

NORTHERN

Gardener

CREATING & CARING FOR YOUR ENVIRONMENT

Herbs



The importance of herbs dates back thousands of years. They have been used in cooking, medicines, as fragrances and cosmetics, and for adornment. They are used today in many of the same ways, and are enjoying an upsurge in popularity. Besides the numerous uses of the plants, they are easy to grow and require a small amount of care and attention. They will grow in ordinary garden soil in full sun. Herb plants can be grown with little more than occasional watering and trimming. If outdoor garden space is unavailable, herbs can be grown and enjoyed as pot plants.

Perennial Herbs

These plants come back year after year from the same root system. Some are hardier than others and require less care. More tender varieties should be mulched in late fall or treated as annuals and replanted each spring.



CHIVES - Hardy perennial that is an old culinary favorite. Pretty in the rock garden and in the herb border. Excellent fresh or frozen. Flavor does not hold well if dried. Pretty lavender-pink flowers during early summer.

CARING FOR YOUR ENVIRONMENT

✓ Using natural herbs on food is a delicious way to flavor food without increasing your sodium intake.

Snipped leaves useful in salads and dishes. Grows 12" tall.

CHIVES, GARLIC - A very hardy perennial with a zesty garlic flavor. Best used fresh or frozen like culinary chives. Beautiful white flowers mid to late summer. Keep seed heads pruned off to prevent spreading. Grows 12" tall.

LAVENDER - An aromatic old world herb chiefly grown for its rich scented oil and for use in sachets and potpourri. A very tender perennial that should be considered an annual. The variety 'Hidcote' may survive some winters if mulched late fall and is protected with snow cover. 1 - 2 feet tall.

PEPPERMINT - An old time favorite for flavoring candy and tea made from the leaves. A hardy perennial that can become quite invasive if left unattended. 24-30 inches in height and spreads by underground rhizomes.

SPEARMINT - Delicious true spearmint flavor and scent. Good for mint jelly and as a tea, also add to fruit cups. Very hardy perennial that will grow 30 - 36" tall and can become invasive like peppermint.

TARRAGON, FRENCH - A hardy perennial used with chicken, fish,

eggs, sauces and in vinegar. One of the finer culinary herbs for the garden. 3' tall.



THYMES - A group of tender perennials that like to grow in full sun in a light, well-drained soil. They make excellent rock garden plants but may die out in winters with no snow cover. Used with veal, fish, chicken, game, and in tomato sauce and salads.

FRENCH THYME - Flavorful thyme for meats and vegetables, 12 inches tall. Very tender perennial that should be treated as an annual.

LEMON THYME - 6" bushy plant with strong lemon scent and flavor. Excellent for fish.

WOOLY THYME - A low creeper with round, fuzzy gray leaves. Works well between stepping stones or as a ground cover.

Annual Herbs

Herbs that can be started from seed or readily purchased as a potted plant from garden centers. These herbs die out each fall and need to be replanted each spring.

