



LET'S LEARN ABOUT HERBS

Cultivating ideas for a better life



SEEDS



Basil

Borage

Calendula

Chamomile

Chives

Cilantro

Fennel

Dill

Echinacea

Fennel

Hyssop

Lavender

Lemon Balm

Lemon Mint

Lovage

Marjoram

Marshmallow

Oregano

Parsley

Peppermint

Rosemary

Sage

Shiso

Sorrel

Stevia

Summer Savory

Tarragon

Thyme

Yarrow

GARDEN PLANNING

GROW INSIDE



Light

6+ hours of direct sunlight per day.



Season

During winter we suggest a grow lamp.



Soil

Use a standard potting mix.



Container

Make sure they have drainage and are larger than the recommended size in the reference table

GARDEN PLANNING

GROW OUTSIDE



Light

Choose an area outdoors that receives direct sunlight for 6+hours per day.



Season

Early spring after the ground is defrosted.



Soil

Herbs thrive in rich, free draining soil.



Container

Outdoors, plants benefit from larger pots - ideally 2x whats in the reference table.

SEED STARTING



Soaking

Your larger seeds like sunflower, peas, corn, cilantro, beets, wheatgrass all need to soak f before planting.



Planting herbs you want a seeding of 2-3 seeds per spacing. For microgreen growth see seed density



Seeds should be about 1 inch under the soil whe planting for herbs. For microgreens seeds are places onto of medium.

Most herbs are native to the Mediterranean, so the trick to supporting their growth is to provide similar conditions. This means plenty of sun, moderate temperatures, and soil with good drainage.

IDEAL CONDITIONS



Cover your seeds in plastic wrap for the first three days to speed up the germination period.

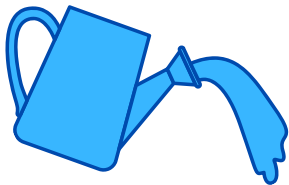
Basil likes heat you can use a heating pad, underneath to speed up germination.

Cilantro seeds need to be split and they prefer cold.

70 — **80** °F

Keep Moist

WATER

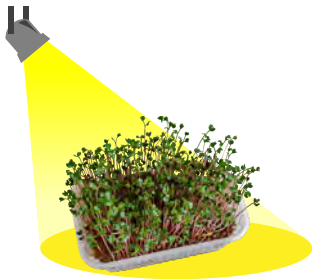


Herbs like to stay moist & require daily to weekly watering. See herb page for each individual herb.



Check on your herbs every other day. If you notice wilting with wet soil, you're watering too much. If it's dry, give it a little extra.

LIGHT



Herbs need 6+ hours of direct sunlight everyday. We recommend using a grow light if natural light is unavailable especially during winter months.



Not Enough light plants stretch then die.



Okay Light Leggy (tall and skinny).



Good Light! Compact and bushy.

SOIL

Soil Use a potting mix that is free draining. Best if it has an initial charge of slow release fertilizer.



A seed already contains a tiny plant held inside of a protective shell - it's just in a deep sleep. Germination is the act of 'waking up' the plant, allowing it to break free and grow. When plants get too crowded, things can get dark and stagnant in the under-story. Thin to 1 plant per pod to let light and air in for long term health

Transplant

Once the plant has three sets of mature leaves you're ready to transplant the pods into a larger container. We suggest pots that are 6" in diameter. If you remove the flowers from the herbs they won't complete a full life cycle which forces them to stay growing for longer. Pro tip: the flowers are edible.



1 - 2 WEEKS

Germination is the act of 'waking up' the plant, allowing it to break free and grow.



2 - 4 WEEKS

Thin to 1 plant per pod to let light and air in for long term health. When plants get too crowded, things can get dark and stagnant.



4 - 6 WEEKS

Once the plant has three sets of mature leaves you're ready to transplant the pods into a larger container. We suggest pots that are 6" in diameter.



LONG TERM CARE

Remove any flowers If you remove the flowers from the herbs they won't complete a full life cycle which forces them to stay growing for longer.



BASIL

Ocimum basilicum
Annual

Days to Maturity: Annual, variety and climate dependent

Hardiness Zone: 4-10

Planting Depth: 1/8"

Plant Spacing: 12-18"

Growth Habit: Upright

Soil Preference: Well-drained and moist **Temp**

Preference: Warm

Light Preference: Full sun

Color: Green or purple

Flavor: Anise and licorice-like flavor with sweetness

Sowing and Growing

Start basil indoors 3 to 4 weeks before the last frost. Start in plug trays or pellets and place in a warm spot. Make sure soil doesn't go below 72 degrees during the germination phase, which takes 8 to 14 days. Once seeds sprout, move to a location where there is full sun. Basil plants prefer soil that is moist but not soggy.

Basil may be the champion of the herb world- it's wide use and powerful flavor make it one of the most popular herbs on the planet. Basil is a delight to the senses and well worth growing in your herb garden. Lemon Basil, Thai Basil, and Dark Opal Basil are just a few available varieties.

