

# Using Home Grown Herbs

Having fresh herbs available in your home garden is fun, economical and delicious! Most herbs are easy to grow and dry, and some are perennials that will reward you with fresh flavors year after year!

Both seeds and plants are readily available and only a few plants of anyone kind, given reasonable care, will supply in abundance for year-long use. Best results for the drying of herbs are had by picking just before flowering, drying quickly in shaded areas in airy trays or screens, and then covering tightly in screw top jars. One cannot buy better seasonings at any price!

Herb	Height	Longevity	Soil Site	Fresh	Dried	Used In
Anise Pimpinella anisum	1 1/2-2 ft.	Annual	Sandy Loam	Leaves	Seeds	Leaves in salads and as a garnish. Seeds flavor candies, cakes, cookies, soups, stews, and cottage cheese.
Caraway Carum carvi	2 1/2 ft.	Biennial	Sandy Loam		Seeds	Warm aromatic odor and flavor for cooking, pastries, cheese sauces and soups.
Catnip Nepeta cataria	3-4 ft.	Perennial	Sandy Loam	Leaves	Leafy Tips	For seasoning and tea. Cats love this too; also
Chive Allium schoenoprasum	10"	Perennial	Sandy Loam	Leaves		Adds delicious onion flavor to foods, soups. Decorative flowers used as a border plant in sun or light shade.
Clary Sage	9"	Biennial	Sandy Loam		Leaves	Omelets and fritters and for flavoring wines.
Coriander Coriandrum sativum	2 ft.	Annual	Sandy Loam		Seeds	Delicious perfumed taste and odor for condiment and confections.
Dill Anethum graveolens	2-3 ft.	Annual	Rich Loam	Leaves	Seeds	Flavoring for pickles (seeds) and leaves in soups, stews, and sauces.
Garlic Allium sativum	2 ft.	Perennial	Sandy Loam		Mature Bulbs	Sections of bulbs or "cloves" for flavoring in cookery.
Horehound Marrubium vulgare	14"	Perennial	Sandy Loam	Leafy Stems	Leaves	Fresh for juice in flavoring candies. Dried for flavoring.
Lavender Lavandula officinalis	1 1/2-3 ft.	Perennial	Dry Loam Sun, Lime		Flower Spikes	Fragrance for sachets, potpourris, perfumes. Repels moths. Border flower.
Lovage Levisticum officinale	2-3 ft.	Perennial	Rich, Moist	Leaves	Leaves	Adds celery flavor to soups and salads.
Marjoram, Sweet Marjoram hortensis	8-12"	Annual	Sandy Loam	Leaves	Leafy Stems	Flavoring for dressings, meats, soups, salads, stews, some vegetables.
Marjoram, Wild Orloanum vulgare	2 ft.	Perennial	Light Sandy		Leaves	Flavoring in cooking, tea.
Nasturtium Tropaeolum majus	Vine	Annual	Good Loam	Leaves, flowers, pods		Fresh leaves, stems and flowers have spicy peppery flavor for salads. Green seed pods are pickled
Parsley	12"	Biennial	Rich, Moist	Leaves	Leaves	fresh as garnish; grow in pots for winter  Dried to flavor cheese, eggs, fish.
Pennyroyal	4"	Perennial	Rich, Moist	Leaves		Tea for coughs and colds. Tender; protect for winter.
Pineapple Sage	4 ft.	Perennial	Good Loam	Leaves	Leaves	Fresh in iced tea. Protect in winter. Dried for potpourris.
Peppermint Mentha pulegium	2 ft.	Perennial	Rich, Moist	Leaves	Leaves	Tea and flavoring. Oil in confections and medicines.
Rosemary Rosmarinus officinalis	3 ft.	Perennial	Sandy Loam Lime		Leaves	Flavoring for meats, dressings, sauces, soups. Protect in winter.
Rue Ruta graveolens	3 ft.	Perennial	Moist Loam	Leaves		Aromatic, used in sandwiches. Some may be allergic to this in summer.

