

Welcome
Herb Gardening

- This event will be recorded for educational or promotional use by the University of California.
- You will be muted throughout to prevent background noise.
- Please post your questions** in the "Q&A." They will be addressed in the Q&A box and at the end of each section.
- Use "Chat" for non-question conversations or comments. Change the "To" if needed to ensure your Chat is sent to those who you want to send it to.
Options:
"Private" if specific Chat only to an individual participant or speaker
"Panelists" if want to send a Chat only to the speakers
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Culinary Herb Gardening

Welcome!
Please type your name and city into the chat box.



UCCE Stanislaus County
Master Gardener Program



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**Who are the UCCE
Stanislaus County Master
Gardeners?**



We extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices.





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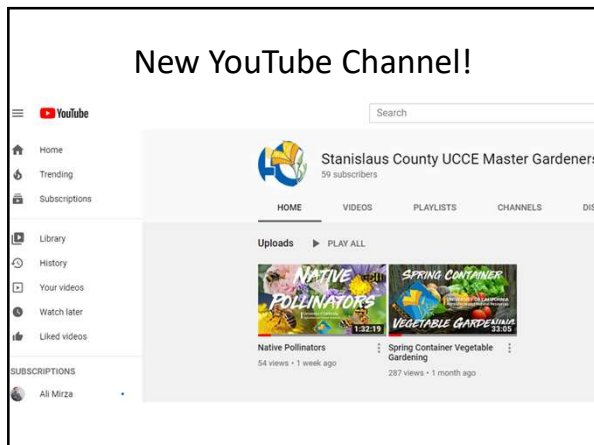
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New YouTube Channel!



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Help Us Grow!
 You'll receive an email survey in 3 months!

Please fill it out.

This survey provides us the tools we need to grow and improve the quality of our program.

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Let's Meet our Master Gardener Speakers!

Terry Pellegrini & Rho Yare



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Agenda

- Herbs vs. spices
- Plant needs
- Lifecycles
 - Annual
 - Perennial
- Herb garden design
- Harvest & storage



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What is an Herb?



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What is a Spice?



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POP QUIZ!

Can you name an herb that is also a spice?

Please answer in the chat box!

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ANSWER: Cilantro!

Leaves are an herb
Seeds are a spice (coriander)



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Herb Plant Needs

Sun or partial shade
Regular, moderate, or little water
Good drainage



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What do Herbs Need from YOU?

Prep: compost
Correct planting & spacing
Light pruning
Healthy harvest
Life cycle awareness!





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Planting Herbs

- Add 3-4" compost; work in 2-3" deep
- Seeds: not too deep!
- Root ball planted correctly



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Herbs in Containers

- Holes for drainage
- Good quality potting mix
- Water as needed
- Sufficient space for plants
- Part shade during hot summers



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Fertilizing Herbs in Containers

- All-purpose fertilizer (10-10-10)
- Follow package directions
- Herbs in the ground probably don't need it



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Growing Herbs Indoors

- Need bright light: south, west, or east facing OR
- Use a grow light
- Need good drainage
- Not enough light?
 - Plants may get leggy



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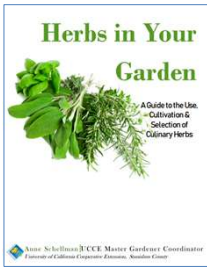
Question & Answer Time



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Free Publication!



