



# Rockin E Gardening Handouts

## Tips and Suggestions for 'Year-Round' Gardening

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## Herb Gardening Basics

Herbs, fresh from your garden, will bring a new dimension of culinary pleasure to every meal. Start with 10 to 15 easy-to-grow favorites, then add more as you learn which ones you like best. Your personal favorites will vary depending on your tastes.

One of the more flexible ways to grow herbs is in containers; you can even take some of them inside during the winter months. Herbs will grow indoors but they will need a nice, bright, sunny window, and some special attention. They will not grow as fast inside as they do outside, but the fun of having fresh herbs during the winter makes the extra effort worthwhile.



Growing herbs is one thing; using them and cooking with them is another thing altogether. Make the most out of your herb gardening efforts by learning how to use each herb you are growing. There are many great reference books available to give you more information about growing and using herbs. We are just giving you a brief look at a few of our ideas.



### Soil Preparation

Whether you have a few herb plants growing near your house, several rows of herbs growing in your vegetable or flower garden, or a large formal herb garden, soil preparation and care of herbs is the same. Most herb plants prefer well-drained soil and at least five to eight hours of sun each day. There are exceptions; some like shade, some like dry soil, some like wet soil.



Many herbs do well planted among vegetables and in flower gardens as companion plants. They can help deter insects and can help improve the flavor of many vegetables.

Give herb gardens the same soil preparation as vegetable and flower gardens.

1. Spread one to two inches of **Harvest Supreme**, well-rotted manure, or compost over the entire garden.
2. Till the soil six to twelve inches deep.
3. Fertilize with either **Dr. Earth Starter Fertilizer** or **6-10-4 Vegetable and Flower Food** every four to six weeks during the summer.
4. Irrigate deeply. Try not to sprinkle often.
5. Watch for insects. Many herbs repel insects, but a few insects (slugs, snails, aphids, spidermites, etc.) love the taste of the young, tender herb plants.
6. If space is a problem, or if you like to garden indoors during the winter, remember that some herbs do very well planted in pots on a deck, patio, porch, or even inside on a window sill.



### Transplanting Tips

Proper transplanting of herb plants is essential to achieve its optimum growth and to produce abundant harvests. Here are some tips:

Don't yank the transplant from its pot by the stem. Loosen the root ball by squeezing the plastic pots. Then turn the pot upside-down and tap the edge on your open hand. It should gently tumble into your hand.

After planting, water the herb plants thoroughly. Water them again with either **Fertilome Blooming & Rooting Fertilizer** or with **Bonide Root Starter**. Fertilize them again in 2 weeks with this same fertilizer to give them an extra little boost.

### The Harvest

Once your herbs are established, they need regular care, including fertilizing, dividing, pruning, harvesting, and ultimately using them.

Whether you harvest your culinary herbs a few stems at a time, for immediate use, or many stems at a time, for drying and freezing, there are a few important principles to keep in mind that will improve the quality and vigor of your plants.



### Four general herb harvesting guidelines:

1. **Always cut stems.** This will promote branching, vigorous new growth, strong roots and will increase the plant's future productivity. Don't just break them off or pinch them back.
2. **Cut often.** Try not to cut more than 25% of the plant each time you harvest, until you are ready remove the plant. This ensures the plant can regrow itself after harvest.
3. **Do not cut perennial herbs within 30 days of the first frost.** Let the herb plants harden and mature for winter. Annual herbs can be harvested until they freeze.
4. **Harvest herbs early to mid-morning.** To ensure good oil content, pick leaves or seeds after dew has disappeared but before the sun becomes too hot. Try not to harvest during the heat of the day.

### Indoor Herb Gardening

Herbs can also be grown indoors for year-round enjoyment. Growing herbs indoors is a little more difficult than growing them in the garden, but well worth the effort.



Indoor plants need sunlight, and a well-drained potting soil mix.

Different herbs have different light requirements, but most need a sunny location. Grow lights are very helpful in supplementing the light.

