

HERBS AND THEIR USES

ANISE	Small white flowers bloom in midsummer, followed by tiny licorice flavored fruits called aniseed. Height: 18" Spread: 9 - 12" Grow in full sun.	
	Uses	Rich flavor for cookies, cakes, bread and applesauce. Use in curries and stews.
	Harvesting	About 1 month after flowering, when seeds are ripe but have not fallen, cut flower heads into paper bag. Thresh by hand over sheet of paper.
	Preserving	Allow seeds to dry, and store in closed, dry container.
BASIL	Shiny green leaves, 1-2" long, have a scent like cloves. Repels mosquitoes. Good companion for tomato plants. Height: 12 - 24" Spread: 12" Grow in full sun	
	Uses	Warm, spicy flavor. Use in tomato soup, sauces, salads, omelets, and with meat, poultry and fish.
	Harvesting	Take as needed. For preserving cut plants to 6" once or twice.
	Preserving	Dry or freeze. Leaves can also be kept refrigerated in jars: alternate layers of leaves with salt, and top with olive oil.
CARAWAY	Finely cut leaves and flat, greenish-white flower heads resemble those of carrots. Height: 12 - 24" Spread: 9 - 12" Grow in full sun.	
	Uses	Seeds add tangy flavor to baked goods. Sprinkle over pork, lamb or veal before roasting. Great on baked apples too. Add to cheese dishes, applesauce and apple pie. Use young leaves in salads and soups. Older leaves cook like spinach.
	Harvesting	Cut heads of seeds as they begin to ripen. Pick leaves as needed.
	Preserving	Hang seed heads in a warm dry place to finish ripening.
CHIVES	Thin, tubular, grass like foliage. Clover like lavender flower heads that bloom in mid to late summer. Good companion for carrots. Height: 6 - 10" Spread: 12" Grow in sun or partial shade.	
	Uses	Leaves have a mild onion flavor. Chop them, and add to salads, egg and cheese dishes, mashed potatoes, meat dishes, sandwich spreads and sauces. Flowers are great for cutting.
	Harvesting	Cut often close to the ground.
	Preserving	Either deep freeze them, or pot a few clumps in the fall for winter supply. Keep in a sunny location.
CORIANDER	Parsley like leaves and rosy white flowers are attractive, but their odor is unpleasant until aromatic seeds ripen. Height: 18" Spread: 6 - 9" Grow in full sun.	
	Uses	Grind dry seeds to powder & dust over veal, pork or ham before cooking. Sprinkle on cakes, pastries, cookies or sweet dishes. Use in ground meat, sausage, stews, salads and soups. Leaves taste like dried orange peel.
	Harvesting	Cut seeds heads when ripe. Pick young leaves as needed.
	Preserving	Spread seed heads on trays to dry in sun or mild artificial heat. Thresh by hand. Store in jars when completely dry.
MARJORAM, SWEET	Oval, gray green leaves feel soft and velvety. White or pale purple flowers are valued for their fragrance. Height: 24" Spread: 12 - 18" Grow in full sun.	
	Uses	Sprinkle chopped leaves fresh or dry over lamb, pork and veal before roasting. Use to flavor soups, stews, stuffing, eggs and cheese dishes.
	Harvesting	Pick leaves as needed. For drying, cut before flowers open in mid summer.
	Preserving	Dry leaves.
OREGANO	Small white, pink or purple flowers are fragrant, but pinch them back to encourage leaf production. Height: 24" Spread: 18 - 24" Grow in full sun.	
	Uses	Dried leaves frequently used in Italian, Spanish and Mexican cooking - especially in meat and tomato sauces. Use in salads, stews, stuffing, eggs and cheese dishes.
	Harvesting	Pick leaves as needed. For drying, cut top 6" off stems just before flowers open.
	Preserving	Dry leaves.

