



All About Herbs



Culture:

Herbs can be grown in containers or in the garden preferring well-drained, nutrient rich soil that is evenly moist to slightly dry. Provide herbs with full sun (6+ hours of direct sunlight), eastern, western, or a lightly shaded southern exposure. Indoor herbs should receive at least 5 hours of sunlight or 12-14 hours of artificial light daily. Fertilize with an organic, multipurpose plant food like Plant-tone following the directions on the label.

Harvest:

The best time to harvest herb *foliage* is in the morning after the dew has evaporated but before the sun becomes too hot. Clip young tender leaves first then any just prior to blooming. The youngest leaves are more flavorful and less bitter tasting. Cut approximately 1/3 of the foliage off to encourage the plant to produce new growth. *Seeds* are ready to be harvested when their flowers dry and seed heads change color, usually greenish to brown. To harvest, cut off seed heads on a hot, dry day. Dry for two weeks on a harvesting tray (shallow box with a screen bottom) or brown paper bag, then store in an airtight, glass container. *Roots* are dug as soon as the leaves start to form in the spring or as they begin to die back in the fall. One should only harvest about 1/3 of the roots so as not to rob the plant of all its stored nutrients. Rinse soil off roots before drying, but do not use a hard bristle brush.

Preservation

- Air Drying:** To air dry herbs, hang in bunches upside down in a dark, well-ventilated area. Or spread in a thin layer on screens or frames covered with cheesecloth.
- Oven Drying:** Spread a thin layer on a cookie sheet and bake at no more than 120 degrees F (or the lowest temperature setting possible) until they are dry and crispy.
- Microwave:** Place a few sprigs on a dry, paper towel and heat on the lowest setting (usually defrost) for 30 seconds at a time until dry and crumbly. Timing will vary with different herbs.
- Freezing:** Remove leaves from stems. Larger leaves can be chopped or frozen whole. Place in a sealed plastic container or in ice cube trays. Fill the trays with water or olive oil then toss the herb cubes into soups, sauces and other dishes when needed.

Storage:

Store herbs in airtight, glass containers away from heat and light; in a pantry or cupboard is a perfect location. Glass is the best storage container because plastic will absorb the herbs' essential oils. Store herbs, dried or frozen, for no more than a year because they begin to lose potency.

Varieties:

Please turn to the back of this garden guide for Petitti Garden Center's herb selection. There are several different varieties in each herb family, some ornamental in color or habit, some varying degrees of aroma and flavor, and some are just new that we wanted to try and hope you will enjoy trying too.