Harvesting

Pruning the plants before they set flowers will keep the plant producing fresh leaves through-out the season. Prune about once a month. A shot of liquid nitrogen fertilizer, at pruning time if your soil is not particularly fertile, will help the plants recover. Eat basil often and dry or freeze leaves throughout the summer. Make your final harvest before the first frost of fall, as the plant will not survive the cold.



BORAGE

Borago officinalis
Annual



Days to Maturity: Annual, 64-72

Hardiness Zone: 3-10

Planting Depth: 1/4 - 1/2"

Plant Spacing: 15-18"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green, with blue flowers

Flavor: Strong cucumber flavor

BORAGE is one of the most unique additions to your herb garden with its wide applications as an herb, flower, and vegetable. Throughout the ages, borage has had many uses in traditional herbal medicine, one of them being the alleviation of menstrual pains. The young leaves and flowers are edible with a cucumber-like taste, the blue flowers make a summer treat frozen into ice cubes. Bees and other beneficial insects love it.

SOWING AND GROWING

For best results, direct sow seed after the last frost for summer blossoms. Prefers well-drained soil and will often reseed itself. A great companion plant for strawberries, borage brings pollinators and repels harmful insects. 5 to 10 days for germination.

HARVESTING

Once the plant is fully established, pick young leaves anytime. Leaves are most flavorful just after harvest. The longer they are allowed to dry, the more they lose their flavor. Allow the plant to flower and pick blossoms for culinary and/or aromatic uses.



CALENDULA

Calendula officinalis
Annual



- Days to Maturity:** Annual, 60+
- Hardiness Zone:** 3-9
- Planting Depth:** 1/2"
- Plant Spacing:** 12"
- Growth Habit:** Upright
- Soil Preference:** Loamy and well-drained
- Temp Preference:** Cool
- Light Preference:** Full sun, part shade
- Color:** Green and yellow
- Flavor:** Herbal and slightly sweet

SOWING AND GROWING

Calendula seeds have a wild-flower-like hardiness and can be started inside or sown directly in the garden. Plant seed half, inch deep, and thin to 10 to 12 inches apart. Germination time is about 15 days. Keep moderately watered and cut blossoms often or remove spent flowers to prevent seed heads from forming.

CALENDULA is a vibrant addition to any herb or flower garden. Also called Pot Marigold, the fresh and dried flower petals have multiple uses. Add them to soup for a beautiful color, mix with butter or cream cheese or sprinkle on top of your salad. As a cool season annual, it blooms best before the heat of summer arrives. Calendula will often self-sow and find its way to ideal spots in the garden.

HARVESTING

Cut the blossoms when they are just fully open but before they begin to set seed. Remove the petals from the disk to use fresh or spread on wax paper to dry. Store dried petals in a jar in a cool and dark space.



CHAMOMILE

Matricaria recutita
Annual



Days to Maturity: Annual, 60+

Hardiness Zone: 1-13

Planting Depth: 1/2"

Plant Spacing: 8-12"

Growth Habit: Upright

Soil Preference: Well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Green, yellow and white

Flavor: Floral

SOWING AND GROWING

Chamomile is an annual suitable for all grow zones. Chamomile does best in well-drained soils with moderate water. Seed can be started inside or sown directly in the garden as long as outdoor temperatures are right. If sowing outside, keep the area moist until germination—two weeks. Thin seedlings to 10 inches apart.



GERMAN chamomile is a self seeding annual that is a lovely addition to any herb garden.

Don't confuse it with Roman

chamomile, *Chamaemelum*

nobile, a perennial that is most often used as a ground cover.

German chamomile grows up to 2 feet with a bright sweet smell.

Small daisy-like white blossoms are harvested and dried for use in tea, potpourri and salves.

HARVESTING

Harvest chamomile blooms when they are fully open.

Simply, pluck buds when the

petals are fanned out. If

the petals are pointing

toward the ground,

they are still harvest-

able. You can also

harvest the flowers with

a couple of inches of stem.

The flowers are very small and

this can make harvesting easier.

Chives

Allium schoenoprasum
Perennial



Days to Maturity: Perennial
Hardiness Zone: 3-10
Planting Depth: 1/4 - 1/2"
Plant Spacing: 6-12"
Growth Habit: Upright
Soil Preference: Rich and moist
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green, and purple
Flavor: Mild onion and hints of verdant spice

SOWING AND GROWING

Start chives outside in early spring as they will germinate in cooler temperatures in 14 days. Warm to temperate seasons are ideal to maintain growth. If you want to plant chives earlier and live in a cold region, start inside 6 to 8 weeks before your average last frost date. Once the seedlings appear, thin the chives to 6 to 8 inches apart.



CHIVES are an easy-to-grow herbaceous and grass-like perennial. They are part of the onion family. Considered essential in all different types of cuisine. Chives are hardy plants that produce large light purple flowers. They love full sun, but will stand 6 hours of sun in a pinch. Chives pack a flavorful punch! Transform any dish from bland to banging!

HARVESTING

Be sure to trim back the flowers as they will readily reseed. Expect flowering to occur in late spring.

The flower buds are edible too and can be used in salads or as a garnish. Cut shoots down as needed to the base, a couple of inches from the ground. Harvest 3 to 4 times the first year, then cut back monthly the next year.

