ALL HERBS...
all the time

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

Susan Liechty
Lunch & Learn - 2022

"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

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

Basil
Rosemary
Thyme
Parsley
Cilantro
Sage
Oregano
Tarragon

Why pick these herbs?

- 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

Not your grandma’s herbs

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

BASIL

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

Varieties:
- Arp
- Tuscan Blue
- Barbecue

Uses:
- Salt
- Mediterranean blends
- Vinegar
- Oil
- Butter

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
**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*

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**SAGE**

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

**Varieties**
- Italian
- Curly
- Hamburg

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

*Salvia officinalis*

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**CILANTRO/ CORIANDER**

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

**Varieties (slower bolting)**
- Costa Rica
- Leisure
- Long Standing

**Uses**
- Salsa
- Green sauces - chimichurri
- Mexican cooking

**OREGANO**

- Perennial
- Easy to trim back and dry

**Varieties**
- Marjoram
- Italian
- Green

**Uses**
- Pasta and pizza
- Sauces

*Origanum*

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**TARRAGON**

- Perennial
- Licorice flavor
- Easy to trim back

**Varieties**
- French for cooking
- Russian for crafts

**Uses**
- Vinegar & vinaigrette
- Seafood

*Artemisia dracunculus*

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**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*
Chervil
- 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

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

Lemon Verbena
- 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

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

Pineapple Sage
- 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

Saffron
- 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
Salad Burnet

- Has the flavor of nutty cucumber
- Perennial

**Uses**
Mix in with salads
Butters
Seafood
Salt
Vinegar

*Poterium sanguisorba*

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)

Preserving Herbs

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

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

**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

FREEZING HERBS
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

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

Design a Cocktail Garden
• Marigold
• Borage
• Thyme
• Basil
• Rosemary
• Bachelor Button
• Sage and more

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/

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

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