Consider the water needs of your herbs. Don't drench herbs; keep the soil moist, but avoid keeping the roots soggy wet.

Fertilize regularly spring and summer, every 2 to 3 weeks. Fertilize lightly during the winter, about once a month. Repot herbs every year, and move herbs outside during the summer.

Please read our **Herb Drying and Storing Information Sheet** for more information about indoor herb gardening.

### Guide to Common Herbs

**Angelica** - 48" Biennial, likes shady areas. Boil roots in honey to make candy. Seeds add wonderful flavor to soups and stews.

**Anise** - 12" Annual, likes sun. Flavoring for sausage and cakes. Medicinal tea. Breath freshener. Repels aphids and mites.

**Arugula** - 12" Annual. A popular salad green. Grown for its pungent edible leaves. Provides a spicy zap when added to a salad.

**Basil, Sweet** - 24" Annual, likes sun. Flavoring for many foods, especially tomato based foods.

**Basil, Dark Opal** - 24" Annual, likes sun. Pink flowering for ornamental uses. Flavoring for many foods. Adds color and flavor.

**Basil, Holy** - 12" Annual. Plant after last frost. Commonly used in Thai, Asian, and Italian cuisine. Fragrant, with an aroma of anise.

**Basil Varieties:** There are so many to choose from: Christmas, Genovese, Italian, Cinnamon, Dark Opal, Holy, Lemon, Lime, Spicy Bush, Purple Ruffles, Greek, Spicy Globe, Summerlong, Licorice, Egyptian, Bush, Nufar, Siam Queen, Basil, to name a few.

**Bay Laurel** - 36" Small evergreen shrub (**Annual: does not live through the winter in this area**). Leaves are used in many types of food.

**Bee Balm** - 36" Perennial, likes sun. Bee balm - attracts bees. Medicinal tea. (Monarda)

**Burnet** - 24" Perennial, likes sun. Use leaves in salads and in cold drinks. Has cucumber flavor.

**Borage** - 24" Annual, likes sun. Flowers attract bees. Use for tea, drinks, and flavoring vegetables.

**Caraway** - 24" Annual, likes sun. Fragrant seeds for flavoring bread, meat, vegetables, cookies and cheese.

**Catnip** - 30" Perennial, likes sun or shade. Trim severely to control size. Addictive to cats. Medicinal tea. Cat mint.

**Celeriac** - 18" biennial. Leaves and stems can be used like celery. Used in Soup and Chili. Some medicinal uses.

**Chamomile** - 6" Perennial, likes sun. Flowers used in teas and in hair rinses.

**Chervil** - 24" Annual, likes shade. Gourmet's parsley, seasoning for soup and salad.

**Chives** - 8" Perennial, likes sun or shade. Onion flavor used for soups, salads, and sauces.

**Chives, Garlic** - 12" Perennial, likes sun or shade. Use like chives, but has a garlic flavor.

**Comfrey** - 36" Perennial, likes sun or shade. Large leaves are high in protein. Good livestock feed. Spreads rapidly. Medicinal uses but not for internal use.

**Coriander (seeds) or Cilantro (leaves)** - 24" Annual, likes sun. Seeds used to flavor gingerbread, pastries, and pickles. Leaves and stems used in Latin dishes.

**Costmary** - 24" Annual in Utah. Pleasant fragrance, often used in teas and potpourri. Has some medicinal uses.

**Cumin** - 12" Annual, likes sun. Seeds used in curry powder and in many hot spicy dishes.

**Curry** - 12" annual. This plant is edible but is not used for curry. (curry powder is a mixture of many different spices and varies around the world). It does have uses as an essential oil.

**Dandelion** - 8" Biennial, grows everywhere. Eat leaves and flowers in salads. Makes tea.

**Dill** - 36" Annual, likes sun. Seeds and leaves used for pickles and sauces.

**Echinacea (coneflower)** 3'-4' perennial. Likes hot, sunny areas. Medicinal herb uses.

**Fennel** - 48" Perennial, likes sun. Leaves used in salads. Seeds used in hot breads and sauerkraut. Green or bronze leaf varieties.

