Growing Culinary Herbs

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Why Herbs?

- Aesthetics (landscaping)
- Aromatic (essential oils)
- Attracts pollinators
- Medicinal, repellents
- Flavor (culinary)
Culinary Herbs

Annuals
- Basil
- Cilantro
- Dill
- Lemongrass
- Parsley

Perennials
- Chives
- Mints
- Oregano
- Rosemary
- Sage
- Thyme
Culinary Herbs

Cool Season
- Cilantro
- Dill
- Parsley

Warm Season
- Basil
- Lemongrass
- Oregano
- Sage
Growing Herbs

- Very few pest problems
- Most herbs love sunny areas
- Needs well-drained soils
- Sensitive to over-watering
- Most are hardy to Zone 5 with protection
Growing Herbs

- Containers recommended
- Make note of your usage
- Many varieties and flavors
- Be patient with seed starting
Chives, Onion (Allium spp.)

- Height: 12”
- Spacing: 12”
- Full sun to part shade
- Uses: eggs, salads, soups, butter, dips, potatoes, cheeses, spreads, flowers edible
Chives, Garlic & Onion (Allium spp.)

- Cool season perennial
- Grow from seed or division
- Flower pinching
- Few disease or insect pests

Credit: Handy-Herbs
Cilantro & Parsley (Apiaceae)

- Height: 12-18”
- Spacing: 18”
- Full sun to light shade
- Uses: garnish, Asian & Mexican dishes, stews, soups

Credit: Simply Recipes
Cilantro & Parsley (Apiaceae)

- Cool season annual (cilantro)
- Cool season biennial (parsley)
- Grow from seed
- Can become weedy
- Varieties (parsley): curly (French), flat-leaf (Italian)
Mint Family
(Lamiaceae)

- Height: 12-18”
- Spacing: 18”
- Full sun to light shade
- Uses: drinks, sauces, jellies, vinegars, fruit salad

Credit: Serious Easts
Mint Family (Lamiaceae)

- Cool season perennial
- Catmint, peppermint, spearmint, lemon balm
- Grow from cuttings or division
- Square stems
- Can become invasive
Sweet Basil
*(Ocimum basilicum)*

- Height: 20 – 24”
- Spacing: 6 – 12”
- Full sun
- Uses: soups, stews, pasta sauces, pesto, meat dishes, vinegars

Credit: HowMuchIsIn.com
Sweet Basil
(Ocimum basilicum)

- Warm season annual
- Flower pinching
- Japanese beetles
- Cultural practices for diseases
- Other varieties: purple leaf, cinnamon, Thai, Greek columnar
Oregano

*(Origanum vulgare)*

- Height: 24”
- Spacing: 8 – 12”
- Full sun
- Uses: soup, stews, meat dishes, sauces, stuffing, vegetables

Credit: HowMuchIsIn.com
Oregano
*(Origanum vulgare)*

- Warm season perennial
- Grow from cuttings or root division
- Good border plant
- Attracts honey bees
- Other varieties: Greek, Italian, sweet marjoram
Rosemary
(Rosmarinus officinalis)

- Height: 36 – 72”
- Spacing: 12”
- Full sun
- Uses: teas, baked goods, butter, soups, stews, stuffing, vinegar, meat dishes

Credit: Good Morning Center
Rosemary (Salvia officinalis)

- Warm season, woody perennial
- Grow from stem cuttings, division, or layering
- Slow and low rate of germination
Harvest and Storage of Herbs

- Best to harvest in the morning
- Peak flavor is achieved near flowering
- Harvest what’s needed or store/process immediately
- Rinse and dry thoroughly
Harvest and Storage of Herbs

- **Storage times**
  - Refrigerator: days to a week*
  - Freezer: 6 months to a year*
    - Ice cube trays with water or butter
  - Drying: up to a year
    - Air dry or low heat (dehydrator, oven)
Harvest and Storage of Vegetables

- Harvest in the morning
- Each vegetable is different
- Refrigerate or eat within a few hours of harvest
- Some vegetables, such as lettuce, have to be eaten fresh
Harvest and Storage of Vegetables

- Canning*
  - Pressure canning (low acid foods, < pH 4.6)
  - Boiling water bath canning (High acid foods, > pH 4.6)
- Dehydrating
- Freezing
  - Usually requires blanching
References

- Boiling Water Bath Canning – VCE Publication 348-594
- Pressure Canning – VCE Publication 348-585
- Herbs Are Easy (NCSU)  
  [https://chatham.ces.ncsu.edu/2015/05/herbs-are-easy/](https://chatham.ces.ncsu.edu/2015/05/herbs-are-easy/)