Corriander



Coriandrum sativum
Annual

Days to Maturity: Annual, 50-55
Hardiness Zone: 3-11
Planting Depth: 1/4 - 1/2"
Plant Spacing: 4-6"
Growth Habit: Upright
Soil Preference: well-drained and moist
Temp Preference: Warmer (50-85F)
Light Preference: Full sun or light shade
Color: Green with white or pink flowers
Flavor: Fresh spice and citrusy

SOWING AND GROWING

The way to successfully continue cilantro's growth, is to sow seeds continuously in the spring and fall. This plant grows best in full sun. Heat causes the plant to begin flowering and setting seed. Water young plants consistently for best growth. Avoid overwatering established plants. Germination takes 2 to 3 weeks and produces rapid leaf growth.



CILANTRO adds a unique flavor to many foods, crossing international barriers of cuisine. Part of the Apiaceae family, not only does cilantro (the leaves of the plant) but coriander (the seeds of the plant) lend flavor to dishes. Coriander is often used as a salt replacement. Cilantro looks similar to flat parsley, and is sometimes referred to as "Chinese parsley."

HARVESTING

Cut back the cilantro frequently for controlled and continuous growth. This plant can be harvested 4 to 5 weeks from the time the seeds are planted. Letting some plants set seed and drop on their own will give you plants for next season. For storage, cut the mature seed heads and store in a dry container, such as a paper bag.

Dandelion

Cichorium intybus
Annual



Days to Maturity: Annual 65
Hardiness Zone: 3-9
Planting Depth: 1/4"
Plant Spacing: 8"
Growth Habit: Upright
Soil Preference: Rich and well-drained
Temp Preference: Cool
Light Preference: Full sun, part shade
Color: Green
Flavor: Slightly sweet with hints of bitterness

SOWING AND GROWING

Prepare soil with compost for best results of leaf production. Continue sowing seeds every three weeks for on-going harvests. Keep soil moist but not wet. Allow Italian dandelion to mature for two weeks before beginning the harvest process. Germination can take up to a month.



ITALIAN dandelion is not a dandelion at all but a variety of loose leaf chicory commonly grown in Italy and used in Italian salads. Leafy greens are tender and slightly bitter. It is a cool-weather crop like most plants grown for leaf production. Don't confuse this chicory variety with the invasive species that creeps up in your lawn. Although those are edible also.

HARVESTING

To harvest leaves, cut just above the crown when leaves are 10 to 12 inches in length—any longer will result in a bitter flavor. Try braising these greens as they make a great side dish in any meal. Harvest when the plant is still young and tender. When it goes to flower, it can become more bitter in flavor.

Dill

Anethum graveolens
Annual



- Days to Maturity:** Annual 65
Hardiness Zone: 3-11
Planting Depth: 1/4"
Plant Spacing: 9-12"
Growth Habit: Upright and top-heavy
Soil Preference: Moderately fertile, well-drained
Temp Preference: Warmer
Light Preference: Full sun, part shade
Color: Dark green with yellow flowers
Flavor: Pickley with hints of anise

SOWING AND GROWING

Sow seeds once the soil is able to be worked. Reseed every 2 weeks into midsummer for a continuous supply. Like many herbs, dill can withstand the heat. Germination takes 7 to 21 days and will continue to grow for 4 to 6 weeks. You can plant dill next to cabbage, but keep well away from fennel. You won't need to water dill too much, unless it's potted, then give it 6 to 8 hours of sun each day and water consistently.



DILL is often used as a pickling spice or used to season fish. Dill grows to be 2 to 4 feet high, with sleek green stems and finely cut foliage. The plant is multi-branched and grows yellow flower clusters. Dill is aromatic, has a hint of caraway flavor and is lovely in a cucumber salad. This plant grows throughout summer and peaks in flavor once flowering starts. When grown in ideal conditions, dill will self-seed.

HARVESTING

You can begin harvesting 60 days from the sow date or as soon as the plant has produced several leaves. Depending on the end use of this herb, keep some plants pruned to delay flowering and let others produce flowers.

Echinacea

Echinacea purpurea
Perennial



Days to Maturity: Perennial 64-72

Hardiness Zone: 3-9

Planting Depth: 1/2"

Plant Spacing: 12-15"

Growth Habit: Upright

Soil Preference: Moist, moderate

Temp Preference: Warm

Light Preference: Full sun

Color: Green, and pink

Flavor: Bold, floral, tingly

ECHINACEA is an essential hardy perennial wildflower for your herb garden. Fairly easy to grow, give it sun and moderate water and beginning in its second year, you will be rewarded with plenty of material to harvest. This herb is often used to aid a common cold or flu and immune system support.

SOWING AND GROWING

Sowing seeds directly during the fall is a great way to start your echinacea, as germination is best when it receives winter cold.

Avoid heavy and wet soils.

You can also sow in pots.

Artificial stratification will

greatly enhance germination

which can take up

to 6 weeks inside. To

fill out your patch, let echinacea stand through the winter,

dropping its own seed.

HARVESTING

As a perennial, you don't harvest aerial parts of the plant until year two and whole plants with their taproot can be harvested in peak bloom in year three. Cut back any material remaining in the spring to let the sun in. Thin out

unwanted seedlings. Home

uses include teas, foot soaks and herb baths.

