



Herbs

Dunwoody Community Garden Workshop
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herb

noun, often attributive



\ 'ɜrb , US also and British usually 'hɜrb \

Definition of *herb*

- 1 *botany* : a seed-producing annual, biennial, or perennial that does not develop persistent woody tissue but dies down at the end of a growing season
- 2 : a plant or plant part valued for its medicinal, **savory**, or **aromatic** qualities
// planted parsley, basil, and rosemary in her *herb* garden

- Herb Growing Basics
- Herbs for Dunwoody
- Enjoying Your Herbs

Growing Herbs

- **Well-drained soil is most important**
- *Most* like 6 hours or more of direct sun
- *Most* prefer slightly acidic/neutral soil (6.0 to 7.0 pH)
- Mediterranean natives like a lean soil and drier conditions
- Don't over-water or over-fertilize!

Growing Herbs

- Selection: healthy, stocky, pest-free
- Many can be successfully started from seed
- Placement: Containers, raised beds, landscape
- Ensure adequate drainage and air circulation

Growing Herbs

- Group “like” plants and allow for growth!
 - Sunny site vs. Part Shade
 - Water requirements
- Landscape beds: Perennials that complement other plantings
- Companion Planting: myth or fact???

Growing Herbs Indoors

- **Well-drained soil**
- South or west facing window with 6 hours of bright sun
- Consider hydroponic options



The Sweet Sixteen



Basil

Ocimum Basilicum

Photos: Missouri Botanical Garden

**Native to
Africa and
Asia**

**Tender
Annual**

Full Sun

**BOLO:
Japanese
Beetles,
Downy
Mildew**



Cilantro

Coriandrum sativum

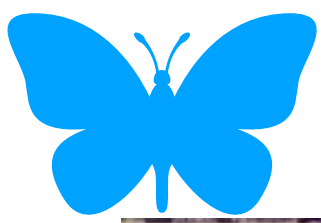
Photo: Missouri Botanical Garden

**Native to
western
Asia**

**Cool
weather
annual**

**Full to part
sun**

**BOLO:
Bolting, rot**



**Native to
North Africa
and Arabia**

Annual

Full sun

**BOLO:
Wind, too
little water**

Dill
Anethum graveolens

Photo: Missouri Botanical Garden



Chives

Allium schoenoprasum

Photo: Missouri Botanical Garden

**Native to
temperate
Northern
Hemisphere**

**Bulbous
perennial**

**Full to part
sun**

**BOLO:
Root rot**





Lavender

**Lavandula 'Phenomenal' or Spanish
Lavender (L. stoechas)**

**Native to
Mediterranean**

**Woody
Perennial**

Full sun

**BOLO:
Root rot,
too much
water/
fertilizer**



Spearmint

Mentha spicata

Photo: Missouri Botanical Garden

**Native to
temperate
areas**

**Herbaceous
Perennial**

**Full to part
sun**

**BOLO:
rhizomes
are invasive**



Catnip

Nepeta cataria

Photo: Missouri Botanical Garden

**Native to
Europe**

**Herbaceous
Perennial**

**Full to part
sun**

**BOLO: can
be invasive**



Oregano

Origanum vulgare

Photo: Missouri Botanical Garden

**Native to
Europe and
Asia**

**Woody
Perennial**

Full sun

**BOLO: root
rot**

Trivia Time!!!!!!

What is the dried herb blend of rosemary, thyme, basil, oregano, tarragon, bay leaf and savory commonly known as?



Rosemary

Rosmarinus officinalis

Photo: Missouri Botanical Garden

**Native to
Mediterranean**

**Woody
evergreen
perennial**

**Full sun with good
air circulation and
drainage**

**BOLO: Powdery
mildew, root rot**



Sage

Salvia officinalis

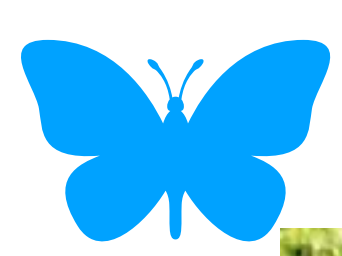
Photo: Missouri Botanical Garden

**Native to
Mediterranean**

**Herbaceous
perennial**

**Full sun with good
drainage**

BOLO: root rot



**Native to
Europe**

Biennial

**Full sun to
part shade**

Parsley
Petroselinum crispum

Photo: Missouri Botanical Garden

**BOLO: Dry
soil, extreme
heat**



**Native to
Mediterranean**

**Woody
perennial**

**Full sun with good
drainage**

Thyme
Thymus

**BOLO: root rot,
legginess**

Photo: Missouri Botanical Garden



**Native to
temperate
Europe**

**Herbaceous
perennial
(cuttings)**

**Full sun with good
drainage**

French Tarragon
***Artemisia dracunculoides* 'Sativa'**

Photo: Missouri Botanical Garden

**BOLO: root rot,
wet soil**



Mexican or Texas Tarragon

Tagetes lucida

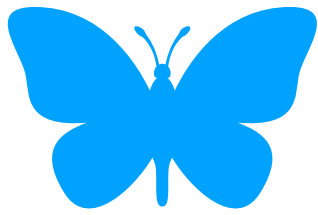
Photo: Missouri Botanical Garden

**Native to SW
US and Mexico**

**Semi-
woody
perennial**

**Full sun with good
drainage**

**BOLO: root rot,
wet soil**



Fennel

Foeniculum vulgare

Photo: Missouri Botanical Garden

**Native to
Mediterranean**

**Herbaceous
perennial**

**Full sun with good
drainage**

**BOLO: root rot,
wet soil**

Trivia Time!!!

What perennial herb can
be used as a flavor
substitute for celery?



