



Herbs 'r' Us

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What is an Herb?

"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

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What is a Spice ?



A variety of aromatic and pungent vegetable substances, such as cinnamon or nutmeg, used to flavor foods or beverages.

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HINT:

- Herbs are the leaves, stems and flowers of plants
- Spices are the roots, bark and seeds of plants

Most of the time!!!

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How to Grow?

Cuttings, Divisions, Seeds and Propagation are all ways to increase your collections.



Herbs like:

- ☀ to be in the sun (6+ hours)
- ☀ have their soil at a 6.5-7.5 pH level
- ☀ and have good loamy soil

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What do you want from your herb garden?

- ❖ Culinary - thyme, rosemary, sage, oregano, basil, tarragon, arugula, dill
- ❖ Medicinal- thyme, comfrey, echinacea, monarda, lavender
- ❖ Pollinator Garden- borage, thyme, alliums, chamomile, hyssop, sage, fennel
- ❖ Cutting Garden - roses, sage, lilies, lavender, scented geraniums
- ❖ Crafting - lavender, artemisia, cockscomb, globe thistle, strawflower, yellow
- ❖ Formal - lavender, artemisia, rosemary, echinacea, boxwood

.....a small list of suggested herbs

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Use them or lose them!



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Top 10+ Herbs

- ✿ Basil
- ✿ Chive
- ✿ Dill
- ✿ Garlic
- ✿ Mint
- ✿ Oregano and Marjoram
- ✿ Parsley
- ✿ Rosemary
- ✿ Sage
- ✿ Tarragon
- ✿ Thyme

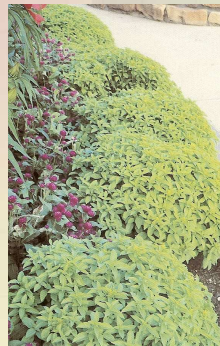
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Basilicum

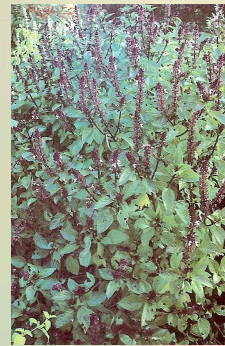


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Globe Basil



Cinnamon Basil



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Cardinal Basil



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Pruning Basil



Prune often to encourage bushing out of the plant. You can also eat the flowers.

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Allium



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Pruning chives



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Garlic



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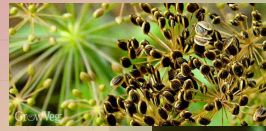
Garlic Scapes

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Anethum graveolens



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Mentha

Orange Mint

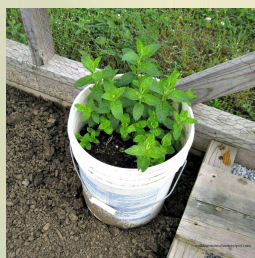


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How to keep mint out of your neighbor's yard!!!



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Mint Julep controversy
Spearmint or Kentucky Colonel



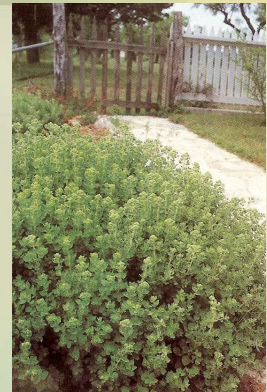
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Pruning Mint



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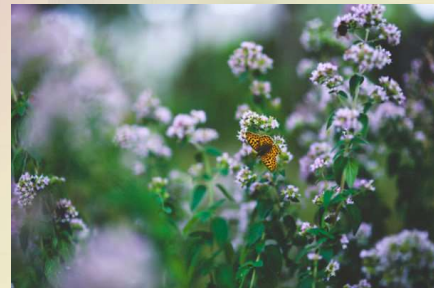
Origanum



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Pruning Oregano



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Strip off bottom foliage – bundle together with rubber band and hang upside down to dry



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Petroselinum crispum

Curley Parsley



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Italian Parsley

P. crispum tuberosum



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Rosmarinus



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Rosemary in bloom

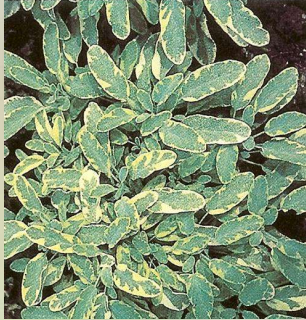
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Pruning Rosemary



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Salvia



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Salvia – Garden sage in bloom

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Pruning Sage



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Tarragon



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Russian vs French vs Texas????

French – *Artemisia dracunculus sativa*

Russian – *Artemisia dracunculoides* Pursch

Texas – *Tagetes* Lucinda



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Thymus



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Mother of Thyme



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Notable Mentions

- ✿ Lavender
- ✿ Lemon Balm
- ✿ Lemon Verbena
- ✿ Scented Geraniums
- ✿ Borage
- ✿ Stevia
- ✿ Aloe Vera



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Lavenders



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Lavendula stoechas
AKA
French, Spanish or Butterfly Lavender



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Lemon Balm



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Lemon Verbena



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Lemon Grass used as a
screen

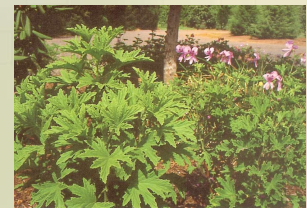
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Lemon Grass roots



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Scented Geraniums



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Borage



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Stevia



Aloe



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Tomatoes love basil!



<https://www.kelloggsgarden.com/Companion-Planting-Guide.pdf>

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Container Planting The right pot for the job!

- ✿ Glazed vs terracotta, cement (more porous)
- ✿ Lightweight – fiberglass – polyethylene
- ✿ Use saucers
- ✿ Use casters or stands
- ✿ Vary shapes – and stay with complementary colors
- ✿ Avoid containers narrowed at the top – difficult to remove
- ✿ Drain holes
- ✿ Use a potting mix – not garden soil

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Preserving Herbs

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

- ✿ Freezing
- ✿ Drying
- ✿ Herbed Oils
- ✿ Vinegars
- ✿ Butters
- ✿ Liqueurs/wine
- ✿ Salts and sugars.....plus

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How to use in the kitchen

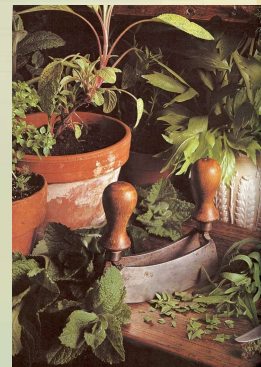
One teaspoon
of dried

(add during cooking)

“kinda a” equals

One tablespoon
of fresh

(add at end of cooking)



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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

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References

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Magazines, Publications or Organizations

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Herb Quarterly
Mother Earth Living

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Books

Complete Book of Herbs
The Pleasure of Herbs
Parks Success with Herbs
Magic and Medicine of Herbs

Lesley Bremness
Phyllis Shaudys
Gertrude Foster and Park Seeds
Readers Digest

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*I hope you will
enjoy the special
holiday inspired
cookbook provided
today and thank
you for attending!*

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