

THE LANDSCAPE CONSULTANTS

Your design and installation team



Herb Gardening In and Outdoors

How to Grow Herbs Indoors

Most herbs require sunshine to grow and flourish. Herbs don't tolerate north-facing windows, or any window that gets less than four hours of direct sunlight per day. By adding supplementary lighting your plants will receive adequate light to be able to grow during the winter months. However not every herb likes indoor life, so choosing the right ones that will grow best will help. Here are some herbs that grow well inside the home:

Chives - Strong onion flavor and thick green grass-like leaves, grows 8-12 inches tall. Germinates from seed in 10 to 14 days @ 60o-68oF.

'Fernleaf' Dill - Ideal for dill weed indoors, dwarf form of dill only 18 inches tall. Germinates in 7 to 14 days @ 60o-68oF.

'English' Mint - Not as invasive as other mints. Propagate from cuttings.

'Spicy Globe' Basil - A dense, compact basil that grows 8 to 10 inches tall. Germinates 6 to 12 days @ 68o-77oF.

Greek Oregano - Excellent flavor and white flowers, grows well in pots, 8 to 12 inches tall. Germinates 7 to 21 days @ 65o-72oF.

Spanish Thyme - This thyme has broad, fleshy leaves that have a spicy thyme-oregano flavor. Reaches 10 to 12 inches tall. Grows from cuttings.

Vietnamese Coriander - This is not a true coriander but is a good substitute. Regrows after cuttings, reaches 4 to 8 inches tall.

Rosemary - Choose a compact variety that will only reach 24 inches tall. Propagate from cuttings.

Parsley - Compact, clumping herb that reaches 10 to 12 inches tall. Grows from seed well.

If you are bringing in your herbs that have been in pots on your deck all summer, then acclimate the plants gradually to the indoor conditions. Plants produce two kinds of leaves in response to strong or weak levels of light. High levels of light, produce thick, strong and narrow leaves. Low levels of light, produce thinner, more delicate leaves that are less efficient in converting light energy into food. When the light levels change, the plant has to produce new leaves that can efficiently convert the light into food. However, some herbs cannot make this transition fast enough to survive. Here's what to do - gradually adjust the plant to lower light when it is still

outdoors. Place it in partial shade for two to three weeks, then into deeper shade for another two to three weeks before bring them indoors. When the plant has plenty of new growth, they are ready to come inside.