**Fenugreek** - 24" Annual, likes sun. Maple-flavored seeds for cookies and cakes.

**Feverfew** - 12" to 18" Perennial. Likes full sun. Medicinal herb uses. Herbal tea.

**Garlic** - 12" Perennial, likes sun. Used to flavor many foods. Has medicinal value. Repels some insects.

**Garlic, Elephant** - 30" Perennial, likes sun. Used like regular garlic. Slightly more mild. Bulb is up to eight times larger than regular garlic.

**Geraniums, Scented** - Annual. Their fragrant-scented leaves are used for vinegar, flavoring jellies, sandwiches, cakes, fruit punch, tea, wine, and to make potpourri.

**Gopher Purge** - 36" Perennial. Gophers and moles stay away from this plant because of the taste of the root system. Plant 40' apart for gopher control.

**Horehound** - 18" Perennial, likes sun. Used to flavor candy. Medicinal tea. Flavoring for cough syrup.

**Horseradish** - 30" Perennial, likes sun. Hot flavor used for meat dishes.

**Hypericum (St. John's Wort)** - 12" Perennial, likes sun or shade. Medicinal herb uses.

**Hyssop** - 24" Perennial, likes sun. Young leaves chopped fine for salad dressings. Medicinal tea. Also used as a perfume base.

**Lavender** - 24" Perennial, likes sun or partial shade. Fragrant flowers for potpourri and sachets.

**Leek** - 24" Biennial, likes sun. Grows and tastes similar to onions.

**Lemon Balm** - 12" Perennial, likes sun. Leaves used for summer drinks, soups, sauces, salads. Medicinal tea.

**Lemongrass** - 24" Annual. Lemon flavor used in Indonesian and Asian cooking. Used in soup, fish, rice, vinegar, and salsa.

**Lemon Verbena** - 36" Tender perennial. Very fragrant leaves. Used in tea.

**Licorice** - 48" Tender perennial. Used to flavor candy and cough drops. Chew on roots for flavor.

**Sweet Marjoram** - 18" Perennial, likes sun. Use leaves in soups, salads, dressings, and egg dishes.

**Mint** - 18-24" Perennial, likes sun or shade. Grows very fast



Sweet Basil



Coriander



Lemon Verbena

and becomes overgrown very easily. Many fragrances and flavors available. Rub down a table before eating, and the fragrance will remain for hours. **Pineapple, Banana, Basil, Licorice, Grapefruit, Curly, Corsican, Peppermint, Spearmint, Orange, Lemon, Ginger, Apple, Pennyroyal, Chocolate, Lavendar;** More than 600 varieties; each mint has its own distinctive flavor.

**Mint, Corsican** - 4" -6" perennial. Sun or Part Shade.

**Nasturtium** - 12-18" Annual, likes sun or partial shade. Add leaves and flowers to salads to add variety and flavor.

**Onions** - Biennial - Perennial, likes sun or partial shade. Flavors all types of food. Not as flavorful if grown as a perennial.

**Oregano** - 24" Perennial, likes sun. Aromatic leaves to flavor Italian dishes.

**Parsley, Curled** - 12" Biennial, likes partial shade. Curly leaves are very pretty as a garnish and seasoning for many foods. Edible seeds, roots, leaves, oils.

**Parsley, Italian** - 30" Biennial, likes partial shade. Stronger flavor for cooking than other parsley. Has flat leaves. Attracts many beneficial insects. More than just a garnish.

**Pennyroyal** - 2" Perennial, likes partial shade. Creeping growth. Minty fragrance. Medicinal tea. Rub on clothing to repel mosquitoes

**Rosemary** - 36" Half-hardy perennial. Good for soups, Italian dishes, meat dishes, and breads.

**Rue** - 24" Perennial, likes sun. Bitter tonic. Repels many insects in garden, including dogs & cats. May cause allergic reaction.

