

Q: What type of herbs should I grow? How do I want to use them?

Rosemary *Salvia rosmarinus*

- Ancient Mediterranean herb
- Full sun; well-draining soil
- Prune to encourage branching
- Avoid over-watering

This herb is especially susceptible to root rot if it is overwatered. Use a light, well-drained soil with some added sand or gravel and wait to water until the soil is slightly dry.

Sage *Salvia officinalis*

- Sacred ceremonial herb of the Romans
- Full sun; well-draining soil
- Pinch regularly
- Replace every few years

Sage will thrive if given excellent drainage and full sun. Prune back early in spring and pinch regularly throughout the growing season. It will be happiest on a high part of your property so it is never too wet, even in winter.

Bay *Laurus nobilis*

- Greece's symbol of highest status
- Can grow to 25 feet
- Can be grown from cuttings or seeds

In Zones 8-10 in the U.S., grows from 6 to 25 feet if protected from winter winds. It is adaptable to pot growing in colder climates.

Note: *Umbellularia californica* is NOT the same and can be toxic!

Thyme *Thymus vulgaris*

- Record of use by Sumerians in 2750 BC
- Many flavors and fragrances
- Full sun; well-draining soil
- Prune regularly
- To harvest, pinch stem and strip leaves

Thyme thrives in well-drained soil, full sun and loves heat. For indoor pots, plant near a sunny window. Soil needs to drain well so there aren't "wet feet." In the garden, plant with other drought-tolerant perennials.

Oregano *Origanum vulgare* (Greek oregano) and

Marjoram *Origanum x majoricum* (sweet marjoram)

- Full or partial sun; well-draining soil
- Often mislabeled and confused
- Marjoram scent is floral and woody
- Oregano is more pungent and spicy
- Essential in Greek, Italian and French cuisine

These plants are often mislabeled. It is best to smell the leaves before buying. Most origanums will thrive with minimal fertilizer if planted in the correct soil. Proper soil amendments are critical for container-grown plants.

Parsley *Petroselinum crispum*

- Used as garnish by Greeks, Romans
- Grows well in partial sun
- Trim often to encourage growth
- Replace every year
- Use fresh or dried

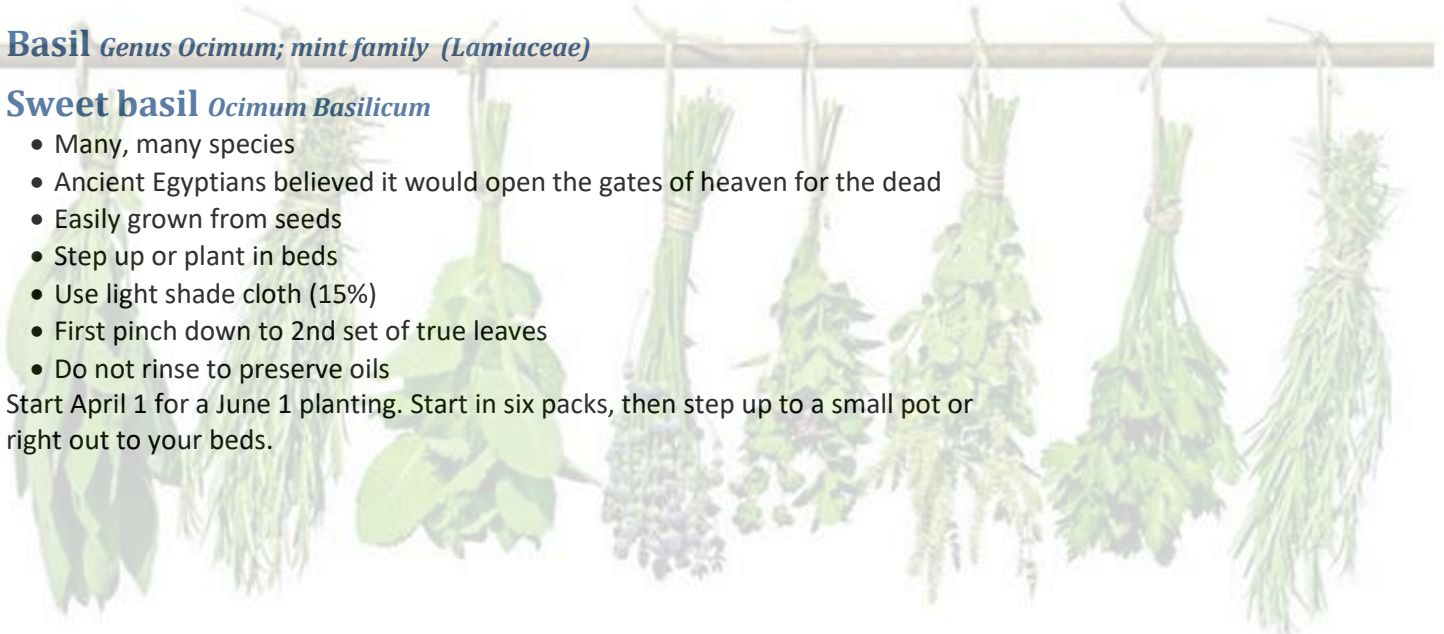
Parsley likes bright light, but not necessarily full sun. It will grow well in partially shaded gardens. I tuck them behind taller plants so they are in a cooler spot. Parsley prefers rich, well-drained soil.

Basil *Genus Ocimum; mint family (Lamiaceae)*

Sweet basil *Ocimum Basilicum*

- Many, many species
- Ancient Egyptians believed it would open the gates of heaven for the dead
- Easily grown from seeds
- Step up or plant in beds
- Use light shade cloth (15%)
- First pinch down to 2nd set of true leaves
- Do not rinse to preserve oils

Start April 1 for a June 1 planting. Start in six packs, then step up to a small pot or right out to your beds.



Harvest and dry

- Harvest mid-morning and before they flower
- Trim branches only (except basil)
- Dry in paper bag, specialized racks or hanging drying rack
- 95-115 degrees for a few days
- Higher moisture = longer drying time
- Test for dryness using a jar, leaves should crumble easily



Step 1: bundle herb



Step 2: tie in top of bag



Step 3: set bag to dry

Strip and grind

- Strip before you store
- Use a dedicated coffee grinder

Store and use!

- Store in airtight containers
- Label and date
- Refresh every year

Italian Herb Mix (Dried)

- 1 part basil
- 1 part oregano
- 1 part thyme
- 1 part rosemary
- 2/3rds part sage
- 1 part marjoram

Personalize your mix

- Crushed Red Pepper Flakes – sharp and spicy
- Italian Parsley – mildly bitter
- Garlic Powder – sweeter, less pungent than fresh
- Onion Powder – subtle flavor
- Kosher Salt – Clean and lighter than table salt



An inexpensive drying rack is an optimal way to dry



Don't grind coffee in your herb grinder or grind herbs in your coffee grinder!