Gently remove blooms and dry by stringing and hanging.



Fennel

Foeniculum vulgare
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 6-9
- Planting Depth:** 1/4"
- Plant Spacing:** 12-18"
- Growth Habit:** Upright
- Soil Preference:** Well-worked and well-drained
- Temp Preference:** Warmer to cooler
- Light Preference:** Full sun
- Color:** Green, white and yellow
- Flavor:** Earthy and mild licorice

SOWING AND GROWING

Sow in spring as soon as the weather is consistently warm. If you're planting indoors, you can sow early as 6 weeks before the last frost, just be sure to use a deep peat pot that can support the long tap root. Fennel can survive some drought, but does better with moderate water.

Sprouting occurs in approximately 2 weeks from the sow date.



FENNEL is a large tall perennial plant that adds a nice vertical accent to the herb garden. These plants grow 4 to 7 feet high and produce small yellow flower umbels. All parts of this long cultivated plant are edible. Slightly sweet and with a hint of licorice, fennel is used in tea, cosmetics, baking and for medicinal purposes.

HARVESTING

Snip off leaves anytime for fresh use and for drying. Cut off flower heads when fully ripe. Separate and store in a glass jar in a cool, dark spot. The large, deep roots may be dug in spring or fall. This long lived perennial will also reseed itself and can become a nuisance if not controlled. Give it plenty of room and quickly remove unwanted seedlings.

Hyssop

Hyssopus officinalis
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 3-9
- Planting Depth:** 1/4"
- Plant Spacing:** 12-18"
- Growth Habit:** Upright
- Soil Preference:** Well-drained, moderate water
- Temp Preference:** Warm
- Light Preference:** Full sun
- Color:** Green, blue and purple
- Flavor:** Strong menthol/mint

SOWING AND GROWING

Sow hyssop seeds indoors in late winter to transplant in the spring. You can also direct-sow in well-prepared, well-drained soil. Germination takes about 2 weeks. Hyssop can grow up to 2 feet high. Prune lightly after flowering and keep deep pruning for the spring after growth has begun.

HYSSOP is a perennial shrub or subshrub that grows to 2 feet and does well in dry, well-drained soil. This menthol-fragrant herb begins blooming in midsummer and can be pruned into a low hedge as a border in your herb garden. Once used to purify temples, this herb is very beautiful with its spikes of vivid purple/blue flowers and makes a minty tea good for digestion.

HARVESTING

Harvest leaves anytime during the season with or without flowers.

Infuse into a tea, add the flowers to a salad or use as a cake decoration. Great in potpourri! Dry in a cool dark place for winter use.



LAVENDER

Lavandula angustifolia
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 5-8
- Planting Depth:** Start inside
- Plant Spacing:** 2-3"
- Growth Habit:** Upright and round
- Soil Preference:** Well-drained, slight alkaline
- Temp Preference:** Warm
- Light Preference:** Full sun
- Color:** Silver-green and violet
- Flavor:** Floral, earthy, slight mint

SOWING AND GROWING

Sow seeds indoors in late winter due to a long germination period. Once your seed is up, don't over water. Give a strong light source. Transplant outside in full sun. Too much water can slow growth. Make sure to leave the ground unmulched. In humid areas, space plants for maximum air flow. Once your lavender blooms, cut off the spent flowers.



ENGLISH lavender is a woody subshrub that is fragrant, hardy and does well in the hot sun. With it's summer spikes of purple flowers and beautiful silvery green, this herb stands out. Lavender can grow along a sidewalk during the dry summer, or can add to your country garden as a stunning focal point that catches the eye. Bees love it!

HARVESTING

Harvest flower spikes while still in the bud stage when the color is fixed but before the flowers open. Foliage may be snipped for drying anytime. Dry small bundles of lavender for use in sachets and sleep pillows. Fresh lavender spikes can be added to cut flowers for its subtle fragrance and understated beauty.

LEMON BALM

Melissa *officinalis*
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 4-9
- Planting Depth:** 1/4"
- Plant Spacing:** 18-24"
- Growth Habit:** Upright
- Soil Preference:** Moderately fertile, well-drained
- Temp Preference:** Warmer to cooler
- Light Preference:** Full sun, part shade
- Color:** Green and white/pink flowers
- Flavor:** Lemon and hints of mint

SOWING AND GROWING

Sow lemon balm seeds inside 6 to 8 weeks before the average last frost date for your area or outside once the soil can be worked. Germination will take about 2 weeks. Keep the soil moist but not wet. The plant will need more water as it grows. Lemon balm grows to about 2 feet tall and wide. Lemon balm will go dormant through the winter season.



LEMON BALM is a hardy perennial that thrives in full sun or partial shade in very hot areas. A great candidate for container growing, in the garden it can re-seed and spread. Treat it as you might a favorite mint!

HARVESTING

Harvest lemon balm by picking off fresh leaves as needed or gather cut stems into bunches and hang upside down to dry. Flavor is best as the plant nears flowering and dried leaves should be used within 6 months. Store in a cool, dry space.

