

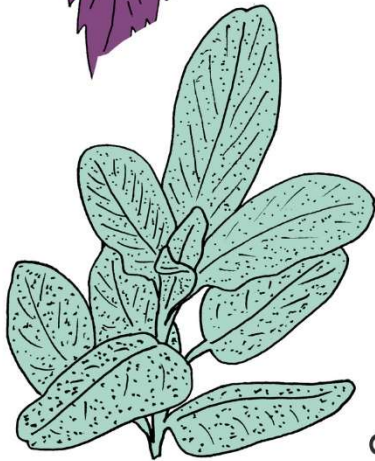
Herbs are plants that are often used for aromatic qualities, savory flavoring, or as garnish in a variety of dishes. The “leafy” parts of the plant are usually what is used in cooking. Herbs are often easy to grow and most do well in ground, in raised beds and in pots/container gardening. This makes herbs ideal for beginner gardeners. Herbs also often repel different types of garden pests making them a favorite choice in all-natural gardening. This page will go over a few of the many, many types of herbs that you could grow or use at your home.



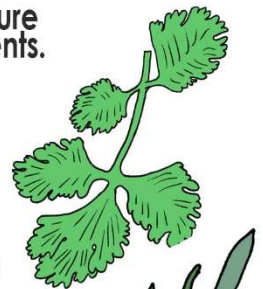
BASIL: Basil is a leafy, bushy plant that comes in a variety of flavors, colors and types. The most common basil is called Sweet Basil (or Genovese basil). This type of basil has a pleasant green tear-shaped leaf that often bends downward. Basil leaves usually have a strong, sweet smell and a taste slightly like anise. Purple basil is also common and can have leaves that range from light purple to deep purple to purple and green mixes. Purple basil often has a more licorice-like flavor and the plants also may grow slower than green basil. But, that's not all! There's also Thai basil, cinnamon basil, lemon basil, lettuce leaf basil, globe basil and more! Each has their own special flavors and looks.



FLAT LEAF PARSLEY: Also called Italian parsley, flat-leaf parsley has a green, slightly feathery leaf and grows on a small plant that can get up to a foot high. Parsley is mature enough to harvest when the leaf stems have 3 segments. Parsley is mildly bitter but the flavor is used to brighten other dishes.

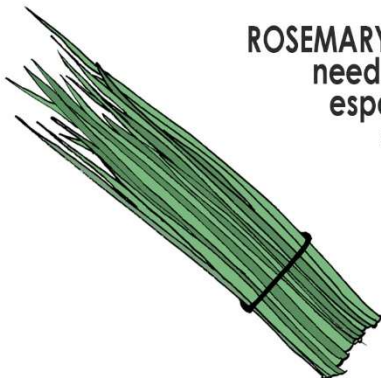


CILANTRO: The stems and leaves of the coriander plant are commonly called cilantro. Cilantro resembles flat leaf parsley, but is generally a lighter color and has a more rounded, lacy leaf. Cilantro also has a more nutty and warmer flavor than parsley.



CULINARY SAGE: Common varieties of culinary sage are usually characterized by medium-sized flat leaves that are oval shaped and grey-ish in color, although there are other color variations. Sage leaves are covered with fine hairs.

ROSEMARY: Rosemary is a woody-stemmed perennial herb with needle-like leaves. It is used in the flavoring of many foods, especially meats, roasted vegetables and stuffings or savory breads. Rosemary is very drought tolerant.



CHIVES: Related to common onions, chives are a garden staple for use as an herb as well as a pest control plant. Chives have round, hollow, grass-like leaves and an onion-like flavor.

HOW TO USE HERBS AT HOME QUICK KITCHEN TIPS

- 1. Traditional Uses:** Most herbs are used in small quantities to add flavoring to cooked dishes. Many herbs are also used in herbal teas. There are great guides that can be found online for which herbs pair best with which types of foods. Herbs are often dried and stored in air-tight containers for future use.
- 2. Pesto:** Pesto is a great way to use basil, and basil can be very prolific, so you might have a lot of basil to use! Pesto is a blended dish of basil leaves, pine nuts, garlic, olive oil and parmesan cheese. However, there are many pesto variations. You can sub pecans or walnuts for the pine nuts or mix in different greens.
- 3. Tabbouleh:** If your parsley plants are over-producing, tabbouleh is a great solution. This vegetarian salad uses a lot of parsley, as well as mint onion, tomatoes, bulgur wheat, lemon juice and olive oil. Like pesto, there are many variations and substitutions you can make on the traditional tabbouleh recipe.
- 4. Herb Butter:** Making an herb butter is a common way of preserving herbs when you have too much to use fresh right away. To make an herb butter, simply let a stick of butter get to room temperature. Mash 1-3 tablespoons of your herb(s) of choice into the butter. Roll the mixture into a log in waxed paper and chill until hard. Herb butters can also be frozen. You can add lemon zest and salt to taste to the mixture.
- 5. Salad:** Many herbs are sprinkled fresh into salads to add a pop of flavor. Common additions to salad are basil, flat leaf parsley, chives, cilantro and more. You can find many recipes for herbs in salads online.

PLANTING HERBS AT HOME



Herbs can be started from seed, but many herbs take a very long time to sprout and to mature. Because of this, herbs are commonly purchased as seedlings or adult plants from nurseries or farmers. Some herbs that are easy to plant from seed are basil, parsley, cilantro and dill.

Most herbs do well in pots or in the ground. If you have limited space, a container herb garden is a great option to keep you growing! Many herbs even do well in individual pots on windowsills as long as the window provides enough sunlight.

Herbs are often used in companion planting. Basil is planted with tomatoes to improve flavor and growth as well as repel insects. Chives are supposed to improve both the size and taste of carrots, Dill helps keep pests off the cabbage family.

However, not all herbs do well next to certain plants. Aromatic herbs (stronger smelling herbs) such as mint and sage will prevent proper growth of cucumbers, for example.