



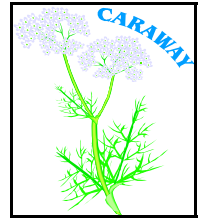
Herbs for the Garden and Their Uses

Herbs are plants used for flavoring, seasoning, garnishing or medicinal purposes. There are certain essential oils present in herb leaves or seed. Some of the more common herbs suitable for New York gardens are listed below.



Sweet Basil (*Ocimum Basilicum*) is an annual started by sowing seed in the ground where the plants are to remain. Seed should be planted after the soil has warmed up about one-half inch deep in rows 18-24 inches apart. The plants should be thinned to 6-12 inches apart in the row. Basil grows 1 to 2 feet in height and branches profusely so only a few plants are needed by a family. The leaves and flowers may be cut during the pre-bloom and early blooming stage and used fresh or dried. The pleasant clove-like flavor of the leaves and flowers is a delightful adjunct to tomato cookery, salads, omelets and soups.

Caraway (*Carum Carvi*) is a biennial seed setting in late June or July of the second year from planting. Seeds should be planted about 1/8 inches deep in rows 12-18 inches apart. Thin plants to 6 to 8 inches apart in the row. During very cold winters, the plants should be protected with straw or leaf mulch. A light, dry soil and a sunny location is preferred. Caraway plants grow 1-2 feet in height and look much like carrots. They are used to flavor bread, cakes, cheese, soup, stews, salads, and mashed turnips.



Chives (*Allium Schoenoprasum*) are a perennial that is propagated by seed or by dividing the clumps. The leaves grow 6-10 inches in length. Many attractive violet flowers appear in early midsummer after the plants have overwintered. The leaves may be cut as often as needed for they are rapidly replaced. The fresh leaves, usually chopped, are used to impart a mild onion flavor to many dishes. They are particularly good with scrambled eggs and cottage cheese. Chives may be grown in a window box throughout the winter.

Dill (*Anethum graveolens*) is grown as an annual by planting the seeds early in the spring. Plant the seeds 1/4 inch deep in rows 18-24 inches apart. They should be thinned to 6-8 inches in the row. The plant grows 2-5 feet in height and is much like wild carrot except that the flowers are yellow. The leaves and flowers are used for flavoring soups and fish; a small quantity of dill can be boiled with cabbage, cauliflower, or turnips. The seed heads are cut when the seeds are fully developed, but still green, to be used in the processing of dill pickles.

Florence fennel (*Foeniculum vulgare*) is grown similar to dill. The base usually is blanched by hilling with soil when it starts enlarging. Harvest the enlarged base when full grown for use in fish sauces and as flavoring for soups and stews.

Horehound (*Marrubium vulgare*) is a perennial that is started from seed and grows well in most soils. The leaves are harvested before full bloom and cured in shade to preserve the green color. Brew as tea sweetened with honey for coughs and colds or use to flavor homemade candy or cough drops.

Horseradish (*Armoracia rusticana*) is a perennial but is best grown as an annual by planting root cuttings each spring. Root cuttings come from side roots growing from the main root. They should be about the size of a

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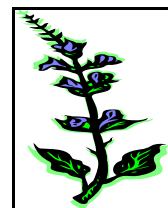
pencil or a little larger, 6-12 inches long. Plant the cuttings about 12-18 inches apart in a sloping position in 30-36 inch rows with a top of the cutting about 3-4 inches below the surface. When harvesting in the fall, leave a root or two to provide cuttings next spring or save cuttings from the roots to be ground. The roots are cleaned and ground, then mixed with vinegar and salt to prepare the condiment for use.



Marjoram or Sweet Marjoram (*Origanum Majorana*) is a tender perennial usually treated as an annual. It is easy to start from seed but is also propagated by cuttings or division. It is quick-growing. The leaves may be used 7-8 weeks from the time of planting. The plants grow about 2 feet tall and are somewhat bushy so they should be spaced 15-18 inches apart in rows 2-3 feet apart. The leaves and flower heads of marjoram are harvested in pre-bloom or early blooming stage and used fresh or dried. It is used in seasoning soups, egg dishes, meats, potato dishes and dressings.

Parsley (*Petroselinum crispum*) is a biennial, but as the leaves are used to a greater extent than the seeds, it usually is grown as an annual crop. The moss-curled types are more popular although plain-leaf and turnip rooted types are available. Seeds germinate slowly. Soaking in warm water for 24 hours will hasten the germination process. The seeds may be sown from April to July. Rows should be 12-18 inches apart, and the plants thinned to 4 inches in the row. Cutting of leaves may begin as soon as the plants are 4-6 inches tall and may continue until growth stops. It can be grown indoors. The uses of parsley are numerous, either fresh or dried.

