



Growing **Herbs**

What You'll Need:	
Essential Items	Desirable Items
T&C Soil Enhancer	Garden Elements Organic Plant Food
Soil Sulfur	T&C Fruit & Flower Food
Root Stimulator	Small pruners



Site Preparation

- Most herbs prefer well drained soil and at least 5 to 8 hours of sun each day
- Spread 1 to 3 inches of **Soil Enhancer** over soil.
- Scatter **Soil Sulfur** 1 to 3 lbs. per 100 sq. ft.
- Spade or till the soil eight to twelve inches deep.

Transplanting

- Squeeze the plastic pot to loosen the root ball, then turn pot upside down and tap edges, it will fall out into your hand.
- Plant same depth it was growing in pot.
- After planting, water well with **Root Stimulator** diluted according to directions.
- Apply root stimulator twice more at two week intervals.

Growing on

- Irrigate deeply. Try not to sprinkle foliage (especially in the evening.)
- Feed every 4 to 6 weeks with **T&C Fruit & Flower Food or Garden Elements Organic Plant Food**.
- Watch for insects (slugs, snails, and aphids.)
- Some herbs do well in pots on patio or sunny windowsill (rosemary, chives, parsley).

Harvesting & Preserving

- Cut stems. This will promote branching, new growth and neat compact plants. Don't just pinch or break them off.
- Cut often. This will improve air circulation, and prevent woodiness in plants.
- Harvest herbs early to mid-morning. The flavor is better if not harvested during the heat of the day.
- Don't cut perennial herbs after September 1. This will allow the plant to harden and mature for winter. Annual herbs can be harvested until they freeze.
- The sooner an herb is preserved after harvest, the better the quality, flavor, and color will be. Herbs can be dried, frozen, or preserved in vinegar, oil or salt.

Growing herbs in pots

Parsley, sage, bay, chives, basil and oregano can be grown in pots in a sunny window, or with grow lights placed close to plants. Use a pot with good drainage and a good potting soil such as **T&C Potting Soil Plus**. When the outdoor temperature is warm they can be moved outdoors, start with two hours each day in a protected area, doubling the time each day to harden off the plants.

Many herbs also work well mixed in the flower bed or in containers on the porch or patio.

Common Herbs

Name	Frost Tender	Perennial	Spacing	Height	Uses
<i>Basil</i>	Yes	No	18-24"	24"	<i>Pesto, Mediterranean dishes.</i>
<i>Bay Laurel</i>	Yes	No	<i>Potted</i>	24"	<i>Soups, stews, pot roast. Often grown as a houseplant in a sunny window.</i>
<i>Borage</i>	Yes	No	12-18"	24"	<i>Flowers and young leaves used to garnish salads, dips, and soups.</i>
<i>Catnip</i>	No	Yes	18-24"	30"	<i>Addictive to cats. Medicinal tea.</i>
<i>Chamomile</i>	No	Yes	8-12"	12"	<i>Commonly used to make tea as an aid to sleep.</i>
<i>Chives</i>	No	Yes	8-12"	10"	<i>Onion flavor used for soups, salads, and sauces.</i>
<i>Cilantro (Coriander)</i>	Yes	No	12-18"	24"	<i>Leaves used in Mexican dishes. Seeds used for pickles and pastries.</i>
<i>Dill</i>	Yes	No	8-15"	36"	<i>Seeds and leaves used for pickles and sauces.</i>
<i>Fennel</i>	No	No	18-24"	48"	<i>Leaves used in salads, soups, stews, breads and sauerkraut.</i>
<i>Geranium- Scented</i>	Yes	No	12-18"	18"	<i>Leaves used for vinegar, jellies, tea, wine, and to make potpourri.</i>
<i>Hyssop</i>	Yes	<i>Tender</i>	18-24"	24"	<i>Slightly bitter minty flavor added to soups, salads or meats.</i>
<i>Lavender</i>	Yes	No	24-30"	18"	<i>Teas, baked goods, desserts, potpourris.</i>
<i>Lemon Balm</i>	No	<i>Tender</i>	18-24"	18"	<i>Leaves used for summer drinks, soups, sauces and salads.</i>
<i>Lemon Verbena</i>	<i>Half</i>	No	18-24"	36"	<i>Very fragrant leaves. Used in tea.</i>
<i>Marjoram</i>	<i>Half</i>	No	10-12"	12"	<i>Use leaves in soup, salad, dressings, and egg dishes.</i>
<i>Mint</i>	No	Yes	12-18"	18-24"	<i>Many distinctive flavors and fragrances. Used in tea, potpourri.</i>
<i>Oregano</i>	<i>Half</i>	<i>Tender</i>	12-18"	24"	<i>Leaves used to flavor Italian dishes.</i>
<i>Parsley</i>	No	<i>Biennial</i>	8-12"	12-24"	<i>Garnish and flavorings for many foods.</i>
<i>Rosemary</i>	Yes	No	18-24"	36"	<i>Soups, Italian dishes, meat, and breads</i>
<i>Sage</i>	No	Yes	24-36"	24"	<i>Leaves used in stuffings and sausage</i>
<i>Sage- Pineapple</i>	No	<i>Tender</i>	18-24"	30"	<i>Potpourri. Red flowers attract hummingbirds</i>
<i>Tarragon</i>	Yes	<i>Tender</i>	18-24"	18"	<i>Fish, eggs, Béarnaise sauce, vinegar</i>
<i>Thyme</i>	No	Yes	12-18"	6-12"	<i>Use leaves in salad, soup, meat, or gravy.</i>

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