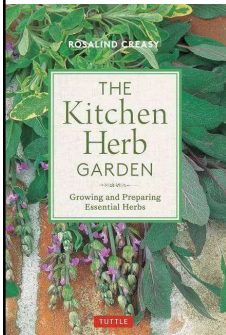
Common & Botanical Name	Use	Plant Part Used	Plant Description, Growth, & Cultivation Tips
Chives Allium schoenoprasium	Chives are used as a garnish for soups, dips, and casseroles. They are also used in salads and as a flavoring for meats and vegetables.	Leaves	Chives are a hardy perennial herb that grows well in full sun to partial shade. They are easy to grow and can be harvested throughout the growing season.
Cilantro Coriandrum sativum	Cilantro is used in a variety of cuisines, including Mexican, Thai, and Vietnamese. It is often used as a garnish for soups, dips, and casseroles.	Leaves	Cilantro is an annual herb that grows well in full sun to partial shade. It has a short growing cycle and can be harvested throughout the growing season.
Dill Anethum graveolens	Dill is used as a garnish for soups, dips, and casseroles. It is also used in pickling and as a flavoring for meats and vegetables.	Leaves	Dill is an annual herb that grows well in full sun to partial shade. It has a short growing cycle and can be harvested throughout the growing season.
Garlic Allium sativum	Garlic is used as a flavoring for meats, vegetables, and breads. It is also used in soups, dips, and casseroles.	Bulb	Garlic is a perennial herb that grows well in full sun to partial shade. It has a long growing cycle and can be harvested throughout the growing season.
Herbs in Your Garden A Guide to the Use, Cultivation & Selection of Culinary Herbs			

http://cestanislaus.ucanr.edu/Gardening_Publications/

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Stanislaus County Free Library




The Kitchen Herb Garden by Rosalind Creasy

This herb guide is full of practical tips and tricks presented in a beautiful format--perfect for the gardener, aspiring gardener or home chef.

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The Kew Gardener's Guide to Growing Herbs
by Holly Farrell

Find out how to grow herbs in beds, pots, borders and window boxes, how to plant, propagate and harvest, then the 80 most exciting herbs are identified, illustrated and their uses explained. This is accompanied by 12 projects which show how to develop an herb garden at the next level and use herbs in the most interesting ways from planting an herb roof to making herbal oils.

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Hoopla



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Let's Take a Poll!
Have you ever grown an herb?
Have you ever grown a spice?



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Annuals

Live one year or less (warm or cool season)
Grown from seed or a transplant
Seed every 3 weeks for continuous supply



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Plant Failure?

It wasn't your fault!

- Remember that basil, cilantro, dill (etc.) plant that died after a season?
- That was normal! **These plants are annuals.**



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Bolting

- Many annuals “bolt” and set seed when temperatures change
 - Basil
 - Cilantro
 - Parsley
- Can be slowed, not stopped





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Basil

- Seed or plant; spring
- 1-2' tall
- Varieties
 - Thai basil, Italian basil
 - Lemon, licorice, and cinnamon
 - Purple ruffles basil
- **Full sun, regular water**





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Chamomile

- Seed or plant; spring or fall
- 1-2' tall
- Used for tea
- **Full sun, moderate water**





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Cilantro or Coriander

- Seed or plant; spring or fall
- 2-3' tall, 9" wide
- Leaves and seeds used
- May "bolt" as weather warms
- **Partial shade, regular water**



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Dill

- Seed or plant; spring
- 3-4' tall & wide
Swallowtail butterfly larvae plant
- Self-seeds
- Leaves flavor fish, seeds in pickles
- **Full sun, regular water**



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Parsley

- *Biennial treated as an annual*
- Seed or plant; spring
- Soak seeds overnight
- Flat leaf 2-3', curled 6-12"
- **Full sun to partial shade, regular water**



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Annual Care

- Pinch back young plant stems for leggy plants to give them a bushier appearance
- Water well until established



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Questions about Annual Herbs?



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Perennial Herbs

- Live for 3-5 years or more
- From seed in spring (85+ days)
- From transplant anytime
- May become leggy or woody & need pruning and eventual replacement
- Prune lightly in late March, early April

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Invasive and Aggressive Perennials

- Invasive herb: Fennel takes over waterways, native environments, ag lands
 - \$82 million/year to manage
 - Avoid planting if you live near a habitat or farm
- Aggressive herbs: mint, lemon balm
 - Keep an eye on these



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How do you use herbs?
Let's take a poll!