**Native to
Mediterranean**

**Herbaceous
Perennial**

**Full sun to
part shade**

Lovage
Levisticum officinale
“False Celery”

**BOLO: Leaf
miner, blight**

Photo: Missouri Botanical Garden

Plant at your own risk...

- Chamomile: may not do well in our heat and humidity
- Lavender: pick a variety that will tolerate humidity, like Spanish Lavender or 'Phenomonal'
- Mints: plant ONLY in pots
- French Tarragon: Doesn't like our hot summers and mild winters

Herbs for Pollinators

- Plants in the carrot family (parsley, fennel) are hosts for the Eastern Swallowtail butterfly
- Bees love just about any flowering herb - basil, mint, catnip, and...
- parsley, sage, rosemary and thyme!

Enjoying Your Herbs

- Harvest in early morning
- Use kitchen shears or a sharp knife to chop
- Stack/roll leaves to slice into chiffonade
- Use in recipes and as teas
- Herb/nut pesto freezes beautifully
- Include in cut flower arrangements

Herb-infused simple syrup for cocktails, mocktails, and teas

- Bring 1 cup water and 1 cup sugar to a simmer in a small saucepan until the sugar dissolves.
- Add herbs (e.g. basil, mint,) and simmer for 1 minute.
- Strain into a jar, top with lid, and store in refrigerator for up to a week

Lemon Basil Martini

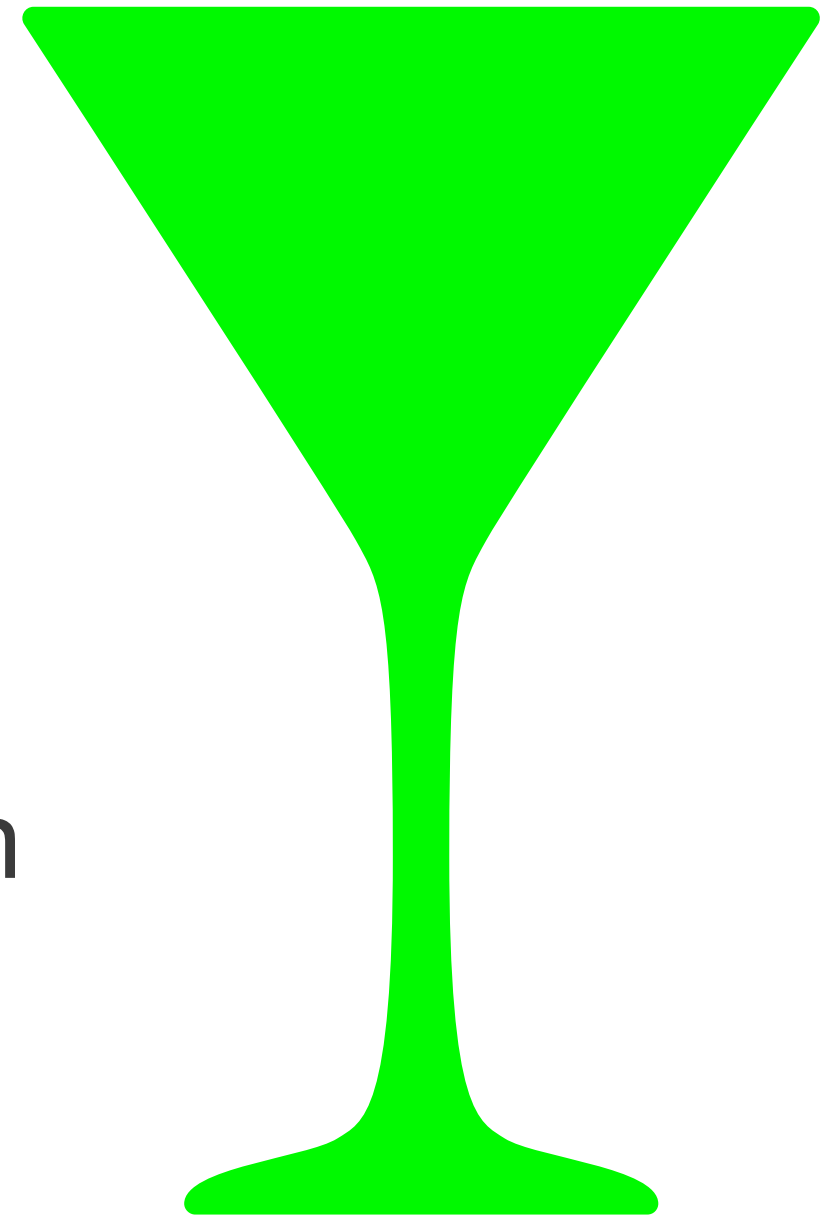
2 oz basil simple syrup

2 oz fresh lemon juice

1 oz St. Germaine

2 oz Le Citron Vodka

Shake with ice, strain, top with tonic water. Float a basil leaf in the glass.





Chive Blossom Vinegar

Herb-infused oils for dipping and cooking

- 1 cup oil (e.g. olive, grapeseed), 1/4 cup washed/dried herbs
- Warm oil and herbs (do not boil) for 10-15 minutes, then steep for 1 hour
- Strain into clean container.
- Use immediately, refrigerate for one week, or freeze

Herb Butters for vegetables, bread, and meats

- Soften butter (salted or unsalted)
- Mix in clean, dry, chopped/sliced fresh herbs
- Roll into a log, wrap in wax paper, and refrigerate or freeze
- Great combos:
 - Parsley and chive: baked potatoes, meats, corn on the cob
 - Basil: corn on the cob, vegetables, scrambled eggs
 - Garlic Herb: Breads
 - Tarragon: rub over lamb, chicken, or fish before roasting

**Thank
you!**