**Sage** - 24" Perennial, likes sun. Leaves used in stuffings, and sausage. Medicinal uses. Purple, Golden, and Tricolor varieties.

**Sage, Pineapple** - 30" Tender perennial, likes sun. Red flowers attract hummingbirds. The delightful pineapple fragrance is perfect for potpourri.

**Santolina (Green or Gray)** - 18" Perennial, likes sun. Repels insects in closets and pantries. Showy yellow flowers attract bees. Requires dry soil.

**Savory, Summer** - 18" Annual, likes sun. Use leaves in salads, sauces, potato, vegetable, and meat dishes.

**Savory, Winter** - 24" Perennial, likes sun. More hardy plants than summer savory. Use leaves in salads.

**Self Heal (Prunella)** - 12" Perennial. Has medicinal herb uses. Likes sun to partial sun. Prefers moist soil.

**Shallots** - 18" Perennial, likes sun or partial shade. Use like onions and garlic. Less pungent than onion and garlic.

**Sorrel, French** - 36" Perennial, likes sun. Produces a large tender leaf with a sharp lemon taste. Very tasty in salads where sour taste is desired.

**Stevia** - 18" annual. Leaves are 300 times sweeter than sugar. Medicinal herb uses.

**Sweet Woodruff** - 8" Perennial, likes shade. Good ground cover. Colorful white flowers. Flavors wines and teas. Used in potpourri.

**Tansy** - 36" Perennial, likes sun. Has beautiful ferny leaves. Ant repellent.

**Tarragon** - 30" Perennial, likes sun. Flavoring for soups, salads, dressings and vegetables, and vinegars.

**Thyme, English** - 6" to 12" Perennial, likes sun or partial sun. Fragrant leaves for potpourri. Use leaves in salads, soups, meats and gravies.

**Thyme, Lemon** - 18" Perennial, likes sun. Golden leaves smell like lemon. Good for potpourri.

**Thyme, Woolly** - 4" Perennial, likes sun. Silvery foliage makes good groundcover.

**Thyme, Silver** - 18" Perennial, likes sun. Small fragrant leaves. Variegated color.

**Watercress** - Perennial, likes shady area near water. Eat stems and leaves in salads. A unique flavor.

**Yarrow** - 30" Perennial, likes sun. Will grow anywhere, tolerates drought. Medicinal uses. Blossoms and leaves used in tea.

## Uses

Listed are some common foods, and some of the herbs that go well with them. Use herbs sparingly, be creative, and learn which herbs you like, and those you don't.

**Asparagus** - lemon balm, oregano, sage, savory, lemon verbena, parsley, tarragon, lovage.

**Beans** - basil, marjoram, oregano, sage, savory, spearmint, thyme, bay, coriander, dill, fennel, garlic, mint, rosemary, tarragon, lovage.

**Beets** - basil, savory, thyme, bay, caraway, dill, sage, tarragon.



Parsley



Oregano



Sage

**Broccoli** - basil, rosemary, lovage.

**Cabbage** - marjoram, mint, savory, caraway, dill, fennel, oregano, lovage, borage.

**Carrots** - lovage, apple mint, basil, marjoram, mint, orange mint, oregano, thyme, tarragon, anise, bay, caraway.

**Cauliflower** - marjoram, savory, rosemary, lovage, dill.

**Eggplant** - basil, lovage, marjoram, mint, oregano, sage, thyme, chervil, chives, fennel, garlic.

**Peas** - apple mint, basil, orange mint, rosemary, sage, savory, spearmint, tarragon, thyme, parsley, lovage, fennel, dill.

**Potatoes** - basil, marjoram, mint, rosemary, savory, spearmint, thyme, bay, caraway, fennel, garlic, parsley.

**Spinach** - lovage, sorrel, basil, mint, rosemary, tarragon, thyme, sage, marjoram, chervil, borage.

**Tomatoes** - basil, marjoram, oregano, sage, thyme, fennel, dill, chervil.

**Beef** - basil, lemon thyme, marjoram, mint, rosemary, savory, thyme, anise, borage, dill, fennel, garlic, lovage, parsley, tarragon.

