Culinary Herbs In Your Garden and Your Diet

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First things first...

- How do you say it??
- What is it?
 - any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume
 - any seed-bearing plant that does not have a woody stem and dies down to the ground after flowering
- Herb vs Spice
 - any of various aromatic vegetable products (such as pepper or nutmeg) used to season or flavor foods

How We Know Herbs

Culinary
Medicinal
Fragrant
Historical



Nancy's Top 10 Culinary Herbs

- Basil
- Chives
- Cilantro
- Dill
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

Basil Ocimum basilicum

- Tender Annual
- 35 species
- Sow seeds in moist, medrich soil
- Sprigs can be rooted in water
- Leaves, seeds, self-seeds
- Use fresh or dried
- Warm, spicy flavor, compliments garlic
- Used in Italian cooking, pesto
- Rub fresh leaves on insect bites to relieve itch



Genovese



Purple Ruffles



Holy Basil

Chives Allium schoenoprasum

- Perennial
- 700 species
- Onion, garlic, leeks, shallot family
- Seeds, bulbs in rich, welldrained soil, full sun
- Leaves, flower, bulb
- Use fresh or dried
- Good in egg dishes, salads, vegetables
- Deters aphids

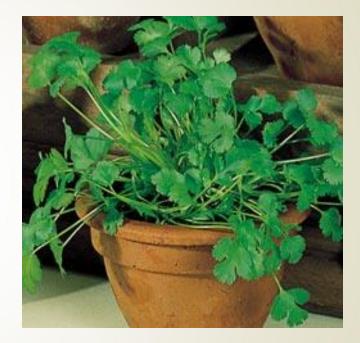


Garlic Chives



Coriander (Cilantro) Coriandrum sativum

- Annual
- 2 species
- Sow seeds in well-drained soil, self seeds
- Leaves, seeds, stem, root
- Use fresh or dried leaves
- Seeds dried whole or crushed – coriander – breads, soup, curry
- Bolts in heat
- Love it or hate it your genetics
- Seeds found in King Tut's tomb



Dill Anethum graveolens

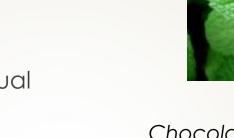
- Annual, biennial
- 2 species
- Sow seeds in moist, well-drained soil, sun, can self seed
- Leaves, seeds, flower head
- Anise-like flavor
- Fish, pickles, egg dishes, salad
- Used in charms against witches





Mint Mentha sp.

- Perennial, annual
- 25 species
- By seed or division in moist, well-drained soil, sun to part-shade
- Leaf
- Use fresh or dried
- Menthol flavor, cool and warming
- Can be invasive
- Symbol of hospitality



Chocolate Mint





Ginger Mint

Parsley Petroselinum crispum

- Biennial
- 3 species
- Leaves, seeds, root
- Use fresh, dried, frozen
- By seed or transplant in moist, well-drained soil, sun to part-shade
- Rich in Iron, Vitamin A, C and E
- Chew to freshen breath, help indigestion
- Sacred to Persephone, Queen of the Underworld



Flat Leaf



Curly

Rosemary Rosmarinus officinalis

- Perennial, annual
- 2 species
- By seed, transplant or cuttings in well-drained soil, sun
- Leaf, flower
- Use fresh, dried, frozen
- Lamb, pork, chicken, vinegars, marinades, bread
- Means "Dew of the Sea"
- Symbol of fidelity, remembrance



Prostrate



Tuscan Blue

Sage Salvia officinalis

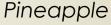


Common

- Perennial, biennial, annual, evergreen shrub
- 900 species
 - By transplant or cuttings in well-drained soil, sun
- Leaf, flower
- Use fresh, dried
- Strong, best used by itself
- Pork, lamb, strong meats, vegetables
- Important bee plant
- Means "To be well"







Tricolor

Thyme Thymus vulgaris

- Perennial, shrub
- 350 species
- Leaf
- Use fresh, dried
- By seed, transplant or cuttings in well-drained soil, sun
- Meat, stews, root vegetables
- Antiseptic, preservative, used for embalming by Egyptians
- Protects paper from mold
- Means "Courage"



English



Variegated



Lemon

Other Culinary Herbs...

Aloe vera

- Sun, light shade
- Seed, self-seed
- Gritty, well-drained
- Young leaves



Beebalm (Bergamot) Monarda didyma

- Sun, part shade
- Seed, cuttings
- Rich, light, moist soil
- Leaves,flowers





Borage officinalis



- Sun
- Seed, self-seed
- Light, welldrained, dry soil
- Flowers, leaves

Fennel Foeniculum vulgare



- Sun
- Seed
- Well-drained loam
- Bulb, leaves, seed



Lavender Lavandula angustifolia

Sun

- Seed, Cuttings
 - Well-drained, alkaline soil
 - Flowers, leaves





Lemon Balm Melissa officinalis



Sun, midday shade

- Seed, cuttings, division
- Moist soil
- Leaves

Lemongrass Cymbopogon citratrus

- Sun

- Division
- Moist soil
- Leaves, stalks



Lemon Verbena Aloysia triphylla

Sun

- Seed, cuttings, division
- Light, welldrained, alkaline soil

Leaves



Salad Burnet Poterium sanguisorba

Sun, light shade
Seed, self-seed
Limy soil
Young leaves



Stevia Stevia rebaudiana

Sun

- Seed, cuttings
- Moist, sandy, acid soil
- Young leaves



Tarragon Artemisia dracunculus

- Sun, sheltered
- Seed, cuttings, division
- Rich, light, dry soil
- Leaves



Preserving Herbs

Dried
Frozen
Oil
Sugar
Salt
Alcohol



Drying Herbs

Use less than fresh

- 1t. dried = 1T. fresh
- Most herbs can be dried
 - Tie in small bunches with string & hang upside down
- Dehydrator
- Screen Drying Racks
- Oven (or hot cars)



- Low light
- Constant temperature
- Far enough apart to allow air circulation
- Label
- Check for mold



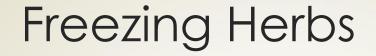


Freezing Herbs

- Same quantity as fresh
- Mainly for cooking
- Use ice tray
 - Top with oil



- After frozen, transfer to zipper bag for long term storage
- Use cubes like fresh herbs



1/3 cup of oil to 3 cups of herbs









Herb Butter



Sugar

- Wonderful for Lavender
 - Strip buds in 1 cup superfine sugar
 - Store in screw top jar
- Vanilla Bean
 - Split and scrape vanilla bean in sugar
 - Store in screw top jar
- Use in cakes, cookies, biscuits, muffins, sugar scrubs





Salt

- Fresh herb mixture washed and dried leaves, snipped
- Lay out on baking sheet
- Pour ½ c sea salt on top, mix together
- Leave in cool oven 90 degrees until dry
- Grind together
- Store in screw- top jar

Oils, Tinctures

- Cold-pressed, organic oils
 - 2 c. Olive, grape seed, sunflower
 - Add fresh, washed leaves to oil
 - Leave for 2 weeks
 - Strain oil and use
- Tincture alcohol based remedy
 - ½ c. fresh leaves, muddled
 - 1c. Brandy, vodka, everclear
 - Mix in dark, glass container
 - Leave for 3 weeks in cool, dark place
 - Strain and store



Herb Gardens

- Culinary garden
- Medicinal garden
- Knot garden
- English cottage garden
- Sensory garden
- Spiral garden
- Incorporated in landscape













