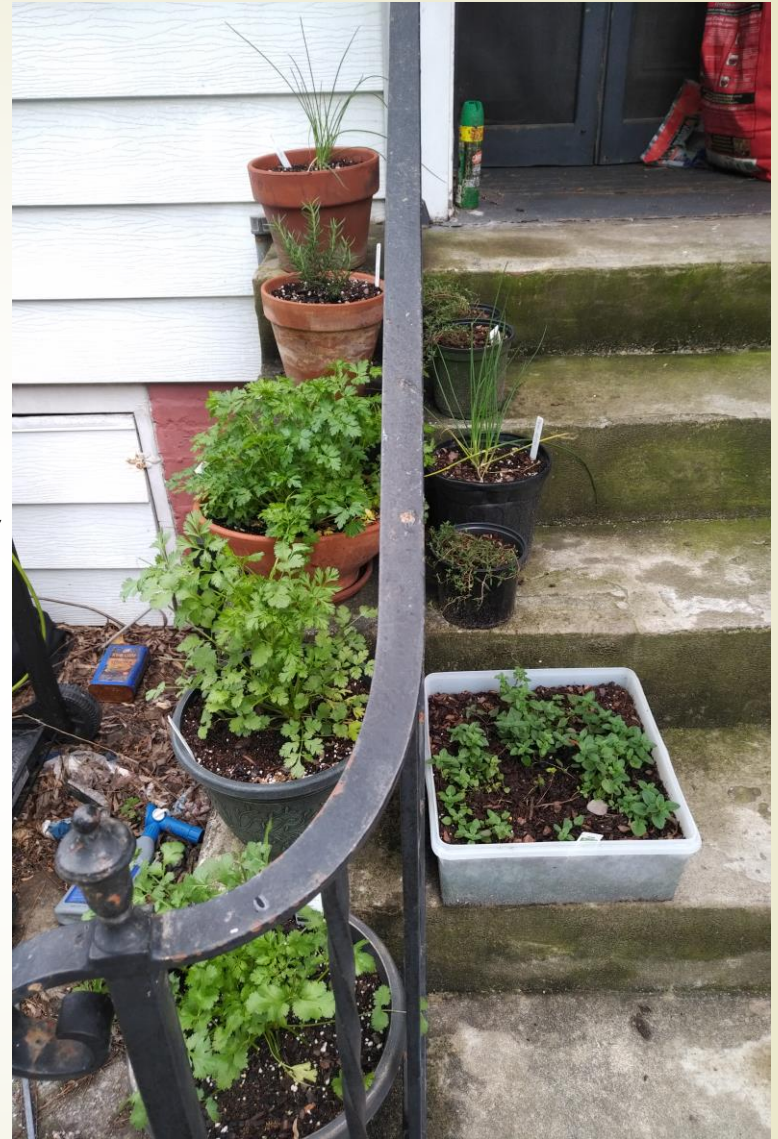



Growing Culinary Herbs

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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

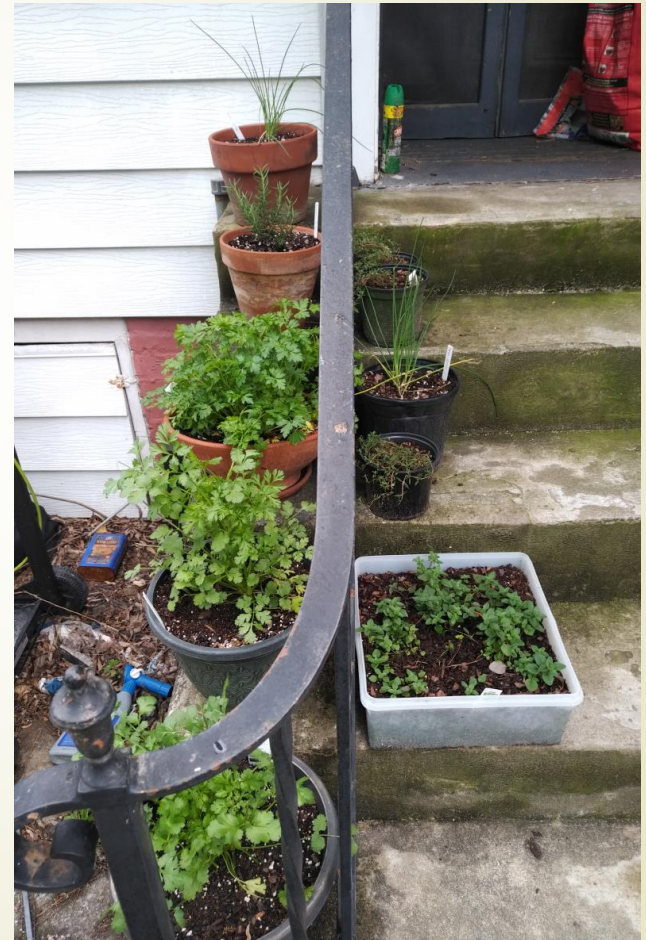



Growing Herbs

- 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
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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




Credit: Gaylynn Johnson



Credit: Gaylynn Johnson



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 Eats





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
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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, $< \text{pH } 4.6$)
 - Boiling water bath canning (High acid foods, $> \text{pH } 4.6$)
 - 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/>
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