**Chicken** - lemon balm, basil, lemon thyme, rosemary, spearmint, thyme, tarragon, savory, sage, oregano, lovage, marjoram, garlic, fennel, coriander, chives, chervil.

**Eggs** - lemon balm, basil, marjoram, sage, savory, thyme, tarragon, fennel, dill, bay, parsley, chervil, chives.

**Fish** - lemon balm, lemon verbena, basil, clary, hyssop, lemon thyme, mint, oregano, rosemary, sage, savory, thyme, bay, caraway, chervil, chives, dill, fennel, garlic, tarragon.

**Goose** - clary sage, marjoram, sage, thyme, rosemary, tarragon, parsley, chervil, garlic.

**Lamb** - lemon balm, basil, lavender, marjoram, mint, rosemary, sage, savory, thyme, chervil, dill, fennel, garlic.

**Pork** - lemon balm, basil, clary sage, marjoram, pennyroyal, rosemary, sage, savory, thyme, chives, fennel, anise.

**Rabbit** - basil, lemon thyme, rosemary, sage, thyme.

**Turkey** - basil, lavender, lemon thyme, sage, thyme, tarragon, savory, oregano, lovage, garlic, fennel, bay, chervil, chives.



Savory



Dill

## Companion Planting

Many herbs are natural insect repellents that can help keep your garden bug free and reduce or eliminate the need for pesticides. Some herbs, through their odors or root secretions, will deter pests naturally without harming helpful insects such as ladybugs, bees and praying mantid. As a bonus, fragrant herbs will season the fruits (and vegetables) of your labors.

Some herbs improve the flavor or growth rate of the nearby vegetables. By using a technique known as Companion Planting, you can reap the benefits of insect prevention and of increased production or flavor. Try a few of the following suggestions:

**Basil** Plant with tomatoes and peppers to improve growth and flavor and to repel flies and mosquitoes. Do not plant with Rue.

**Bay Leaf** A fresh bay leaf in each storage container of beans or grains will deter weevils and moths.

**Bee Balm** Plant with tomatoes to improve growth and flavor.

**Borage** Companion plant for tomatoes, squash and strawberries. Deters tomato worms

**Caraway** Good for loosening compacted soils.

**Catnip** Deters flea beetles and squash bugs.

**Chamomile** Improves flavor of cabbage, beans, Cucumber, kohlrabi, kale, broccoli, and onions.

**Chervil** Companion to broccoli, radishes and lettuce for improved growth and flavor.

**Chives** Improves flavor of carrots. Plant with, parsley, peppers, tomatoes, roses, squash,... potatoes, eggplant, Repels Aphids.

**Dill** Improves growth and health of cabbage family. Plant with asparagus, corn, cucumber, onion, lettuce. Do not plant near carrot

**Fennel** Plant away from most herbs and vegetables.

**Garlic** Repel aphids, peach borer, codling moth, spider mites, ants, snails, fungus gnats, cabbage loopers. Plant near beets, kale, spinach, potatoes, carrots, eggplants, cabbage family, tomato, pepper,

**Gopher Purge** Deters gophers and moles. Plant up to 40 feet apart.

**Horseradish** Plant in potato patch to keep away potato bugs.

**Hyssop** Companion plant to cabbage and grape; deters cabbage moths. Do not plant near radishes.



**Lovage** Improves flavor and health of most plants.

**Marjoram** Improves flavor of all vegetables.

**Mint** Deters white cabbage moths, and improves the health of cabbage and tomatoes. Deters ants and aphids. Contain to prevent spreading throughout the garden.

**Oregano** Good companion to all vegetables.

**Parsley** Plant near asparagus, corn, tomatoes.

**Rosemary** Companion plant to cabbage, beans, carrots and sage. Deters moths, bean beetles, carrot flies, and slugs and snails.

**Rue** Plant near roses and raspberries. Deters cucumber beetles and many insects. Keep away from Basil. Deters cats & dogs.