PARSLEY	Bright green, crinkly leaves and compact growth habit. Excellent for borders. Interplant with roses and tomatoes. Height: 12” Spread: 12” Grow in full sun.	
	Uses	Mix leaves into salads, soups, stews, casseroles, and omelets. Serve fresh as garnish. Used to sweeten breath after eating onion, garlic or drinking alcohol.
	Harvesting	Cut stems as required – no more than 2 or 3 at a time from any one plant.
	Preserving	Freeze or dry by dipping in boiling water and placing on a pan in very hot oven for about 1 min.
PEPPERMINT	White or purple flower spikes are attractive, but pinch them off to encourage leaves. Mints are repellent to white cabbage butterflies. Height: 18-30” Spread: 12 – 18” Grow in shade	
	Uses	Brew leaves into tea, or use to garnish cold drinks. Sprinkle dried or fresh leaves over lamb before cooking. Used commercially in chewing gum, mouthwash and candy.
	Harvesting	Pick leaves as needed. For double crop, cut plant to ground in mid summer.
	Preserving	Dry or freeze leaves.
ROSEMARY	Glossy, needlelike leaves have a piney scent. Lavender or blue flowers bloom in early summer. Repellent to cabbage butterflies, carrot flies and mosquitoes. Height: 12-24” Spread: 12” Grow in sun to partial shade	
	Uses	Insert a sprig or two into lamb, pork veal or poultry before roasting. Toss some onto charcoal over which beef, chicken or ribs are cooking. Sprinkle chopped leaves over beef or fish before broiling. Use sparingly in soups, stews, sauces and vegetables. Add to boiling water when cooking rice. Tasty tea.
	Harvesting	Cut sprigs as needed.
	Preserving	Dry or freeze leaves.
SAGE	Narrow gray green leaves sometimes have white, purple, or yellow variegations. Do not grow sage near annual seed beds, as it inhibits root production. Height: 24” Spread: 18: Grow in full sun.	
	Uses	Dried leaves are traditional in poultry stuffing. Use also with lamb, pork, sausage, and in cheese dishes and omelets.
	Harvesting	Pick leaves as needed. For drying, cut top 5 – 6” of stalks before flowering in early summer, repeat as new growth develops.
	Preserving	Dry leaves.
SUMMER SAVORY	Small aromatic leaves are shiny green. Tiny lavender flowers cover plant in mid summer. Interplant with green beans and onions for increased yield and better flavor. Height: 12 – 18” Spread: 6 – 12” Grow in sun or partial shade.	
	Uses	Great in sausages, stuffing, meat pies, soups, stews, bean dishes, rice and sauces for pork, lamb, veal and poultry. Add fresh leaves to salads, fish dishes and omelets. Brew into fragrant, tangy tea or add to vinegar for salad dressing.
	Harvesting	Leaves are most flavorful before flowering.
	Preserving	Dry leaves.
THYME	Shrubby and low growing, with aromatic, gray-green foliage. Good as edging plant or low border. Small, lilac colored flowers appear in mid summer. Height: 8” Spread: 9 – 12” Grow in full sun	
	Uses	Rub chopped leaves into beef, lamb, veal or pork before roasting. Sprinkle over eggs, cheese dished, fish, vegetables or poultry. Add to soups, stews, stuffing or rice. Brew into tea with a little rosemary and mint.
	Harvesting	Pick leaves as needed. For drying, cut plants just before flowers open in mid summer.
	Preserving	Dry leaves.
SPEARMINT	White or purple flower spikes are attractive, but pinch them off to encourage leaves. Mints are repellent to white cabbage butterflies. Height: 18 – 30” Spread: 12 – 18” Grow in sun or partial shade.	
	Uses	Spearmint is generally used to make mint sauce or jelly. Brew in tea, or use to garnish cold drinks. Sprinkle dried or fresh leaves over lamb before cooking. Used commercially in chewing gum, mouthwash and candy.
	Harvesting	Pick leaves as needed. For double crop, cut plant to ground in mid summer.
	Preserving	Dry or freeze leaves.