant with a **pink** flower, and little flavor.
- *Origanum vulgare hirtum* is the true **Greek Oregano** with flavor so intense it numbs the end of your tongue when fresh, and like all culinary oreganos, the flower is **white**.

Parsley (*Petroselinum crispum*)



Parsley (*Petroselinum crispum*)

- **Description**

Hardy biennial that is usually treated as an annual. The leaves are divided, sometimes curly leaves which have a characteristic flavor and smell.

- **Culture**

Cut parsley when the leaves are of suitable size. Leaves can be used fresh or dried.

- **Use**

Parsley is one of the most familiar of all herbs and is used for both garnishing and flavoring. It is relatively high in vitamins A and C and iron.

Rosemary (*Rosmarinus officinalis*)



Rosemary (*Rosmarinus officinalis*)

- **Description**

An evergreen shrub in areas where winter temperatures stay above 5°F. Should be taken indoors during winter. The narrow leaves have a leather-like feel and a spicy, resinous fragrance with blue flowers.

- **Culture**

Rosemary grows best in well-drained, sunny locations . It can be propagated by cuttings or grown from seed.

- **Harvesting**

Use fresh leaves as needed.

- **Use**

Rosemary is a popular flavoring for meats and dressings or as a garnish on large roasts. Oil from leaves is used in medicine.

Rosemary (*Rosmarinus officinalis*)

- Pine Rosemary:
 - Strong pine scent, not suited for culinary use. Typically sold as miniature Christmas trees.
- Upright growing:
 - Arp, Benenden Blue, Majorca, Pink Majorca, Rex, Sawyers Select, Tuscan Blue.
- Trailing growth:
 - Blue Boy, Blue Rain, Huntington Carpet, Santa Barbara,

Sage (*Salvia officinalis*)



Sage (*Salvia officinalis*)

- **Description**

A woody, hardy perennial plant with oblong, wooly, gray-green leaves that are lighter underneath and darker on top. Sage grows 2 to 3 feet or more in height and has a tendency to sprawl.

- **Culture**

Start from seed or cuttings. *A slow starter*, sow seed indoors and transplant. Full sun. Space plants 2 feet apart. Plants eventually become woody and should be renewed every 3 to 4 years.

- **Harvesting**

Pick the leaves before or at blooming. Cut back the stems after blooming.

- **Use**

This aromatic herb is noted for its use in stuffing's for poultry, rabbit, pork, and baked fish. It also can be used in sausage or meat loaves.

Sage (*Salvia officinalis*)

- Garden Sages
 - Garden, Bergarrten, Dwarf, Extrakta (high oil content), Gold, Golden, Holt's Mammoth, Purple, Tricolor, White Dalmation (low bitter taste).
- Autumn Sages, (*Salvia greggii*) both leaves and flowers are edible.
 - Big Pink, Cherry Chief, Lowry's Peach, Raspberry Royale, Rose Pink, Isan Isidor Moon, Sierra San Antonio.
- Other Sages
 - White, Blue, Cardinal, Purple, Painted, Red, Honey, Greek, Mexican, Spanish, Pineapple, Tangerine, Grape, Fruit, Diviners.

Summer Savory (*Satureja hortensis*)



Summer Savory (*Satureja hortensis*)

- **Description**

A tender annual that grows up to 18 inches tall. It has small bronze-green leaves and very small white or lavender flowers. The leaves are pungent and spicy.

- **Culture**

Grows best in a well-worked loamy soil. Seed can be planted in the garden in spring.

- **Harvesting**

Cut leafy tops when the plants are in bud. Hang in an airy, shaded place until crisp and dry.

- **Use**

With meats and vegetables, generally sweeter than winter savory, but adds a tang to food.

Winter Savory (*Satureja montana*)



Winter Savory (*Satureja montana*)

- **Description**

Dark green, shiny, pointed leaves much stiffer in texture than summer savory. It is a woody perennial plant growing to 2 feet in height with small white or lavender flowers.