Lemon balm will go dormant through the winter season. Be sure not to overwater as this can lead to root rot.

LOVAGE

Levisticum officinale
Perennial



Days to Maturity: Perennial

Hardiness Zone: 5-8

Planting Depth: 1/2"

Plant Spacing: 24"

Growth Habit: Upright

Soil Preference: Rich, moist, well-drained

Temp Preference: Warm

Light Preference: Full sun, part shade in very hot areas

Color: Green and white/yellow/pink flowers

Flavor: Strong celery

SOWING AND GROWING

Start lovage seed inside 6 to 8 weeks before the last frost in your region. Germination takes about 2 weeks. This herb likes moisture and sun, but in the hottest areas, afternoon shade is appreciated. Mulching will help cool the soil and keep it moist. Give 2 feet between plants and cut off the flower stems if seed is not being collected and if reseeding is not desired. This practice promotes fresh leaf growth.



LOVAGE is a perennial herb that can get quite large if it finds its happy spot in the herb garden. Typically around 3 feet tall, it can reach 6 feet when in flower. With a strong celery flavor, it is a great herb for soups and stuffings. Native to the Mediterranean region and was also used in ancient Greek medicine.

HARVESTING

You can harvest lovage foliage when it has reached about a foot tall. Plants started from seed inside will reach harvest stage earlier than plants started outside, usually in the first year. Collect seed heads when mature and if desired, the roots can be dug in the spring or fall. All parts of the plant should be used sparingly so as not to overwhelm other flavors.

Marjoram

Origanum majorana
Perennial



Days to Maturity: Tender perennial (Annual in northern climates 60-85)

Hardiness Zone: 9-10

Planting Depth: 1/4"

Plant Spacing: 6-12"

Growth Habit: Upright

Soil Preference: Sandy, well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Light green with lilac/white flowers

Flavor: Warm spice and sweet woody notes

SOWING AND GROWING

This herb has an aversion to the cold, so it's best to start these seeds indoors in early spring. Once the threat of frost is over, you can transplant the seedlings outdoors in a pot with well-drained soil, where they can receive full sun. Marjoram seeds will germinate in 1 to 2 weeks and need regular water. Marjoram can be trimmed flowering for renewed growth.



MARJORAM is a tender perennial in zones 9 to 10 but is grown as an annual in northern climates. Sweet and fragrant, marjoram is used both as a culinary herb and medicinally. It was reputedly created by Aphrodite as a symbol of happiness. Don't confuse marjoram with oregano. They are quite different in both flavor and growth.

HARVESTING

Marjoram can be used fresh or dried. Pick leaves as needed, never taking more than 1/3 of the plant. Flowering stems can be used as a tea for headaches and simple gastrointestinal distress. Make sure to store leaves in an airtight container and use them before a new growing season arrives.

Marshmallow

Althaea officinalis
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-8
Planting Depth: 1/4"
Plant Spacing: 12"
Growth Habit: Upright
Soil Preference: Loamy, moist soil
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green with pale pink flowers
Flavor: Honey and sweet mint

SOWING AND GROWING

Sow seeds directly in the fall as stratification will aid germination, or start artificially stratified seed inside. Germination will take between 2 to 3 weeks. Marshmallow grows up to 3 to 4 feet tall and light pink flowers appear up and down the stalk in mid to late summer. This herb likes full sun, but it can stand partial shade and thrives in cooler regions.

MARSHMALLOW is a cold-hardy perennial that prefers a moist environment as its natural habitat is open spaces near waterways. The original marshmallow was made using the root and sugar, far from the modern day confection. All parts of this plant contain soothing mucilage, which has many medicinal uses.

HARVESTING

Marshmallow is known for its medicinal benefits, especially the root of this herb. You can harvest part of its root in late fall by cutting only a portion of the root and leaving the rest which will allow continual growth. Harvest marshmallows' flowers once they have bloomed and the leaves before its blooming period for the best results.



Oregano

Origanum vulgare
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 5-9
- Planting Depth:** 1/4"
- Plant Spacing:** 12-15"
- Growth Habit:** Upright/spread
- Soil Preference:** Well-drained, sandy
- Temp Preference:** Warm
- Light Preference:** Full sun
- Color:** Dark yellow-green with light pink purple or white flowers
- Flavor:** Bold pepper, slight mint

SOWING AND GROWING

Sow seeds in early April, 1/4-inch deep. Germination takes about 2 weeks. Transplant in a full sun location giving the plant room to spread. Space out to ensure good air circulation in areas with high humidity. This herb is also easy to grow from cuttings. If you're using a pot for its home, make sure it's at least 12 inches wide. Cut back after flowering for renewed growth and tidiness.



OREGANO is a much loved hardy perennial herb. It's simple to grow indoors and would be a good plant for city-dwellers to start with. If you have a window-sill or patio with 6 hours of full sun, it takes well to pot culture. Oregano is well-known in Italian cuisine and adds a rich, robust spice to any food.

HARVESTING

You can begin harvesting oregano when your plant is well established. Cut sprigs anytime for fresh use. For dried oregano with the best flavor, harvest when about half of the flowers are open. Gather in small bunches and hang to dry. Strip dried leaves and store in a cool, dark cupboard. Ground dried leaves with a mortar and pestle or food processor.

