



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
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Basil

Ocimum basilicum

- ▶ Tender Annual
- ▶ 35 species
- ▶ Sow seeds in moist, med-rich 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, well-drained 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

Peppermint



*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

- ▶ 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"



Common



Tricolor



Pineapple

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

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

Borago officinalis



- Sun
- Seed, self-seed
- Light, well-drained, 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 citratus

- Sun
- Division
- Moist soil
- Leaves, stalks



Lemon Verbena

Aloysia triphylla

- Sun
- Seed, cuttings, division
- Light, well-drained, 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



Freezing 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
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Enjoy!

