

Herb Gardening

Herbs = any herbaceous part of a plant (leaves, flowers)

Spice = any hard part of a plant (bark, seeds, branches, roots, dried fruits)

COMMON CULINARY HERBS

Mint Family (*Basil, Catnip, Lavender, Mint, Oregano, Rosemary, Sage, Thyme*)

- Full Sun (8+ hours of direct sun per day)
- Can tolerate drier soils
- Square stems; pinch back to get a bushier plant
- Harvest stems from top-down, leaving nodes to create new branches

Carrot Family (*Chervil, Cilantro, Dill, Fennel, Lovage, Parsley*)

- Full to Part Sun (6+ hours of direct sun per day)
- Does not like to dry out
- Creates deep taproot; deeper soils create more leaves
- Harvest outer-most leaves first; cut to base

COOKING WITH HERBS

- Raw Recipes: add herbs & rest for 1-2 hours
- Fast Recipes: add herbs in last 10 minutes of cooking
- Slow Recipes: add hardy herbs at the start & remove before serving
- Fresh vs Dried – Ratio 3:1 (*ex. 3 tsp. fresh herbs = 1 tsp. dried herbs*)
- Whole vs Ground – Ratio 1:4 (*ex. 1 tsp. whole herb leaves = ¼ tsp. ground herb leaves*)

STORAGE

Fresh Rinse and gently dry all herbs soon after harvest. Then follow these storage methods

Short term (5-7 days)

- **Tender Herbs** (*Basil, Cilantro, Dill, Mint, Parsley, Tarragon*) – Store like vase of flowers on counter (overnight) or in refrigerator (longer); keep covered
- **Hardy Herbs** (*Chives, Oregano, Rosemary, Sage, Thyme*) – Wrap in damp paper towel and store in sealed sandwich bag in refrigerator

Long term (6mo-1 year)

- Drying (*line dry, dehydrator, oven, microwave*) Store leaves whole in cool & dry place
- Freezing (*with water or neutral oil*) Store individual leaves or cubes in zip-top bags

Learn More with these Extension Resources

- ❖ **University of Minnesota Extension: Herb Gardening**
<https://extension.umn.edu/vegetables/growing-herbs-home-gardens>
- ❖ **University of Maryland Extension** <https://extension.umd.edu/hgic/topics/culture-care>
- ❖ **University of Illinois Extension** <https://web.extension.illinois.edu/herbs/intro.cfm>
- ❖ **Clemson Cooperative Extension** <https://hgic.clemson.edu/factsheet/herbs/>
- ❖ **PRO-TIP: Google “site:edu herbs” (or site:gov) for more research-based advice**

CLASS NOTES

Things to Consider

Which herbs do I enjoy? Which tasted good to me?

What would I like to try making with herbs?

Which herbs could I grow?

How should I preserve the herbs so they are most useful for me?