PARSLEY

Petroselinum crispum
Biennial



Days to Maturity: Biennial

Hardiness Zone: 5-8

Planting Depth: 1/4"

Plant Spacing: 12-15"

Growth Habit: Upright

Soil Preference: Rich, moist and well-drained

Temp Preference: Warmer

Light Preference: Full sun, part shade

Color: Bright green

Flavor: Mild bitter and fresh spice

SOWING AND GROWING

Parsley has a very long germination period, taking up to a month. To shorten the wait, stratify seeds for at least a week and soak for 12 to 24 hours before sowing. Grow on in clumps, under a strong light source and leave plenty of time, about 10 weeks to transplant ready plants. When the weather has fully warmed, plant in full sun and water regularly.



PARSLEY is a cold-hardy biennial herb that is grown as an annual for foliage use. As a biennial, the plants bloom early in the second year and although no longer edible, it attracts beneficial insects to the garden. Parsley is divided into two types: flat leaf and curly leaf. Flat leaf is most often used in recipes and curly leaf is a well-known garnish.

HARVESTING

Once parsley is established, you can begin harvesting outer leaves. For best color and flavor, chop leaves fairly fine and dry in a single layer on waxed paper. Freezing also works well. You can place parsley in water and keep in your fridge, or even keep parsley throughout the winter by placing a small pot on your windowsill.

PEPPERMINT

Mentha piperita
Perennial



Days to Maturity: Perennial
Hardiness Zone: 5-9
Planting Depth: Surface
Plant Spacing: 18-24"
Growth Habit: Upright/spread
Soil Preference: Light and well-drained
Temp Preference: Warm
Light Preference: Full sun, part shade
Color: Green with pink flowers
Flavor: Cool green mint

SOWING AND GROWING

Sow seeds inside in early spring. Press lightly into the soil but do not cover as light aids germination. Pinch young plants to promote bushiness and transplant outside when the weather is warm. Plant in partial shade in hot areas and give consistent water. Make sure to use a very large pot, or place in the garden where spreading is not a problem!



PEPPERMINT is a cold-hardy perennial that is hearty and thrives in warm temperatures, partial sun and moist soil. A fragrant herb, with many uses, remember that it's a spreader and is best grown in large pots. Uses include teas, sweets and potpourri.

HARVESTING

Peppermint expands quickly, so harvesting throughout its growth is key. For sweetest flavor, harvest just before flowering, but fresh leaves can be used anytime during the growing season. Dry bunches, or individual leaves. Store whole leaves for the best flavor. Try adding to a hot simple syrup. Let cool and store in the refrigerator for a great addition to summer drinks!

ROSEMARY

Salvia rosmarinus
Perennial



Days to Maturity: Tender Perennial (Annual in cold climates)

Hardiness Zone: 8-11

Planting Depth: Surface

Plant Spacing: 2-3"

Growth Habit: Upright

Soil Preference: Well-drained, dry

Temp Preference: Warm

Light Preference: Full sun

Color: Dark green with blue/violet flowers

Flavor: Lemon, pine, slight bitterness

SOWING AND GROWING

Sow seeds inside 10 to 12 weeks before the last frost. Press onto the soil surface or barely cover as light aids germination.

Germination takes up to 21 days with low germination.

Plants are ready for the garden when they have about 10 true leaves. It prefers dry conditions. In warm winter areas, rosemary is a perennial, blooming after low but not freezing temperatures.



ROSEMARY is a tender perennial and is grown as an annual in cold climates. It is very successful in pots as long as it isn't overwatered and makes a wonderful topiary. It is a terrific source of antioxidants and aids the digestive tract, circulation and the respiratory system. Rosemary is a symbol of remembrance.

HARVESTING

Cut rosemary sprigs anytime during the season from well-established plants. Spread out harvest giving the plant time to recover. Rosemary is used fresh or dried. Cut long branches, strip off leaves and use them for kabobs. Rosemary adds a lovely flavor to pork and other fatty meats. Hang small bundles and when completely dry, strip leaves and store.

SAGE

Salvia *Officinalis*
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 4-8
- Planting Depth:** 1/4"
- Plant Spacing:** 18-24"
- Growth Habit:** Upright
- Soil Preference:** Well-drained, dry
- Temp Preference:** Warm
- Light Preference:** Full sun
- Color:** Gray-green or purple green fuzzy leaves
- Flavor:** Earthy, sweet pine

SOWING AND GROWING

Sow seeds indoors 10 weeks before the last frost. Warm soil temperatures help germination which can take up to 3 weeks. Transplant and grow on with a strong light source, being careful not to overwater. When seedlings have 6 to 8 mature leaves, place in full sun and water consistently. Pruning promotes bushy growth. Sage dislikes humidity.



SAGE is a hardy and versatile perennial that loves dry conditions and plenty of sun. The herb emanates a bold earthy fragrance and grows into quite a presence with its woody bark and wonderful foliage. Resilient and beautiful, sage is often grown as a filler in gardens, but deserves to be one of the backbone plants of your herb garden.