Herb Name	Angelo's Farm Market Herbs Use and Description
Basil	C , annual, varieties vary in anise taste, all types can improve growth & flavor of tomatoes, repels houseflies.
'African Blue'	'African Blue' - attractive, large purple to green leaf type w/ blue veins & violet flower spikes, camphor scent
'Genovese'	Classic, tender, fragrant, large green leaves that are perfect for pesto & Italian dishes. Tolerant of many cuttings
'Greek Columnar'	Upright, flavorful & productive light green leaves w/ bold taste that is outstanding in soups and sauces.
'Mini Purple'	Aromatic, small bush type produces tight mounds of small, deep purple to glossy green leaves, sweet basil flavor
'Pesto Perpetuo'	Unique variegated basil w/ columnar habit, is sterile so no flowers to deadhead, subtle lemon basil taste
'Spicy Bush'	Productive compact mounds of small, green leaves need no processing, slightly stronger flavor than sweet types
Catnip	F , perennial, tolerates part-shade, cat's love it fresh or dry, deters fleas, use in teas
Chives	C , perennial, use in fish, poultry, veal, eggs, potatoes, salads, soups, edible flowers, companion to carrots, roses, and apples, can tolerate part-shade. 'Purly' is a classic chive variety w/ mild onion taste, use fresh or dried
'Purly'	
'New Belt'	Garlic/Chinese chives, abundant, easy to grow, flat green foliage w/ mild garlic taste & aroma, less oniony
Cilantro/Coriander	C , annual, use in fish, poultry, pork, salsas, pickles, soups, Mexican dishes, companion to anise, deters slugs
Cilantro 'Mexican'	C , biennial, bold cilantro flavor, spiny leaves, awesome for Mexican/Asian food, a.k.a. Culantro & Recao
Curry	C , annual, great w/ chicken, pork, rice and Thai/ Indian dishes, attractive silver leaf
Dill	C , annual, use w/ fish, herb dips, salads & pickles, companion to corn, lettuce, cucumber, tolerates poor soils
Eucalyptus	F , annual, used in potpourris, sachets, and wreath making, said to protect the home
Fennel	C , annual, used in baked goods, with fish, tolerates poor soils, can be used in teas, has a stimulating effect
Geranium, Scented	F , annual, edible flowers can be used in salads, foliage used in sachets & potpourris, deter mosquitoes & deer
Lavender	F , perennial and annual types, calming fragrance, can be used in teas, attracts butterflies, repels deer, rabbits, mice, ticks & mosquitoes, tolerates drought, excellent cut & dried flower, French & English varieties available
Lemon Balm	F, C , perennial, use w/ chicken, lamb, broccoli, fruit, sauces, in teas for calming effect, tomato companion
Lemon Verbena	F, C , annual, use w/ fish, chicken, fruit, teas and punches, repels midges and flies, tolerates moist soils
Marjoram	C , annual, use w/ any meat, sausage, potatoes & stuffing, companion to peppers & sage, tolerates dry soils
Mint	F, C , perennial, use w/ lamb, veal, green beans, fruit, salad, desserts & stimulating teas, great for container gardens, deters cabbage moths & repels mice & flies. 'Chocolate' - think Peppermint Patty™ flavor!
'Chocolate'	
'Corsican'	Mini leaf mint, petit habit with a classic, minty scent that is used to flavor creme de menthe liqueur and candy
'Mint Julep'	An extremely spicy spearmint variety that is superior tasting in mint juleps & mojitos
'Peppermint'	Classic mint type identified by its strong, nostalgic scent of candy canes & purple shading on its leaves & stem
'Pineapple'	Attractive, variegated cultivar of apple mint w/a pleasing tropical pineapple aroma & mint undertones
'Spearmint'	A popular mint that is immediately associated with the refreshing scent of chewing gum & flavored teas
Oregano	C , perennial, use w/ fish, chicken, beef, pasta, mushrooms, tomatoes, tolerates drought, can be used in teas, an herb bath can soothe sore muscles. 'Greek' - strong flavor & aroma used in many Mediterranean dishes
'Greek'	
'Hot & Spicy'	This slightly larger leaf oregano packs a punch with its strong, rich flavor & its spicy aroma, has edible flowers
'Italian'	Small, dark green, slightly fuzzy foliage produces a rich flavor in classic Italian dishes, has edible flowers
'Kent Beauty'	Beautiful, ornamental type used as a dried flower or colorful perennial w/ blue-green bracts & rose pink tips
Parsley	C , biennial, use in everything, sauces, soups and stews especially, companion to chives, tomatoes, carrots and roses. 'Curly' - best known culinary garnish but can be used as a milder form of Italian parsley in any dish
'Curly'	
'Italian'	Popular and flavorful Italian seasoning that has a flat green leaf & more robust flavor than curly parsley
Rosemary	C, F , annual, great w/ fish, poultry, pork, stews & breads, plant near beans, cabbage & carrots, deters bean beetles & moths, stimulating. 'Gorizia' - very productive, large foliage & light blue flowers w/mild, sweet aroma
'Gorizia'	
'Huntington Carpet'	Woody, groundcover variety possesses thin foliage & blue flowers w/an extremely rich aroma & flavorful taste
'Tuscan Blue'	An upright, bush rosemary, with dark blue-green foliage, blue flowers & traditional flavor
Sage	C , most perennial, great w/ poultry, potatoes and stuffing, companion w/ tomatoes and rosemary, can be used in teas for stimulating effect. 'Berggarten' - produces large, silver leaves, classic culinary sage variety
'Berggarten'	
'Golden'	Ornamental foliage type with oval, medium green leaves and mottled golden edges, milder than average taste
'Pineapple'	Tropical pineapple scented w/ tall upright habit, light green, pointed foliage & red, tubular flowers in summer
'Purple'	Ornamental foliage type with oval, gray to lavender to purple coloring, milder than average taste
'Tricolor'	Ornamental foliage type with oval, grey-green to deep violet-purple leaves blotched with white, mild taste
Stevia	C , annual, natural, strong sugar substitute, to be used in baking and teas, use sparingly fresh or dried
Tarragon	C , perennial, use in fish, chicken, beef, lamb, eggs, rice & sauces (béarnaise), can tolerate partial shade
Thyme	C , perennial, good w/ most foods, excellent groundcover, great companion to most herbs & veggies, especially eggplant & cabbage. 'French' - most commonly used culinary variety, a.k.a. English thyme, sweet aroma
'French'	
'Golden Lemon'	Ornamental & culinary variety that has showy, golden foliage with a complementary, fresh lemon taste
'Hi Ho Silver'	This variety is highly attractive with light green foliage, bright silver margins, perfect in the fairy garden
'Woolly'	Soft, fuzzy, silver-grey tiny foliage makes the perfect groundcover in between stepping stones & in rock gardens

C = Culinary Herb, most commonly used in cooking

F = Fragrant Herb, most commonly used as flower or foliage interest in gardens, potpourri, and in dried flower arrangements