

GROWING & ENJOYING

Garden Herbs

GROWING HERBS

Start from Seed

Basil	Chives*
Dill*	Parsley
Hyssop*	Chamomile*
Cilantro/Coriander	Borage*
Bee Balm*	Sorrel

Start Indoors:

Parsley & Chives – March
Basil – April

Direct Seed:

Borage, Chamomile, Cilantro, Dill, Hyssop, bee balm

*Self seeders – will spread

Start from Roots

Transplants or Cuttings

Rosemary	Thyme
Sage	Tarragon**
Mint **	Oregano
Lemon/Lime Balm**	Bee Balm**
Lavender	Stevia
Chives/Garlic Chives	Echinacea
Lemon Grass	Lemon Verbena
Lovage	Sorrel

** Aggressive root growth – will spread

Can be started from seed but take a long time.
Trade with friends and neighbours.

Shade Tolerant Herbs

Most herbs prefer full sun, but these herbs will tolerate partial shade (not full shade).

Chives	Oregano	Parsley	Thyme
Garlic Chives	Lemon balm	Stevia	Sorrel
Cilantro	Mint	Tarragon	

PRUNING & HARVESTING

- For the fullest, most luscious and tasty herbs prune early and prune often.
- Woody stems will not regrow new stems - rosemary, thyme, lemon verbena and lavender.
- Old growth is not as flavorful as new growth.
- Many perennial herbs benefit from dividing roots every 3-5 years. Often improves flavor.
- Annual herbs will not grow very much foliage after flowering. Pruning basil, dill, cilantro, extends the season and makes them bushier.
- Harvest herbs mid-morning after dew has gone and oils are most intense.
- Harvest just before herbs flower for best flavor (except Anise hyssop).
- Do not harvest more than 1/3 of the plant at any one time (except the last harvest).

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PICKING HERBS

Pick Outside -In

Pick from the outside-in. Cut entire stems from the outside edge of the plant. Leave the center of the plant undisturbed to encourage new growth.

Parsley	Sorrel
Lovage	Tarragon
Lemon Grass	Cilantro
Chives	

Pick Top Down

Pick from the top down on every stem. Cut just above the internodes (between a set of growing leaves) to encourage regrowth. For woody herbs*, cut above woody stems.

Basil	Mint
Lemon Balm	Anise Hyssop
Tarragon	Marjoram
Oregano	Catnip
Rosemary*	Thyme*
Lavender*	Lemon Verbena*

STORING FRESH HERBS

Bouquet Style

Place in a jar of water like a bouquet of flowers, cover and store in fridge.

Parsley	Basil*
Cilantro	Tarragon
Lemon Grass	Mint
Dill	

*Basil prefers warm temperatures, keep the basil bouquet on the counter, not the fridge.

Wrap Style

Roll in cloth or paper towel, place in a plastic bag and store in fridge. These herbs prefer to stay dry with a little ventilation, keep the plastic bag open.

Tarragon	Marjoram
Oregano	Rosemary
Thyme	Sage
Lemon Verbena	

The bouquet style herbs can be stored in the wrap style as well, they just won't last quite as long.

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PRESERVING HERBS

Herbs Ideal for Drying

Rosemary	Thyme
Sage	Savory
Lemon Verbena	Lavender
Lemon Grass	Oregano
Stevia	Mint*
Basil*	Lemon Balm*
Anise Hyssop*	

*These herbs have higher moisture content. To reduce risk of mold and discoloration dry quickly using microwave, dehydrator or oven.

Herbs Ideal for Freezing

Parsley	Basil*
Chives	Dill
Tarragon*	Mint*
Sorrel	Borage*

*These herbs do well when frozen in oil or water cubes.

USING HERBS

Fresh Herbs

- Strip leaves off any woody or tough stems.
- Avoid crushing or bruising delicate leaves, use sharp knives or kitchen scissors.
- Add tough herbs like rosemary, thyme, sage, oregano at beginning of cooking to build flavor.
- Add delicate herbs like parsley, cilantro, basil, mint at end of cooking to preserve color, flavor & texture.
- Use 3 to 4 times more fresh herbs than dried herbs. E.g. 3 tsp fresh herbs for 1 tsp dried

Dried Herbs

- Store in dark, dry cupboard as whole (leaves vs powder) as possible.
- Most dried herbs lose potency within six months.
- Best used early on in cooking dishes with plenty of moisture so they can properly rehydrate, e.g., soups, stews, chili, curries, tomato sauce, casseroles, etc.

Making Tea

- If using fresh herbs, use 3-4 Tbsp crushed/bruised/muddled herbs per cup of water.
- If using dried herbs, use 1 to 1 1/2 Tbsp dried herbs per cup of water.
- Bring water to boil, then let rest for a minute before pouring over herbs.
- Let steep for 3-8 minutes. Flowers (3-5 min), leaves (6-8 min), stalks & stems (8 min).