- As tea or in a beverage
- Fresh
- Dried
- Frozen
- Decorations
- Flower arrangements
- Bath salts
- Potpourri



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Bay Laurel
Laurus nobilis

- Best from transplant
- 12-40' tall
- Shrub, tree, topiary
- Older leaves in soups, stews, meat dishes
- **Full sun to part shade, moderate water**



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Chives (onion or garlic)

- 2' tall bunches
- Divide every 3-4 years (spring)
- Leaves flavor many dishes, flowers are edible!
- **Full sun to partial shade, regular water**




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Fennel

- Tender perennial
- Plant in spring; seed in fall
- Grows 3-5' tall
- Leaves flavor soups, stews, fish; seeds spice up sausage
- **Invasive weed**; grow with caution
- **Full sun, moderate water**

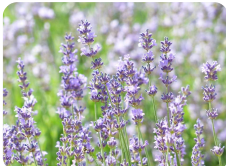


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Lavender (English)

- 2' tall & wide
- Needs well-drained soil
- **Full sun, little to moderate water**

Lavandula angustifolia 'Hidecote' or 'Munstead' for baked goods or jellies



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Lemon Balm

- 2-3' tall, sprawling
- Aggressive! Keep in pots
- Great for spa water & other drinks
- **Full sun to partial shade, regular water**



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Lemongrass

- 3-4' tall; 3' wide
- Divide large plants, use caution (sharp leaves!)
- Stems and leaves used in cooking
- Sensitive to frost; native to tropics
- **Full sun, regular water**



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Lemon Verbena

- 6' tall and wide
- Can get leggy after 5 years
- Frost sensitive
- Very fragrant; used in teas & drinks
- **Full sun, regular water**



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What's your favorite herb and why?
Answer in the chat box!



Lavender

Lemongrass

Basil

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Mint



- Sprawling or upright
- Keep in a pot (aggressive)
- Peppermint (small leaves)
 - Chocolate mint
- Spearmint (larger, fuzzy leaves)
 - apple mint, etc.
- **Full sun or partial shade, regular water**

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Rosemary

- Best from transplant
- Tall and low sprawling types, 1-6'
- Can live for many years
- Used to flavor meat and vegetable dishes
- **Full sun, little to moderate water**



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Sage



- 1-3' tall
- Can get woody
- Famous for flavoring Thanksgiving stuffing!
- **Full sun to partial shade, little to moderate water**

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Oregano



- 2' tall & wide
- Nice border plant
- Greek, Italian, Puerto Rican, Cuban
- Greek (most commonly found)
- **Full sun, little to moderate water**

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Tarragon



- 2-3' tall and wide, creeps along ground
- Great as a border, in rock gardens
- Fresh or dry, in salads, vinaigrettes; has slight licorice flavor
- **Full sun, little to moderate water**

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Thyme



- 6-12" tall, trailing
- English thyme for eating
 - Woolly, lemon, elfin landscape
- Nice border plant
- Can get woody
 - Prune severely in spring (mid March)
- For soups, stews, stuffing, poultry
- **Full sun, little to moderate water**

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Questions about Perennials?



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Common Pests

Be on the lookout for

- Aphids
- Caterpillars
- Spider Mites
- Snails & Slugs
- Whiteflies



Stressed plants attract pests!

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Gardening Questions?



Contact us!

- By phone: (209) 525-6802 OR
- Fill out this online survey with your question <http://ucanr.edu/ask/ucmgstanislaus> OR
- Visit: ipm.ucanr.edu

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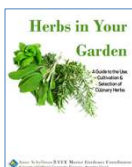
Herb Garden Designs

Same water & sun requirements

#1 sage, oregano, thyme (FSLW)

#2 catnip, chamomile, fennel (FSMW)

#3 basil, dill, lemon grass (FSRW)



See page 1 for additional designs!

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Harvesting Herbs

- Annuals: harvest up 3/4
- Perennials: harvest no more than 1/3
- When? Best in the morning after dew dries.



Best taste: harvest your herbs before the plant flowers.

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Freezing Herbs

- Use ice cube trays
- Add 1 tsp or tbsp per cube
- Not as good quality as fresh or dry



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Drying Herb Options

- Hang upside down in bunches
- Microwave
- Conventional Oven
- Storage



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Herbal Tea

- 2 tbs fresh herb or 1 tbs dried per cup
- Steep for 5 minutes
- Only use culinary herbs such as mints, chamomile, lemon balm, lemon grass, oregano, and lavender.



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Thank you!

Questions?



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