**Sage** Companion plant with rosemary, cabbage and carrots to deter cabbage moths, beetles and carrot flies. Do not plant near cucumbers.

**Summer Savory** Plant with beans and onions to improve growth and flavor. Discourages cabbage moths.

**Tansy** Plant with fruit trees, roses and raspberries. Deters flying insects, Japanese beetles, striped cucumber beetles, squash bugs and ants.

**Tarragon** Good companion to most vegetables.

**Thyme** Deters cabbage worms.

**Wormwood** Keeps animals out of the garden when planted as a border. Repels ants.

Please read our *Companion Planting Information sheet* for more information.

## Preserving Herbs

The sooner the herb is "preserved" the better the quality, flavor, and color will be. Some herbs can be dried, others should be frozen, and others are preserved best in vinegar, oil, sugar, or salt, depending on which herb you are preserving.



## Herbs to Repel Insects

Different fragrances affect insects differently. Something attracting one insect may repel another. These herbs are useful to repel them:

Anise, Basil, Bay, Bergamot, Borage, Catnip, Chamomile, Chervil, Chives, Dill, Garlic, Horseradish, Hyssop, Lavender, Lemon Balm, Lemon Grass, Lemon Basil, Lemon Thyme, Lemon Scented Geraniums, Mint, Oregano, Pennyroyal, Rosemary, Rue, Sage, Santolina, Savory, Southernwood, Tansy, Tarragon, Thyme, Wormwood, Yarrow.



Citronella

## Indoor Herb Garden

When you plan an indoor garden, start with these easy to grow plants, then expand. If there is not enough sunlight, group them together under a wide-spectrum artificial light:

Aloe, Basil, Bay, Borage, Burnet, Chervil, Chives, Dill, Fennel, Ginger, Hyssop, Lavender, Lemon Balm, Lemon Verbena, Marjoram, Mint, Oregano, Parsley, Pennyroyal, Rosemary, Sage, Savory, Scented Geraniums, Sorrel, Tarragon, Thyme.



## The Flower Garden

A well-planned garden of herbs can provide a lot of flowers for fragrances, cutting, drying, eating, or just enjoying; they taste great and have beautiful blooms, too!

Angelica, Anise, Bee Balm, Bergamot, Borage, Calendula, Carnation, Chamomile, Chervil, Chrysanthemum, Columbine, Coriander, Costmary, Cumin, Dandelion, Delphinium, Dill, Fennel, Foxglove, Ginger, Goldenrod, Heliotrope, Hollyhock, Hyssop, Johnny Jump Up, Larkspur, Lavender, Lily of the Valley, Lovage, Marsh Mallow, Mustard, Narcissus, Nasturtium, Pinks, Rose, Rosemary, Safflower, Saffron, Sunflower, Sweet Woodruff, Tansy, Thyme, Violet, Yarrow.



## Good Cook's Garden

Good cooks recognize the extra something that herbs add to a dish. Most of the plants on this list are indispensable in the kitchen:

Angelica, Anise, Basil, Bay, Borage, Burnet, Caraway, Celery, Chervil, Chives, Coriander, Costmary, Cumin, Dill, Garlic, Horehound,

Horseradish, Hyssop, Lavender, Leek, Lovage, Marjoram, Mint, Mustard, Nasturtium, Onion, Oregano, Parsley, Peppers, Rosemary, Sage, Savory, Sesame, Shallot, Sorrel, Tarragon, Thyme, Watercress.

## Garden of Fragrance

Not only do these herbs smell great, they taste great and attract birds and bees. Fragrance is subjective, so experiment with herbs and plant the ones you like.

Angelica, Basil, Bayberry, Bergamot, Burnet, Catnip, Chamomile, Costmary, Gas Plant, Heliotrope, Hyssop, Jasmine, Lavender, Lemon Balm, Lemon Verbena, Lily of the Valley, Marjoram, Mint, Oregano, Pennyroyal, Rosemary, Sage, Savory, Scented Geraniums, Sweet Woodruff, Tansy, Tarragon, Valerian, Violet, Yarrow.