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~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

FOLLOW ALONG

Find more here:

- www.GettyStewart.com – use the search bar anytime to see what herb recipes, tips and how to's are on the site.
- [Herb Chat Private Facebook Group](#) – a friendly group of herb enthusiasts sharing recipes, tips and questions focused on our prairie climate. Ask to join and answer a couple of easy questions that help keep the group on target.
- [Getty's YouTube Herb Videos](#) – check the Herb playlist for over 15 quick helpful videos on pruning, harvesting, storing and using herbs.
- [@GetGettys](#) on Instagram – seasonal recipes and food tips with updates and tips from the garden throughout the growing season.
- [GettyStewart.HomeEconomist](#) on Facebook - seasonal recipes and food tips with updates and tips from the garden throughout the growing season
- [Monthly Newsletter](#) – subscribe to my monthly newsletter for curated, seasonal recipes and tips.

<i>Herb Planting Chart</i> <i>Zone 3 - The Prairies</i>			
The following are general time frames based on a first frost free day of May 24. Generally, perennial herbs are easier to grow from a plant or cutting but can be started from seed. Annual herbs grow more quickly and many can be sown directly in the garden. Visit www.gettystewart.com for more herb tips and recipes.			
Herb	Type	How & When to Start	Notes
Anise Hyssop	Perennial	Direct seed	Self seeds
Basil	Annual	Seed indoors early April	Sensitive to cold
Bergamot/Bee Balm	Perennial	Plant or Cutting	Spreads
Borage	Annual	Direct seed	Self seeds
Catnip	Perennial	Seed indoors early April Plant or Cutting	Spreads
Chamomile	Annual	Direct seed mid May Seed indoors late April	Self seeds
Chives	Perennial	Seed indoors early April Plant	Self seeds Returns
Cilantro/Coriander	Annual	Direct seed every 2 weeks	Bolts quickly
Dill	Annual	Direct seed	Self seeder
Lemon Balm	Perennial	Seed indoors early April Plant or Cutting	Aggressive spreader Returns
Lemon Grass	Perennial	Plant	Sensitive to cold
Lemon Verbena	Perennial	Plant	Sensitive to cold
Lovage	Perennial	Seed indoors mid April Plant	Large & intense flavor Returns
Mint	Perennial	Seed indoors early April Plant or Cutting	Aggressive spreader Returns
Oregano	Perennial	Seed indoors early April Plant or Cutting	Most varieties return
Parsley	Biennial	Seed indoors late March Plant	Foliage is limited in 2 nd year
Rosemary	Perennial	Seed indoors early April Plant or Cutting	Sensitive to cold
Sage	Perennial	Seed indoors early April Plant or Cutting	Occasionally returns
Sorrel	Perennial	Direct seed	Returns
Summer Savory	Annual	Seed indoors late April	
Tarragon	Perennial	Seed indoors mid April Plant	Large & returns Manageable shoots
Thyme	Perennial	Seed indoors mid April Plant	Returns

Many perennial herbs are easy to divide - consider swapping varieties with a gardening friend!
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Find the [herb growing chart](http://www.gettystewart.com) online at www.gettystewart.com.

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RECIPES

ITALIAN HERB SEASONING

Use for pasta, chicken, pork, vegetables, garlic toast and even popcorn.

INGREDIENTS

- | | |
|------------------------|---------------------------------|
| 4 ½ Tbsp dried basil | 1 ½ Tbsp onion flakes |
| 3 Tbsp dried marjoram | 1 ½ tsp dried thyme |
| 3 Tbsp dried parsley | 1 ½ tsp rubbed sage |
| 3 Tbsp dried oregano | 1 tsp fresh ground black pepper |
| 1 ½ Tbsp garlic powder | |

INSTRUCTIONS

Combine all ingredients in a bowl and mix well
Transfer to airtight jar.
Use within 3 to 6 months.

Makes: ¾ cup of seasoning

PRAIRIE GARDEN HERBAL TEA

A refreshing fruity herbal tea that can be served hot or cold using fruit and garden herbs.

- | | |
|--------------------------|---------------------------|
| 3 parts dried apple | ½ part lemon verbena |
| 1 part dried orange rind | ¼ part dried lemon grass |
| 1 part dried lemon thyme | 1 stick cinnamon, crushed |
| ½ part dried lemon balm | |

Mix all ingredients well, crumbling herbs well.
Transfer to glass jar with tight fitting lid.
Store for up 6 months to a year.

To Make Tea

Use 1 Tbsp of tea mix per cup of hot water.
Allow to steep for 3-5 minutes.

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TABBOULEH – PARSLEY & BARLEY SALAD

1/2 cup raw hulled barley
1 1/2 cups water
1 bunch chopped parsley
2 medium tomatoes chopped
2 green onions, chopped
2 Tbsp fresh mint, chopped (2 tsp dried)

Dressing

1/4 cup canola oil
2 Tbsp fresh squeezed lemon juice
1/2 tsp salt
1/8 tsp ground pepper

INSTRUCTIONS

In large pot with tight fitting lid, add barley and cover with water. Bring to boil and simmer until liquid is absorbed, about 55 to 60 minutes. Rinse with cold water, drain and cool.