HARVESTING

Leaves can be snipped anytime during the growing season. Don't take more than half of the plant at a time. It is best to let plants become well-established before the first harvest.

Dry sage is a wonderful seasoning, especially for poultry and potatoes. Hang small bundles or lay individual leaves on wax paper.

SHISO

Perilla frutescens
Annual



- Days to Maturity:** Annual, 60-70
- Hardiness Zone:** 10-11
- Planting Depth:** 1/4"
- Plant Spacing:** 10-12"
- Growth Habit:** Upright/bush
- Soil Preference:** Rich, moist, well- drained
- Temp Preference:** Warm
- Light Preference:** Full sun, part shade
- Color:** Dark green with blue/violet flowers
- Flavor:** Mint, ginger, cinnamon, citrus

SOWING AND GROWING

Shiso prefers full sun and grows best in moist, rich soil. Although a warm weather lover, it will do well in partial shade. Sow seeds indoors about 6 weeks before the last frost date. Germination takes up to 2 weeks. Plant outside when young plants have 4 to 6 true leaves. Growing shiso is often compared to basil in terms of growing. Pinch tips for a bushy plant and remove flowers to delay the end of its life cycle.



SHISO is an Asian herb sometimes used as a bedding plant. It lends itself well to pot culture and is very beautiful in a mixed herb garden. Given its vigorous nature, it fills in quickly ensuring plenty for fresh use. There is more than one variety with leaf color ranging from solid green, to red and green to red/purple.

HARVESTING

Once plants are established, harvest leaves for fresh use as needed. The uses of shiso are numerous because of its unique zesty flavor. Add to salads, Asian dishes or use in sushi. Try as a substitute for basil in pesto. Incorporate into brew tea for added zing! The red/purple variety can be used to color pickling brine and the unopened flower spikes can be fried, and are often used to make dyes.

SORREL

Rumex acetosa
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/2"
Plant Spacing: 12-15"
Growth Habit: Upright
Soil Preference: Rich, moist, well-drained
Temp Preference: Cool
Light Preference: Full sun, partial shade
Color: Dark green with blue/violet flowers-
Flavor: Tart, citrus

SOWING AND GROWING

Sow sorrel seeds indoors in early spring. Germination takes about 2 weeks. Transplant in mid to late spring. Space plants 12 to 15 inches apart and water generously. This herb grows best in full sun, but a partially shaded environment helps it deal with the heat. Not a beautiful plant and looking a bit weedy, cut back flower stalks to promote new growth. Sorrel does well in a container and is ideal to grow as a cool season annual.



COMMON garden sorrel is a cold-hardy perennial herb that thrives in full sun where it gets lots of water or partial shade with moderate water. It likes rich, loamy soil. At its best in cool temperatures, it may die down in the heat of summer. With a lemony flavor, fresh use is best. Sucking on sorrel leaves is said to alleviate thirst.

HARVESTING

Harvest young leaves from established plants and use fresh for the best flavor. The tangy citrus flavor fades as older leaves become bitter, so harvest often to keep new growth coming. Well known for its use in soup, it is also great with fish and vegetables. With its strong yet agreeable flavor it makes a great secret ingredient to add depth of flavor to salads.

STEVIA

Stevia rebaudiana
Annual



Days to Maturity: Annual, 90

Hardiness Zone: 9-11

Planting Depth: 1/4"

Plant Spacing: 12-18"

Growth Habit: Upright

Soil Preference: Acidic, moist, well-drained

Temp Preference: Warm

Light Preference: Full sun

Color: Light green with white flowers

Flavor: Sweet!!

SOWING AND GROWING

Sow seed indoors in late winter and keep the seeds very warm and moist and expect slow germination that can take up to 3 weeks. Once the threat of frost has passed, harden the seedlings off and plant in full sun and keep evenly moist. Mulch if growing in the ground to conserve moisture and mist to raise humidity. Pinch for bushy plants. Stevia does well in containers and can be brought inside to overwinter.



STEVIA is a perennial in zones 9 to 11 and is also considered a tropical annual that prefers warm, humid regions. It is grown as an annual in colder regions. This herb is native to South America and is used in many parts of the world as a sweetener.

HARVESTING

You can start harvesting stevia leaves once plants are well established. Use fresh as a sweetener in food and drinks, but it can be very sweet so be careful. When the growing season is over, dry leaves quickly in a very low oven (below 150 degrees) and store whole leaves cool and dry and use before the next growing season. Grind the dried leaves as needed. Stevia supports the digestive tract, has no calories, and inhibits tooth decay.

SUMMER SAVORY

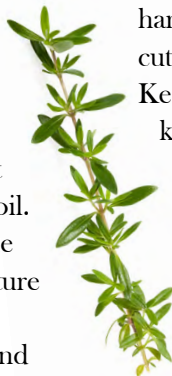


Satureja hortensis
Annual

- Days to Maturity:** Annual, 80-90
Hardiness Zone: 6-9
Planting Depth: Barely cover, 1/16"
Plant Spacing: 12"
Growth Habit: Upright
Soil Preference: Loamy, well-drained
Temp Preference: Warm
Light Preference: Full sun
Color: Small dark green leaves with tiny lavender/white flowers
Flavor: Thyme, oregano and pine - pungent

SOWING AND GROWING

Sow seeds in very early spring and expect germination in about 2 weeks. Press seed into the soil and keep the area moist. Move savory outside once the seedlings have a few sets of true leaves. Transplant into full sun in well-drained soil. Keep young plants moist while they become established. Mature plants need less water. Prune tips to encourage branching and delay flowering.