## Bee Garden

A garden composed of these plants will be a special delight to those who enjoy bees buzzing around all day.

Basil, Bergamot, Borage, Catnip, Chamomile, Echinacea, Fennel, Germander, Hyssop, Lavender, Lemon Balm, Marjoram, Oregano, Red Clover, Rosemary, Sage, Santolina, Thyme, Winter Savory.



## Gray-Silver Garden

Gray foliage highlights the colors of flowers and provides contrast in vivid beds. The rewards are tranquil color, appealing textures, folklore interest and drought resistance.

Aloe, Apple Mint, Carnation, Clary Sage, Dwarf Sage, Germander, Gray Santolina, Horehound, Lamb's Ear, Lavender, Nutmeg, Geranium, Oregano, Rosemary, Silver Sage, Silver Tansy, Southernwood, Wormwood, Yarrow.



## Unusual or Unfamiliar Herbs

Some herbs are considered weeds. Other herbs may become weeds very easily if they are not contained. Still other plants are not commonly known as herbs; some edible, some medicinal.

Barberry, Birch, Blackberry, Burdock, Catnip, Chickweed, Dandelion, English Daisy, Juniper, Plantain, Purslane, Red Cedar, Red Clover, Red Root, Shepherd's Purse, Sumac, Yarrow.



Dandelion

## Herbal Tea Garden

Almost any herb can be made into a tea. These herbs are especially good and will make an attractive planting as well:

Angelica, Basil, Bergamot, Borage, Catnip, Chamomile, Costmary, Dill, Fennel, Feverfew, Goldenrod, Hibiscus, Horehound, Jasmine, Lemon Balm, Lemon Verbena, Lovage, Marjoram, Mint, Parsley, Rose, Rosemary, Sage, Sasparilla, Sassafras, Speedwell, Strawberry, Sweet Woodruff, Tansy, Thyme, Wintergreen, Wood Betony.

## Herb Uses -

These are a few of the uses for some common herbs. They can enhance the flavor of many of your everyday food dishes, turning them from ordinary to extraordinary.

**Anise:** a flavoring in all food categories including alcohols, liqueurs, dairy products, gelatins, puddings, meats, and candies.  
**Basil:** tomatoes, soups, salads, pizza, salad dressings, chicken dishes, egg dishes, salmon, tuna, spaghetti, meatloaf, dips, herb sandwiches, green beans, wax beans, cauliflower, and corn.

**Bay leaves:** meats, stews, steamed fish, sauces, soups, pickling, casseroles, stocks, syrups, garnish, pâté and terrines.

**Borage:** soups, salads, borage-lemonade, strawberry-borage cocktails, preserves, borage jelly, various sauces, cooked as a stand-alone vegetable, or used in desserts.

**Chervil:** eggs, salads, vegetables, soups, chicken, fish, herb butter, and cottage cheese.

**Chives:** dips, sauces, spreads, garnish, cold chicken, barbecued meats, baked and mashed potatoes, egg dishes, cheese soufflés, salads, carrots, soups, and herb sandwiches.

**Cilantro:** salads, guacamole, soups, stews, salsas, chutneys, dips, beans, soups, used in Asian, Mexican, Indian, Tex Mex, Caribbean, and North African cuisines.

**Coriander:** ginger cookies, curry, Indian dishes, Greek dishes, Asian cooking, pickles, veal, fish, fruit puddings, tea cakes, and apple crumble recipes.

**Dill weed:** seafood and shellfish, salads, herb butter, dips, sauces, soups, vegetable stews, fish dishes, vinegars and oils, breads and sandwiches, egg and cheese dishes, green



Fennel



Caraway

beans, wax beans, and cabbage. Dill seeds are used in pickling, coleslaw, cakes, breads, and teas.

**Fennel:** salads, fish, duck, pork, veal, sauces, stuffings, dressings, mayonnaise, flavored butters, and salad dressings. Fennel seeds are used in breads.