In large bowl, toss together barley, parsley, tomatoes, green onions and mint.

In small jar with tight fitting lid, combine canola oil, lemon juice, salt and ground pepper. Secure lid and shake well to blend thoroughly.

Pour dressing over salad and mix well.

Rest for one hour before serving to allow flavors to blend and parsley to soften somewhat.

Makes: 4 servings

HOMEMADE HERB BUTTER

The perfect finishing touch for barbecued meat, fresh breads, pasta or veggies.

1/2 cup butter, softened
1/2 tsp black pepper
1/2 tsp salt

2 tsp chopped herbs (chives, parsley, thyme, rosemary, garlic chives, etc.)
1 clove garlic minced

Combine all ingredients and mix until well blended (butter must be soft).

Transfer to an 8x8" piece of wax paper (parchment or plastic wrap will work too).

Use paper to form butter into a log shape. Twist ends of paper to seal.

Cool in fridge for 1 hour to harden. Slice and enjoy as needed.

Use within 3-5 days or store in freezer for 6 months.

To use, slice rounds and place on finished meats, pasta, potatoes or veggies just before serving.

Makes: 1/2 cup flavored butter

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RICOTTA HERB SPREAD

A healthy creamy spread perfect with bread, crackers, pita chips or veggies.

INGREDIENTS

2/3 cup Ricotta Cheese

1/3 cup cream cheese

1/2 Tbsp chopped chives or green onions

1 Tbsp finely chopped parsley

1/2 Tbsp finely chopped dill

1/8 tsp garlic powder

1/8 tsp black pepper

salt to taste

Drain liquid from ricotta cheese.

In small bowl, combine all ingredients. Use the back of a spoon against the side of the bowl to mash and blend until smooth.

Taste and adjust seasoning.

Store in a tightly sealed container for 2 to 4 days in the fridge.

LEMON & TARRAGON INFUSED VINEGAR

A light tasting vinegar perfect for any salad dressing or recipe calling for white wine vinegar.

3-5 sprigs fresh tarragon

1 lemon

2 cups white wine vinegar

Wash and sterilize decorative glass jar or bottle. (Boil for 10 minutes, place in oven at 225°F for 10 minutes or use sterilizer solution from a wine/brew store.)

Thoroughly wash tarragon sprigs. Pat dry with towel to remove all water droplets.

Place in jar.

Thoroughly wash, scrub, rinse and dry lemon. Use a citrus zester or vegetable peeler to peel the lemon into long thin strips, avoiding as much pith (white part) as possible.

Add lemon peel to jar.

Pour vinegar into jar.

Cap tightly, shake gently and leave in a cool, dark place for 2 weeks.

Sample vinegar for flavour. Allow to infuse longer or strain.

Use in salad dressings, sauces, marinades, etc.

Makes: 2 cups or 500 ml

Safety Note: It is not safe to infuse oil at home due to potential for Clostridium Botulinum growth.

Try [Chive Blossom Vinegar](#) - for a gorgeous violet coloured vinegar with great flavour

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ROSEMARY FINISHING SALT

A tasty topping for breads, pan fried potatoes, beef, pork or veggies. See www.gettystewart.com for Rosemary Focaccia recipe.

INGREDIENTS

2 – 3 sprigs dried rosemary

1/4 cup kosher or coarse sea salt

INSTRUCTIONS

Using a mortar and pestle, spice grinder, coffee grinder or small food processor, coarsely grind rosemary.

Add salt and mix together gently to avoid pulverizing the salt.

Pour in small container and cap tightly.

Makes: 1/4 cup

ORANGE & MINT FRUIT CUP

A light refreshing dessert to remind you herb season is just around the corner.

1 Cara Cara orange

10-15 fresh mint leaves

1 Blood orange

3 Tbsp honey or maple syrup (liquid)

1 Navel orange

2 Tbsp fresh lime juice (1 lime)

1 Tangerine

1 Tbsp lime zest

1 Clementine

Use a sharp paring knife to peel oranges, removing as much of the white pith as possible.

Cut oranges into bite sized pieces. Cut over a bowl to save as much juice as possible.

Use the chiffonade method to cut mint leaves. Stack leaves on top of each other, roll leaves along the long edge, then cut across the roll to form beautiful thin ribbons of mint.

Pour juice from oranges into a small bowl. Add honey, lime juice and lime zest. Mix well.

Toss sweetened juice with oranges and mint. Let rest for 15 minutes. Store in fridge if serving later.

Serve at room temperature. For a fancy dessert serve with crème fraiche, yogurt or whipped cream.

Serves: 4-6

For photos and more details see: [Orange & Mint Salad](#)