


ALL HERBS... all the time

- Select
- Plant
- Grow
- Cultivate
- Create
- Preserve
- and ENJOY

Susan Liechty
Lunch & Learn - 2022



1

"Herbs are defined as plants (trees, shrubs, vines, perennials, biennials or annuals) valued historically, presently, or potentially for their flavor, fragrance, medicinal qualities, insecticidal qualities, economic or industrial use, or in the case of dyes, for the coloring material they provide."

Holly Shimizu

What is an herb? "The friend of physicians and the praise of cooks".....Charlemagne

2

The focus will be on Culinary Herbs and what to do with them throughout the season

Why pick these herbs?



Not your grandma's herbs

Basil
Rosemary
Thyme
Parsley
Cilantro
Sage
Oregano
Tarragon

Anise Hyssop
Chervil
Elderberry
Lemon Grass
Lemon Verbena
Pineapple Sage
Saffron
Salad Burnet

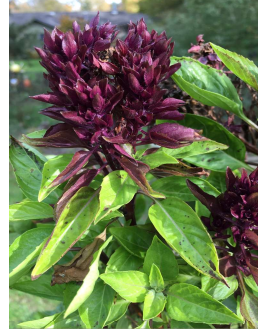
3

BASIL

- Annual
- Can grow to 2' tall and bushy
- Prune often to encourage bushy growth habit

Varieties:
Cinnamon
Cardinal
African Blue
Globe
Lemon and Lime
The most popular variety is Genovese Basil

Uses
Caprese salad
Pesto
Salts
Vinegars
Butter



Cardinal Basil


4

ROSEMARY

- Tender Perennial
- Can grow to 3-5'tall (wintered over)

Varieties:
Arp
Tuscan Blue
Barbecue

Uses:
Salt
Mediterranean blends
Vinegar
Oil
Butter




5

THYME


- Perennial
- Used as ground cover or can grow to 1-2' tall
- Prune to encourage growth/before flowers form

Varieties
French or English is the most used for culinary
Lemon
Lime

Uses
Butter
Salt
Blends
Zatar



6



PARSLEY

- Biennial
- Can grow to 2' tall
- Prune often

Varieties
Italian
Curly
Hamburg

Uses
The most used herb around the world
Can be used with almost every herb

Petroselinum crispum

7

SAGE

- Perennial
- Can grow to 3' tall
- Prune often

Varieties
Salvia officinalis is the best for culinary
Berggarten
Golden
Purple

Uses
Salt
Infuse in honey for sore throats
Tea blends
Butter for the holiday season



Salvia officinalis

8

CILANTRO/ CORIANDER




- Easy to dry
- Direct sow
- Best planned for bi-weekly planting to have it available for tomato/pepper season
- Bolts quickly then becomes bitter

Varieties (slower bolting)
Costa Rica
Leisure
Long Standing

Uses
Salsa
Green sauces - chimichurri
Mexican cooking

This is an herb that is divided among the population. Many folks possess a chemical that makes cilantro taste like soap.

9



- Perennial
- Easy to trim back and dry

Varieties
Marjoram
Italian
Green

Uses
Pasta and pizza
Sauces

Origanum

OREGANO

10

TARRAGON



- Perennial
- Licorice flavor
- Easy to trim back

Varieties
French for cooking
Russian for crafts

Uses
Vinegar & vinaigrette
Seafood

Artemisia dracunculus

11


Not your Grandma's herbs – variety is the spice of life!

Anise Hyssop

- Leaves have a mild licorice flavor
- Full sun
- Flowers are more floral taste

Varieties
Alabaster
Blue Blazes
Golden Jubilee

Uses
Dry and sprinkle over food - salads
Baked goods
Tea
Flavor liqueurs



Agastache foeniculum

12

Chervil



Anthriscus cerefolium

- Has a parsley flavor, aka: French parsley
- Dry leaves, like you would parsley or cilantro
- Light shade - Annual
- Does not transplant well

Uses

Vinegars
Used in a blend – Fine Herbes
Butters
Raw in salads
Top soup and casseroles

13

Elderberry



- A great addition to the garden for the berries and the flowers
- Perennial that can grow up to 8' + tall
- Great shrub for birds/wildlife

Varieties

American elderberry
Black Lace +++

Uses

Berries are for jam/jelly/sauces
Berries are the Sambuca products for cough syrup and colds
Flowers are used in liqueurs

