

## Herbs

### HERBS

Herbs are a delicious part of any garden. Most herbs benefit from direct sun, but as there are some exceptions, it is best to check the requirements of each herb.

Some varieties of herbs lend themselves to being brought indoors over the winter. Laurel, rosemary, basil, chives, winter savory, pineapple sage, and lemon verbena are worth attempting to over winter inside if there is a bright spot that receives direct sunlight. Be sure to harden plants off before placing them outdoors again the following spring.

Herbs that are being grown for their leaves should be pinched back regularly, so that flowers are removed. Removal of flowers will concentrate more of the plant's 'energy' into its leaf development-and thus improve the flavour of the herb.

### HARVESTING + STORING

Early morning or evening is the best time for harvesting herbs. When harvesting herbs, remove foliage from the outside of the plant, allowing new leaves to develop in the centre. As a general rule don't pick more than a third of the plant's foliage at a time to enable it to recover.

Herbs can be preserved by freezing or drying them in an oven or in a dark, well ventilated area. Herbs can also be cut up and put into ice trays to be enjoyed later.

#### Annual Herb

Basil (Ocimum spp.)	Marjoram (Origanum spp.)
Borage (Borago officinalis)	Nasturtium (Tropaeolum majus)
Chamomile (Anthemis nobilis)	Oregano (Origanum spp.)
Coriander/Cilantro (Coriandrum sativum)	Parsley (Petroselinum crispum)
Dill (Anethum graveolens)	Rosemary (Rosmarinus officinalis)
Fennel (Foeniculum vulgare)	Savory (Satureja spp.)
Lemon Balm (Melissa officinalis)	Tarragon (Artemisia dracuncululus var. sativa)
Lemon Verbena (Aloysia triphylla)	Thyme (Thymus vulgaris)
Lovage (Levisticum officinale)	Vietnamese coriander (Polygonum odoratum)

#### Perennial Herb

Anise-Hyssop (Agastache foeniculum)	Hops (Humulus lupulus)
Beebalm (Monarda spp.)	English Lavender (Lavandula angustifolia)
Chives (Allium schoenoprasum)	Mint (Mentha spp.)
Catnip (Nepeta cataria)	Sorrel (Rumex acetosa)
Sweet Woodruff (Galium odoratum)	