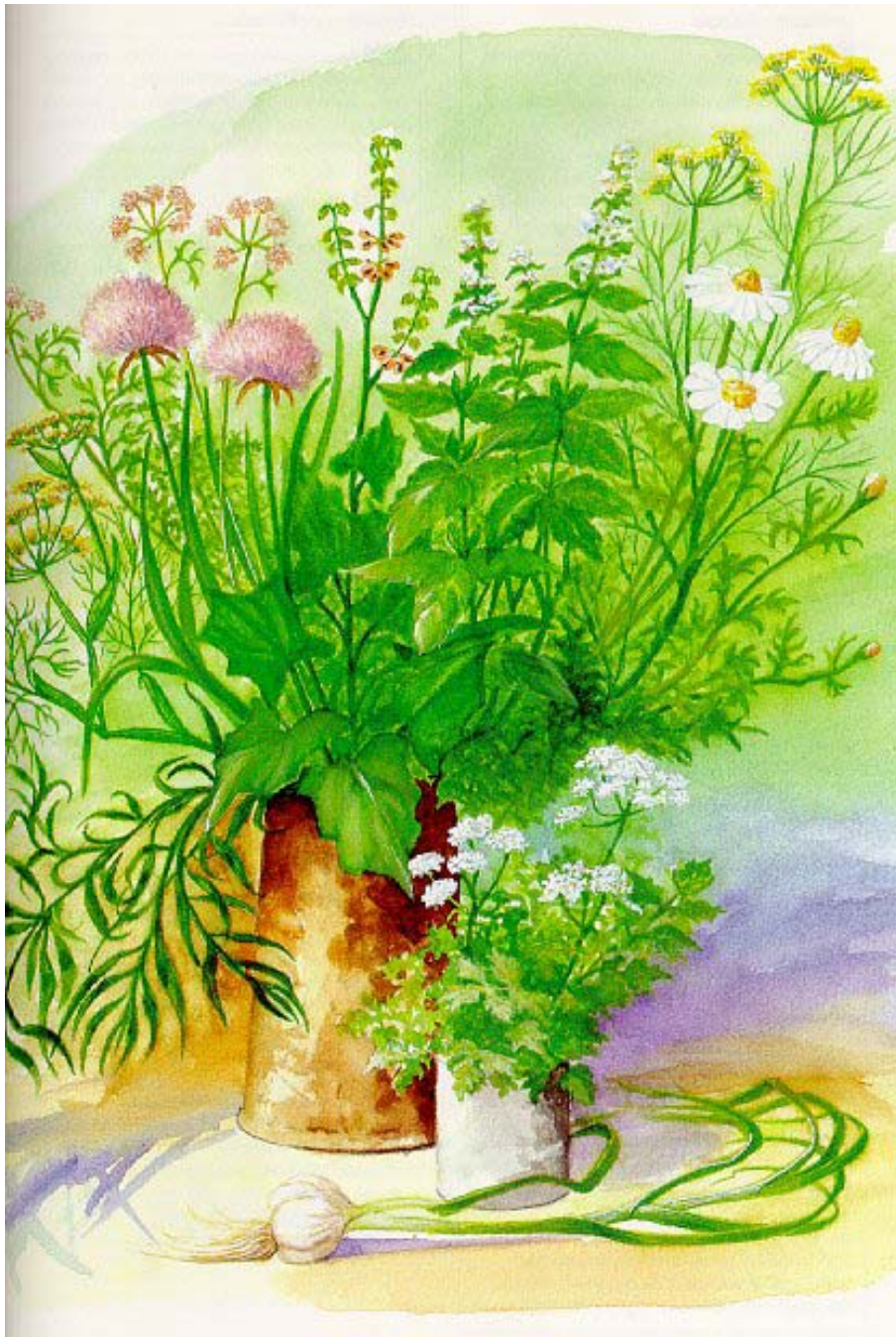
After light, proper soil is the next most important factor for successful herb growing. Herbs require excellent drainage, especially during the winter months. To improve drainage, add extra perlite to the soil mix.

Feed herbs once a week when plants are actively growing, but not when dormant. It is best to water less often and more thoroughly, and only when the soil is actually dry.

If your herbs are attach by aphids or whitefly, hold your hand over the soil in the pot and dip the aboveground part of the plant into a bucket of insecticidal soap solution, swish vigorously for a minute or two. Dipping once or twice a week for three to four weeks will clear up most problems.