Sambucus nigra (European Elderberry)

14

Lemon Verbena



Aloysia triphylla

- Annual
- Can grow to 3-4' + tall
- It can be shaped as a bush or a tree (pruning)

Uses

Baked goods
Tea
Beverages
Vinegar
Used in home products
Jelly
With fruit

15

Lemon Grass



- Plant as a 'wall' for privacy
- Annual
- Grows quickly
- Infuse leaves and bulb roots

Uses

Thai/oriental cooking
Flavors soups/broths
Tea
Perfumes and soaps

Cymbopogon citratus

16

Pineapple Sage



Salvia Elegans



- Prune to bush out
- Annual
- Flowers taste a little like honeysuckle
- Leaves taste a little like pineapple
- Use young leaves

Varieties

Golden Delicious
Honey Melon
Frieda Dixon (pink)

Uses

Tea
Simple syrup
Sugar
Baked goods

17

Saffron



Crocus Sativus

- a corm that is planted in August harvested in Oct – Nov
- A single flower from each corm
- The corm has 'daughters' (small corms) that multiply in the 2nd and 3rd year
- Harvest the 3 red stigmas for drying

Uses:

Medicinal
Paella and risotto
Flavors rice, pasta, sauces
Baked goods
Saffron salt
Dye materials
Colors liqueurs

18

Salad Burnet



- Has the flavor of nutty cucumber
- Perennial

Uses

Mix in with salads
Butters
Seafood
Salt
Vinegar

Potentilla sanguisorba

19

What to do with your herb harvest – all season long!

Use them or lose them!

You need to cut often to stimulate full plants before they go to flower
The taste can often turn bitter if left to flower (oregano, basil and cilantro)

20



Prune under the top set of leaves to encourage bushy habit



21

Preserving Herbs

Herbs can be preserved in many ways, as a single herb or mixes

- | | |
|-----------------|-----------------------------|
| ❖ Freezing | ❖ Cheese |
| ❖ Drying | ❖ Mustard |
| ❖ Herb Oils | ❖ Jams/jelly |
| ❖ Vinegars | ❖ Salts and sugars.....plus |
| ❖ Butters | |
| ❖ Liqueurs/wine | |

22

DRYING HERBS



Pick in the AM when dew is off - before the hot sun comes out

Airflow is key

Dry until "cornflake crisp"

Storage

No heat – in other words.....not next to your stove

6 months storage is best but up to 1 year is OK




23



FREEZING HERBS

24




SALT
SUGAR

Salts and sugars can be blended in two ways:

1. Layer the herbs with salt or sugar
2. Process in a food processor to blend

25



HONEY

Honey should be heated but NEVER boil. Infuse herbs in honey for 1 – 4 hours, strain then bottle

Choices: red or white wine vinegars, apple cider, balsamic, and rice wine


Infuse herbs in glass container for 2-4 weeks, strain then bottle

VINEGAR



26

SIMPLE SYRUP




Equal amounts of sugar/water depending on ratio desired

Boil until sugar is dissolved - add herbs – steep- strain then bottle

Use unsalted butter
Blend in food processor – wrap - freeze

HERB BUTTER



27

Design a Cocktail Garden

- Marigold
- Borage
- Thyme
- Basil
- Rosemary
- Bachelor Button
- Sage and more



28

Ten Tips for Cooking with Herbs

- ☼ Use fresh over dried whenever possible
- ☼ Throw out all the rules – use your nose and your palette
- ☼ Experiment, Experiment, Experiment
- ☼ Use as soon after harvesting as possible
- ☼ Avoid the use of harmful chemicals on your herbs
- ☼ Savor the flavor
- ☼ Combine herbs that will enhance the taste of your food – not overpower it
- ☼ Wash thoroughly just before using
- ☼ Do not chop too finely
- ☼ Correctly identify your herb


Rule of thumb
1 Tablespoon fresh = 1 teaspoon dried

29

Sources and a few fun websites to explore:

- The Herb Society of America (Herb of the Month)
www.herbsociety.org
- <https://www.jamieoliver.com/features/how-to-use-herbs/>
- <https://www.eatingwell.com/article/7828303/guide-to-cooking-with-fresh-herbs/>

Google searches are endless for using and cooking with herbs and spices....Happy searching and cooking!



30