**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, yallow
- **Formal** – lavender, artemisia, rosemary, echinacea, boxwood

......a small list of suggested herbs
Use them or lose them!

Top 10+ Herbs
- Basil
- Chive
- Dill
- Garlic
- Mint
- Oregano and Marjoram
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme

Basilicum

Globe Basil

Cinnamon Basil

Cardinal Basil
Pruning Basil

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

Allium

Garlic

Garlic Scapes
Anethum graveolens

Mentha

Orange Mint

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

Mint Julep controversy
Spearmint or Kentucky Colonel
Pruning Mint

Origanum

Strip off bottom foliage – bundle together with rubber band and hang upside down to dry
**Petroselinum crispum**
Curley Parsley

**Italian Parsley**
*P. crispum tuberosum*

**Roscarius**
Rosemary in bloom

**Pruning Rosemary**
Salvia

Salvia – Garden sage in bloom

Pruning Sage

4-6 inches

Tarragon
Russian vs French vs Texas???
French – Artemisia dracunculus sativa
Russian – Artemisia dracunculoides Pursch
Texas – Tagetes Lucinda

Thymus

Mother of Thyme

Notable Mentions
- Lavender
- Lemon Balm
- Lemon Verbena
- Scented Geraniums
- Borage
- Stevia
- Aloe Vera

Lavenders
Lavendula stoechas
AKA
French, Spanish or Butterfly Lavender

Lemon Balm

Lemon Grass used as a screen

Lemon Grass roots

Scented Geraniums
Borage

Stevia

Aloe

Tomatoes love basil!

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

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

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)
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

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

References

WEBSITES:
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- Mrs. Grieve – A Modern Herbal: botanical.com
- Penney’s Herbs & Spices: gardensilades.com
- Cooking: epicurious.com
- United Plant Savers: unitedplantsavers.org
- American Botanical Council: abc.herbalgram.org
- The Herbal Academy: theherbalacademy.com

Magazines, Publications or Organizations
- Herbal Gram
- Herb Quarterly: www.herbquarterly.com
- Mother Earth Living: www.motherearthliving.com

Books
- Complete Book of Herbs: Lesley Bremness
- The Pleasure of Herbs: Phyllis Shaudys
- Parks Success with Herbs: Gertrude Foster and Park Seeds
- Magic and Medicine of Herbs: Readers Digest