

All About Herbs

Herb	Sun/ Shade	Soil	Uses
Basil	Sun	Rich	Great with eggs, poultry, meats, salads & anything tomatoes. Good for containers & has a wonderful aroma
Bay Laurel	Sun	Well-drained	Fresh leaves are stronger than dried. Great in sauces, soups & stews. Good in containers.
Catnip	Sun/Part Shade	Rich/Moist	Cats love it fresh or dried. Can also be made into a calming tea.
Chamomile	Sun/Part Shade	Rich/Moist	Roman chamomile can be used as a groundcover, great fragrance when walked on. Makes a relaxing tea that is great before bed.
Chives	Sun/Part Shade	Rich/Moist	Use chopped leaves in soups & sauces for a mild onion flavor. Perfect on deviled eggs. Flowers are edible making them great on salads & good in bouquets.
Cilantro	Sun	Rich	Harvest weekly to delay bolting. Fantastic in salsa, with eggs & in meats.
Coriander	Sun	Well-drained	Good for salsa, soup, salads & meats. Seeds store well. Can be used as potpourri.
Dill	Sun	Well-drained	Harvest just before flowers open. Great with fish, in vinegars, salad dressings, eggs & pickling. They make lovely flower arrangements.
Hyssop	Sun	Well-drained	Leaves & flowers are good for stews & teas. Has a peppery flavor. Great pollinator & attracts hummingbirds!
Lavender	Sun	Well-drained	Has a sweet, floral, citrus flavor. Start with small amounts. Flowers are lovely in salads, champagne & teas. Leaves can be used like rosemary. Stems can be used as BBQ skewers for shrimp or fruit. Mix with sugar & seal for a week or two then use in cooking. Great with chocolate cake & icecream. English varieties are good for cooking, Spanish variety is too strong. Cut back 1/3 of new growth to keep from getting woody.
Lemon Balm	Part Shade	Well- drained/Sandy	Use the leaves fresh or dry for tea or in salads for a nice lemony-mint flavor. Also great in dressings, summer drinks & with chicken. Sheer plants back regularly to keep tidy as they can take over easily like mint; best in a container. Add some fresh leaves to water to boost your mood!

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Lemon Grass	Full Sun	Well-drained	The lemony taste is used in many Asian dishes such as stir fries, salads, sauces, teas & soups. Harvest as soon as they are 12" tall & the base is 1/2" thick. Crush stocks before use to let out the flavor. Top sections of the grass can be razor sharp, so be cautious. They can be added to your compost pile & in grass to help deter insects.
Lemon Verbena	Sun	Well-drained	Leaves can be used in schets & as potpourri. They can also be made into tea or muddled into drinks. Great with most meats, especially fish and in bread & rice.
Marjoram	Sun	Moist/Well-drained	Leaves are a great seasoning for sauces, stews, vinegars & salads. Good with tender meats such as veal, lamb, fish & poultry. Also makes a fantastic herb butter. When crushed, leaves can be used as a green dye or for a bath soak. Great in containers & need to be trimmed to keep them from getting too leggy.
Mint	Sun/Part Shade	Moist/Rich	Use leaves for potpourris, in jellies or on lamb. Spearmint is best for iced, mixed drinks. All types can be used for tea, added to fruit salads or sprinkled on ice cream. Mint is very invasive, so it is best planted in a container.
Oregano	Sun	Well-drained	Leaves are perfect for Italian, Greek, Mexican & Spanish dishes. Adds great flavor to meats, breads, cheese & egg dishes. Best kept in a container & trimmed regularly.
Parsley	Sun/Part Shade	Rich/Moist	Use as a fresh garnish in salads, soups, stews, casseroles & eggs. Can also be used as a skin cleanser.
Rosemary	Sun	Well-drained	Use leaves fresh on meats, especially poultry, stews & saues. Freezes well & is stronger when frozen. Can be tossed on cooking coals, as the smoke will add flavor. Use sprigs to apply sauces when BBQ. Great as decoration, in topiaries, sachets, as a bath soak or even a hair rinse.
Sage	Sun	Well-drained	Use leaves with lam, stuffing, sausages, potato dishes, poultry, salads & omelets. Leaves are more lemony when fresh. Great as potpourri, in herb wreaths & as an insect repellent.

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Savory	Sun	Well-drained	Summer savory is an annual. Winter savory is a perennial. Their leaves can be dried or frozen. They have a pepper flavor, with summer savory being lighter & more delicate. Good with meats, fish, eggs, beans & soups. Also good in salads, vinaigrettes & in herb butters. Winter savory is an excellent pollinator attractor. Both work great in containers.
Shiso	Sun	Rich	Used as garnish in Japanese & Korean dishes. Can be battered, deep fried or eaten fresh. Good seasoning for tofu dishes, wrapping shrimp or in rice. Green shiso tastes like cinnamon, where as red shiso has more of a liquorice flavor & is used in pickling ginger.
Sorrel	Sun	Rich	Has a sour taste. Leaves are used to make sorrel soup. Small amounts of fresh, newer, tender leaves can be added to salads or used in cooking spinach & cabbage. Add a leaf to any creamy soup the last few minutes of cooking for a unique flavor.
Stevia	Sun	Rich/Well-drained	Natural sweetener. Fresh leaves can be used to sweeten lemonade & iced or hot teas. Used as a sweet garnish. When mixed with mint leaves & brewed, creates a wonderful tea. Dried leaves can be crushed into a powder & used as a sugar substitute. About 2 tablespoons of powdered stevia leaves is equal to 1 cup of sugar.
Tarragon	Sun/Part Shade	Rich/Well-drained	Slightly anise-like in flavor. Great on eggs, chicken, fish, salads, vinegars & soups.
Thyme	Sun	Well-drained	Leaves are good on fish, chicken, stews, soups, stuffing & vegetables. Good in a container if trimmed regularly. Makes a great insect repellent for linens, sachets & a relaxing bath soak.