Peppermint (*Mentha piperita*) and Peppermint (*Mentha spicata*) are perennials that are easily grown around the house or in the garden. The plants are usually started by planting stolons (roots or runners) 2-3 inches deep in the spring. The leaves are used dry for flavoring tea, lamb sauces, fruit salads and cooked apples. Fresh leaves are used with iced drinks.



Sage (*Salvia officinalis*) is a perennial that grows best on well-drained limestone soil. It is a bushy plant reaching a height of 2-3 feet. Sage may be propagated by seeds, division or cuttings early in the spring. Plants should be spaced 15-18 inches apart in rows 2-3 feet apart. Cut leaves before or during the blooming period. Dried sage leaves are an important flavoring for meats, dressings, sausage, and cheese and can be used to make a tea to be served with sugar and lemon.

Summer savory (*Satureja hortensis*) is a small bushy annual that does well in dry poor soils. In fact, the aromatic qualities of this herb are more pronounced when grown in these conditions than when grown in richer soils. The seeds should be sown in the open early in the spring. Plants should be thinned to 6-8 inches in rows 10 inches apart. The stems with leaves should be gathered in midsummer and dried and stored for later use. Savory is used in cooked dishes, meats, and dressings.

Thyme (*Thymus vulgaris*) is a low-growing, woody perennial. It should be started from seed every two or three years because older plants produce coarser and lower grade stems and leaves. The seeds may germinate poorly when planted in the open so starting plants indoors and transplanting is advised. When the soil outside is warm, the plants should be set 15 inches apart in rows 10-24 inches apart. Flower heads with 4-6 inches of the tender tips are cut at full bloom and dried. Dried thyme is used in flavoring soups, stews, sauces, chowders, meats and dressings.

Chives, horehound, peppermint, sage, thyme, and caraway should be planted where they will not interfere with the usual garden culture. The other herbs can be planted in the garden with annual vegetables. A fertile, well-drained garden soil with a pH in the range of 6-6.8 is desirable to obtain good growth of most herbs.

All herbs whose seed is used for propagation can be seeded directly in the garden, but starting marjoram and thyme under glass for later transplanting is often preferable.

Except when seeds or roots are wanted, the leaves or tops of most herbs should be harvested while they are still fresh and green, usually before or during full bloom. By cutting at this stage, plants will continue to produce new shoots and prolong the harvest season.

Herbs are usually dried by spreading them out thinly on a clean surface (like wire mesh trays) where ventilation is good. Drying in shade may help retain the natural colors and reduce loss of essential oils. Dried material may be pulverized by hand rubbing or grinding. Store dried material in tightly-closed glass containers away from direct light.

HERBS TO REPEL INSECTS

<u>HERB</u>	<u>INSECTS REPELLED OR USES</u>	<u>SUGGEST PLANTING WITH</u>
Basil	Flies	Tomatoes
Bee balm	Growth and flavor	Anywhere in the garden
Borage	Tomato worm	Tomatoes and strawberries
Catnip	Flea Beetles	In the border
Chamomile	Growth and flavor	Cabbage and onions
Chervil	Growth and flavor	Radishes and elsewhere
Chives	Growth and flavor	Between rows of carrots
Dill	Improves growth	Cabbage
Flax	Potato bug	Between rows of potatoes
Garlic	Japanese beetle, growth and health	Roses and raspberries
Horseradish	Potato bug	Potatoes
Hyssop	Cabbage moth	Cabbage and grapes
Leeks	Carrot fly, growth and flavor	Here and there
Lovage	Health and flavor	Here and there
Marigolds	Nematodes and cucumber beetles	Here and there
Marjoram, Sweet	Health and flavor	Here and there
Mint	Cabbage moth, health and flavor	Cabbage
Onion	Carrot fly	Carrots
Pennyroyal	Carrot fly, flies and mosquitoes	As a ground cover
Pot marigold	Tomato worm, general garden pests	Tomatoes in groups
Radish	Beetles, growth and flavor	Peas and leaf lettuce
Rosemary	Cabbage moth, bean beetles and carrot fly	Carrots
Rue	Japanese beetles	Roses and raspberries
Sage	Cabbage moth and carrot fly	Cabbage and carrots
Savory, Summer	Bean beetles, growth and flavor	Onions and beans
Southernwood	Cabbage moth, growth and flavor	Here and there
Tansy	Japanese beetles, ants, and flying insects	Raspberries and roses
Thyme	Cabbage worms	Cabbage, here and there
Wormwood	Growth and flavor	Cabbage, here and there

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