

# Cooking From Your Herb Garden

## Why grow a year round herb garden?

- Cost
- Flavor
- Convenience
- Bee and butterfly and other good bug attractors

## Planning your herb garden

- Grow what you like and will use – not what is on someone's list
- Put as close to the kitchen as possible for convenient access
- Identify area and micro climate
- Annuals versus Perennials,
- Garden Design – perennials are the backbone, set aside areas for annuals to fill in

## Top 5 Annuals

1. Basil      not cold tolerant, will turn black when temp below 40 degrees  
Many types, large or small, purple, ruffles, more intense flavor
2. Cilantro – AKA Chinese parsley. When the plant is growing it is called cilantro – leaves are used. After it is gone to seed, the seeds are dried and ground and called coriander – different flavor – 2 herbs from 1 plant.
3. Dill – needs sun & grows very tall – use fronds and seeds
4. Stevia – intense natural sweetener – no cal, no carb
5. Borage – delicious and great bee attractor but massive re-seeder

## Top 10 Perennials (including Biennials)

1. Parsley – Italian or curly leaf
2. Sage – salvia – many types
3. Rosemary – creeping not as good for cooking
4. Thyme – heat and drought tolerant, many types – don't use creeping or woolly for cooking
5. Oregano – use the Greek, Turkish or Italian, Mexican is a different plant. Leaves are more intense dried than fresh
6. Chive – smallest onion relative, bulb forming
7. Marjoram – similar but more intense than oregano

8. Tarragon - French is the best, Russian not as flavorful
9. Lavender – French, Egyptian, Spanish, English
10. Mint – grow in pots sunk into ground or in containers, don't mix lemon or chocolate or other types

### **10 Most Common Mistakes**

1. Choosing unhealthy herb plants
2. Planting herbs in the wrong environment
3. Not cutting back enough
4. Overcrowding
5. Allowing flowers to turn to seeds
6. Using chemicals
7. Not paying attention to the small details (water, insects)
8. Not watering properly
9. Not protecting herbs enough
10. Not fertilizing

### **Using Herbs**

1. Fresh – harvest with scissors
2. Drying – hang bunches
3. Dehydrator – lowest setting, lots of air
4. Freezing in ice cubes or oil
5. Infusions – vinegars, oils, salts, liqueurs

### **Recipes**

Herb salad  
Pestos  
Chimichurri