SUMMER SAVORY is a reseeding annual herb that has a wonderful pungent fragrance with thyme and oregano overtones. It can also be resinous and piney. It is a component of the traditional French blend herbes de Provence and is used in Germany as a sausage seasoning. Use Summer Savory as an annual edging plant for the garden.

HARVESTING

Wait until the plant has reached at least 6 inches tall to begin harvesting. Much like thyme cut stems and strip the leaves. Keeping this plant harvested keeps it tidy and from becoming floppy. Use fresh leaves anytime to season bean dishes, soups, sauces and meat. Try infusing vinegar with savory for use on green beans or three-bean salad.

TARRAGON

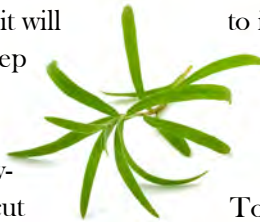
Artemisia dracunculus-
Perennial



Days to Maturity: Perennial
Hardiness Zone: 4-9
Planting Depth: 1/4"
Plant Spacing: 18-24"
Growth Habit: Upright
Soil Preference: Loamy, well-drained
Temp Preference: Warm
Light Preference: Full sun
Color: Green, greenish/white flowers
Flavor: Slight anise, pepper, licorice

SOWING AND GROWING

Sow seed indoors in mid-April, and cover the seed lightly. Germination can take up to 2 weeks. Harden off and plant outside in full sun and well-drained soil. Russian tarragon is very hardy and once it is established it will not need much water. Keep the young plants pinched back to promote bushiness and to postpone flowering. The plant may be cut back by 2/3 once it does flower to control spread.



RUSSIAN tarragon should not be confused with French tarragon which is not grown from seed. Russian tarragon is a coarser plant that improves in flavor the longer it is in the garden. It is a taller plant and will reseed if left alone. It's mild flavor is a worthy addition to the herb garden.

HARVESTING

Cut leaves anytime after plants are well established for fresh use. Tarragon doesn't dry well, as it loses its flavor quickly so enjoy during the summer and fall. Tarragon flavor lends itself to infusion applications, such as oils. Create amazing salad dressings and sauces for dishes with fish and other meats. Toss chopped leaves in light soups for enhanced flavor.



THYME

Thymus vulgaris
Perennial

Days to Maturity: Perennial
Hardiness Zone: 5-9
Planting Depth: 1/4"
Plant Spacing: 1-2"
Growth Habit: Low and mounded
Soil Preference: Well-drained, fairly dry
Temp Preference: Warm
Light Preference: Full sun
Color: Deep green with purple flowers
Flavor: Herbaceous, earthy, resinous

SOWING AND GROWING

Sow seeds indoors 8 weeks before the last frost date. Germination takes from 1 to 2 weeks but is easy to grow from seed indoors. Shrub-like and low-growing, common thyme prefers well-drained soil, a sunny location, and once established, needs little water. Keep lightly clipped to delay flowering.



THYME is a hardy woody perennial that loves hot, dry conditions. A well-loved culinary herb that is widely used both fresh and dried, it is a component in both bouquet garni and herbes de Provence. A must for any herb garden, it is beautiful, productive and when in bloom attracts bees.

HARVESTING

You can harvest thyme anytime from well established plants.

Use fresh or hang small bundles to dry for winter use.

Strip dry leaves from the stems and store cool and dark. Thyme has many uses. Try it with vegetables and to season chicken. Infuse it in oil or vinegar as its flavor is strong yet diverse in its culinary applications.

YARROW

Achillea millefolium
Perennial



- Days to Maturity:** Perennial
- Hardiness Zone:** 3-9
- Planting Depth:** 1/16"
- Plant Spacing:** 24"
- Growth Habit:** Upright, spreading
- Soil Preference:** Loamy, well-drained
- Temp Preference:** Warm
- Light Preference:** Full sun, part shade
- Color:** Light green, white flowers
- Flavor:** Lemon, pine

SOWING AND GROWING

Sow yarrow seeds indoors 6 to 8 weeks before your average last frost date. Cover seeds lightly and provide a consistently warm temperature. Germination can take up to 3 weeks. This plant is a spreader and can be grown in a large pot to control its nature or plant in a spot where spreading will not be a worry.



YARROW is a hardy spreading perennial that has white flower clusters appearing in the summer. Long considered sacred and is known to intensify the medicinal actions of other herbs. Yarrow has been used to aid fever and relaxation.

HARVESTING

Harvest leaves when the plant is blooming for the highest quality material. Yarrow flowers are lovely in dried bouquets but can also be separated and used fresh. Chopped leaves will add peppery flavor to salads and can be made into an infusion for digestive problems or to help remedy a cold. Fresh leaves can be chewed to help alleviate a toothache.

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