**Horseradish:** mashed potatoes, roast beef, venison, fish such as tuna, trout and mackerel.

**Lemongrass:** soups, sauces, stir-fry, chicken, tomatoes, fish, seafood, beef, and Caribbean and Asian dishes.

**Lemon Verbena:** teas, cookies, cakes, ice cream, sorbets, fruit syrups, spritzers, and fish. Similar to **lemon balm**, **lemon mint**, **lemon thyme** or **lemon grass**.

**Mint:** carrots, lamb sauce, pea soup, soft cheeses, herb sandwiches, egg dishes, vegetables such as buttered peas, mashed potatoes, mint ice, cold drinks, mint juleps, mint jelly, sauces, tea, garnish, and desserts.

**Nasturtium:** green salads, sandwich spreads, egg or potato salad. leaves and flowers are edible.

**Oregano:** meat sauces, tomato sauces, breads, Italian dishes, pizza, casseroles, soups, pates and poultry dishes, veal, egg dishes, salads, beans, rice, and vegetables.

**Parsley:** fish and meat sauces, salads, soups, dips, vegetables, omelettes and other egg dishes, breads and sandwiches, sausage, stuffing, hamburgers, tuna loaf, potatoes, salad dressings, and garnishes.

**Rosemary:** lamb, chicken and poultry sauces, beef and mutton stock, vegetables, breads and scones, dumplings, liver pâté, stews, and dressings.

**Sage:** stuffing, dressing, soups, sauces, pork, meatballs, meatloaf, pizza, fish, goose, duck, sausage, casseroles, omelettes, stews, salads, and with Brussels sprouts.

**Savory:** vegetables, dried bean dishes, soups, lentils, eggs, stuffing, dressing, condiments, hamburger, and to add more flavor to gravy.

**Sorrel:** soups, sauces, salads, vegetables, fish, eggs, poultry, and cheese.

**Stevia:** a sweetener in beverages, or in sauces. A refreshing herbal tea, a sweet, edible garnish. Fresh leaves are less sweet than dried leaves, sweeter than sugar.

**Sweet marjoram:** peas, stuffing, dressing, soups, salads, sauces, egg and cheese dishes, stews, and fruit salads.

**Sweet Woodruff:** scents potpourris, sachets, and herb pillows. The flowers and leaves are used for teas and to flavor wine.

**Tarragon:** chicken, poultry, fish sauces and soups, tartar sauce, mushrooms, meats, liver, pâté, seafoods, egg dishes, green salads, mayonnaise, cream and butter sauces, salad dressings, vinegars and oils, vegetables, butter, and cottage cheese.

**Thyme:** chowders, cheeses, salads, chicken and fish marinades, beef broth, soups, liver, pâté, meatballs, meatloaf, chicken, stuffing, egg dishes, broccoli, beans, lentil stew, tomatoes, butters, cottage cheese, vinegars and oils.

*Grow a few of your own herbs to use them in your kitchen, in your crafts, and for healing purposes.*

## Medicinal Uses

Many of the herbs listed, along with many other herbs available for purchase, have medicinal uses. We do not have any information, nor do we recommend any medicinal uses for any plants. It is important that you find out the benefits, and the risks, before using any herbs for medicinal purposes.

We suggest that you consult a qualified healthcare professional before using any medicinal herbs - even if you know they are safe.

*According the Mayo Clinic, "Herbal supplements aren't right for everyone. Get the facts before you buy."*

Plants have been used for medicinal purposes for thousands of years. However, herbal supplements haven't been subjected to the same scientific scrutiny, and aren't as strictly regulated as medications.

The FDA does have rules and regulations, but these rules do not guarantee that herbal supplements are safe for anyone to use. Because many supplements contain active ingredients that have strong effects in the body, these products can pose unexpected risks.

Sometimes, interactions between herbal products and conventional medications can be serious.

*Do your homework before you grow, use, or buy.*

**For More Information, Please Read The Entire Article at:**

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/herbal-supplements/art-20046714>



Purslane



Stevia