Herbs for Container Gardens

Name	Height in inches	Exposure	Comments
Basil (<i>Ocimum basilicum</i>)			
'Minette'	10	Sun	Containers, hedging
'Minimum'	9	Sun	Hanging baskets
'Purple Ruffles'	18	Sun	Containers
'Purpurascens'	12	Sun	Hanging baskets
'Siam Queen'	20	Sun	Intense flavor
'Sweet Dani'	26	Sun	Excellent regrowth after cutting
'Munstead'	12	Sun	Containers, hedging
Broad-leaved thyme (<i>Thymus pulegioides</i>)	8	Sun	Crevices
Caraway thyme (<i>T. herba-barona</i>)	2	Sun	Crevices
Catmint (<i>Nepeta mussinii</i>)	18	Sun	Hanging baskets
Corsican mint (<i>Mentha requienii</i>)	2	Sun	Ground cover
Creeping savory (<i>Satureja spicigera</i>)	3	Sun	Hanging baskets
Creeping thyme (<i>Thymus praecox</i>)	2	Sun	Ground cover, hanging baskets
Curly mint (<i>Mentha spicata</i> var. <i>crispa</i>)	24	Sun, part shade	Containers
Curly parsley (<i>Petroselinum crispum</i> var. <i>crispum</i>)	12	Sun	Hanging baskets
Dill (<i>Anethum graveolens</i> 'Fernleaf')	24	Sun	Containers
Dittany-of-Crete (<i>Origanum dictamnus</i>)	6	Sun	Containers
Dwarf nasturtium (<i>Tropaeolum</i> cvs.)	12	Sun, part shade	Containers, hanging baskets
English lavender (<i>Lavandula angustifolia</i> 'Lady')	12	Sun	Containers
Feverfew (<i>Tanacetum parthenium</i> 'White Stars')	9	Sun, part shade	Containers
German chamomile (<i>Matricaria recutita</i>)	24	Sun	Containers
Germander (<i>Teucrium chamaedrys</i> 'Prostratum')	10	Sun	Crevices, ground cover
Golden oregano (<i>Origanum vulgare</i> 'Aureum')	30	Sun	Crevices
Greek oregano (<i>O. vulgare</i> subsp. <i>hirtum</i>)	24	Sun	Containers
Italian parsley (<i>Petroselinum crispum</i> var. <i>neapolitanum</i>)	18	Sun	Containers
Lemon thyme (<i>Thymus citriodorus</i> 'Aureus')	6	Sun	Containers
Pot marjoram (<i>Origanum onites</i>)	24	Sun	Hanging baskets
Prostrate rosemary (<i>Rosmarinus officinalis</i> 'Prostratus')	12	Sun	Crevices, containers, hanging baskets
Red-flowered thyme (<i>Thymus praecox</i> subsp. <i>arcticus</i> 'Coccineus')	3	Sun	Crevices
Rosemary (<i>Rosmarinus officinalis</i>)	36	Sun	Containers
Sweet marjoram (<i>Origanum majorana</i>)	12	Sun	Hanging baskets
Sweet woodruff (<i>Galium odoratum</i>)	10	Part or full shade	Ground cover
Thyme (<i>Thymus serpyllum</i> 'Annie Hall')	3	Sun	Crevices
Wild ginger (<i>Asarum canadensis</i>)	12	Shade	Ground cover
Woolly thyme (<i>Thymus praecox</i> subsp. <i>arcticus</i> 'Lanuginosus')	2	Sun	Ground cover for dry soils



Pot of Herbs

- 1-Basil
- 2- Chamomile
- 3-Chervil
- 4-Chives
- 5-Cilantro
- 6-Dill
- 7-Fennel
- 8-French Sorrel
- 9-French Tarragon
- 10-Garlic

THE VIRTUES OF HERB TEAS

Tradition holds that herb teas have certain medicinal qualities. Here are some beneficial effects they are said to promote.

PLANT	PARTS USED
Calming; promotes sleep	
Chamomile	Flowers
Sweet marjoram	Flower heads, leaves
Tonic; fortifying	
Rosemary	Leaves
Sage	Leaves
Diuretic	
Fennel	Seeds
Parsley	Leaves
Peppermint	Leaves
Aids digestion	
Coriander	Seeds
Dill	Seeds
Lemon balm	Leaves
Parsley	Leaves
Thyme	Leaves
Eases coughs and colds	
Dill	Seeds
Fennel	Roots
Sage	Leaves

HERBAL TEAS

Picking herbs in the morning when the dew has dried is the best time of day. You can also harvest in the late afternoon, but remember that the sun's heat causes the amount of essential oils – the herb's source of flavor – to lessen.

To brew the perfect pot of Herbal Tea – warm a china, pottery or glass teapot. And put 2 tablespoons of chopped fresh herbs or 2 teaspoons of dried. Pour in 2 cups of boiling water and let stand for 6 or 7 minutes if using fresh herbs, for dried herbs, steep a minute longer. Strain, and then sweeten with the honey of your choice.



Have a fresh salad at your doorstep in this simple plastic pot.

While the tagetes add some colour to the pot they also deter sap-sucking insects.

Salad Days (Period of interest June to September)

You will need

1. 1 - plastic pot 16 inch square
2. 2 - dwarf bush tomato plants
3. 3 – pale orange tagetes
4. 2 – parsley
5. 9 – basil
6. 3 – dwarf lettuce

GOOD ADVICE

- Pick over the herbs regularly to keep them bushy and compact.

- Feed all the plants every week with a tomato fertiliser.

1 tomatoes

2 tagetes

3 parsley

4 basil

5 lettuce