- **Culture**

Winter savory does best in a light, sandy soil. Keep dead wood trimmed out. Propagate by cuttings or raise from seed.

- **Harvesting**

Pick young shoots and leaves at any time. The leaves are almost evergreen but not as pungent in winter. It is best dried for winter use.

- **Use**

Winter savory is a condiment often used as a flavoring in liqueurs. Its taste is not as sweet as summer savory. Use in meat dishes, soups and stews.

French Tarragon

(*Artemisia dracunculus sativa*)



French Tarragon (*Artemisia dracunculus sativa*)

- **Description**

Herbaceous perennial that grows to about 2 feet tall. It has multi-branched growth with narrow, somewhat twisted, green leaves.

- **Culture**

Will grow in full sun; prefers to be on the dry side.

Propagated from root cuttings or by division. Needs protection in winter. Best grown in containers.

- **Harvesting**

It is best to use fresh young leaves and stem tips. Flavor is lost when tarragon is dried.

- **Use**

Tarragon leaves have a distinctive flavor similar to anise, used in salads, marinades, and sauces. Leaves yield flavor to vinegar when steeped.

French Tarragon (*artemisia dracunculus sativa*)

- French Tarragon vs., Russian Tarragon
- Every year a cousin of **French Tarragon** manages to find its way onto nursery shelves. Often just labeled Tarragon, it is actually a very mild variety most often referred to as Russian Tarragon.
- Russian Tarragon can be grown from seed, which is preferred by commercial growers, instead of a cutting.
- **French Tarragon** rarely blooms and, even then, makes only sterile seed.

Thyme (*Thymus vulgaris*)



Thyme (*Thymus vulgaris*)

- **Description**

Very low-growing, wiry-stemmed perennial that can reach 6 “to 10” tall. Stems are stiff and woody, leaves are small, oval, and gray-green in color. Lilac flowers are borne in small clusters, the leaves are very aromatic.

- **Culture**

Grows best in light, well-drained soil. Propagate with cuttings, divisions, or by direct seeding. Thyme is an attractive spreading plant among and over rocks.

- **Harvesting**

Cut leafy tops and flower clusters when first blossoms open and dry.

- **Use**

Used as a seasoning. Oil of thyme is used in medicines and perfumes. It goes well in gumbos, bouillabaisse, clam chowder, poultry stuffing's, and slow-cooking dishes.

Thyme (*Thymus vulgaris*)

- Culinary Group:
 - English, Compact, French, Silver, Caraway, Creeping Oregano, Portuguese, Rose Petal, Wild
- Ground Covers:
 - Magic Carpet, Lavender, Minus, Silver Needle, Woolly, Creeping Pink
- Citrus Group:
 - Lemon, Golden Lemon, Highland Cream, Magic Carpet, Lime, Orange Balsam, Orange Spice

Sweet Woodruff (*Asperula odorata*)



Sweet Woodruff (*Asperula odorata*)

- **Description**

A low-spreading, perennial plant that forms clumps about 8" tall. Slender leaves are borne in starry whorls. The flowers are tiny, white and form in loose clusters. When the plant is crushed, it has a sweet scent similar to freshly mown hay and vanilla.

- **Culture**

Sweet woodruff can be grown as a perennial, but it needs winter protection. It will thrive in semi-shade and makes an attractive ground cover under taller plants.

- **Harvesting**

Harvest and dry plants in the spring when fragrance is the strongest.

- **Use**

Sweet woodruff is most often used in flavoring German May wine and in other drinks.

Some general rules:

- Needs good air circulation, but not direct wind.
- Well drained soil to avoid root rot.
- Soil pH neutral (6.5-7.0).
- Needs 6 hours of morning sun w/partial shade in the afternoons.
- Needs only a little fertilizer, preferably slow-releasing.
- Needs to be watered several times a week when first planted, less once established. (Approximately 1 inch per week).
- Herbs in containers will need to be brought indoors during freezing temperatures.
- Mulching helps protect the herbs from extreme temperatures.

Enjoy your garden

