Commonly grown
Use in Landscape
Culinary and Medicinal aspects
*Botanically: herb is herbaceous plant that doesn’t form woody tissue. (not always true)
*What is Herbaceous? Plant whose leaves and stems die back at end of growing season. Herbaceous can be annual, biennial or perennial.
*Generally, herbs are plants valued for their culinary, medicinal, aromatic, household or ornamental uses.
*Pronounced with silent or spoken “h”
And this is my herb garden
* Cave paintings trace herbal use back 13,000 B.C. and further
* Romans/Greeks crowned leaders w/ dill and laurel
* Hippocrates, 5th c. B.C. Greek physician listed approximately 400 herbs in use
* Pedanius Dioscorides, 65 A.D. (Greek) wrote “De Materia Medica” describing use of many herbs, still considered influential herb book
* Middle Ages: herbs used to preserve meat, de-odorize people who didn’t bathe regularly. Catholic Church associated herbalists with witchcraft.
* “An herb is the friend of physicians and the praise of cooks” - Charlemagne
* Settlers used to season food, medicinal purposes
*Parsley, sage, rosemary, and thyme;
*Remember me to the one who lives there,
*For once she was a true love of mine.
*Are you going to Scarborough Fair?

*Familiar words to familiar song
* Remember “Scarborough Fair” by S & G?‘ remember me to one who lives there’:

* . Rosemary associated with mental stimulation - strong aroma wakes you up
* . Parsley contains Vit. C, used by Romans to cover smell of alcohol
* . Sage counteracts snakebite
* . ‘when in doubt, use Thyme’; herbal rule of thumb

* . Herbs for varicose veins: Horse chestnut, Gotu Kola, Butcher’s Broom, Witch Hazel, Bilberry

* More recent use of Herbs
What Herbs

Are These?

Herb

Feverfew

For migraine headaches*
Aloe vera and Feverfew  

Ginkgo biloba and Yohimbe
* Every plant including trees is an herb
* Initiated by Herb Society of America
* NHG dedicated in 1980
* 10 theme gardens: Dye, Medicinal, Culinary, Fragrance, Industrial, Beverage, Native American, Colonial, Asian, Dioscorides gardens.

* National Herb Garden: Plants for People
* Taste (cooking, salads, pasta, jellies, etc.)
* Landscaping, accent flowers, attract butterflies
* Emotional (bring back memories)
* Medicinal (healing and aromatherapy)
* Pest Control (insect repellent)
* Easy to grow (most)
* Do not need much space (vs. yield)
* Fragrance (in the garden or home)
* Decoration (dried, sachets, wreaths, with cut flowers)
* Colors (greens, silvers, reds, etc.)

*Why Herbs?*
Herbs can be grown in a traditional herb garden, raised beds, as accent plants in the landscape or in pots / window boxes, containers, etc.

* In boxes, pots and containers watch the water and fertilizer!
* From seed, seedling, propagated (stem cuttings, layering, etc.)
* Can be purchased in many locals but remember your basics (healthy looking, check roots, check for bugs, etc.)
* Plant outside in early evening to avoid mid-day sun and heat

Perennials and Annuals

* Style (formal, informal, borders, rows)
* Like neutral soils (ph 6.5 - 7.0)
* Good drainage (Amendments - top soil mixed with compost, composted manure, sand, gypsum)
* Break up that Clay
* Add wood-ash or bone-meal for phosphorus or potassium if needed
* Add lime if soil too acidic
* Most like a sunny spot (4 hrs sun a day minimum) “If you can grow roses or tomatoes you can grow herbs”
* Water if regular rain is not occurring but be careful; herbs don’t need a lot of water

**Herb Basics - Growing**
* “Relatively” insect free and some repel insects.
* Be careful of certain animals that like to snack on herbs (protect if in the ground - use chicken wire baskets)
* Cut frequently to prevent seeding, for looks and stimulate growth; however advise leaving seeds, flowers for pollinators
* Mulch for moisture and weed control
* Remove weeds to reduce competition for water and sun
* Pinch out “early” seed buds, use to flavor vinegar - no need for waste.

* Growing Continued
Starting an Herb Garden

* Select healthy herbs
* Roots white to greenish-white to light beige in color
* Plant no deeper in soil than herb was growing in container
* Planting too deep could cause roots to rot

Check herbs before purchasing

* Dig deeper into ‘happy herbs’
‘Lean, mean, well-drained’
- Most herbs best in well-drained soil
- pH 6.0-6.8 optimum growth
- Many herbs drought tolerant once established
- Adequate soil moisture = vigorous growth
- Amend heavy clay soils w/ compost or build raised beds to ensure “sharp” drainage
- Most need full sun

“Happy” herbs

* Choose appropriate planting site
Proper nutrition

* Soil test before fertilizing in ground or raised bed herbs
* Over-fertilization creates succulent, weak growth
* Limits flavor and aroma of herbs
* If no soil test, use 5-10-10 or 5-10-5
* Early spring, perennial herbs
* Annual herbs, light application after harvest
Harvesting herbs like deadheading - take what you need off the top

* Depends on type of herb - herbaceous or evergreen

* Pollinators appreciate flowers - let a few plants produce for the bees

* A few herbs like mint can be invasive - grow in containers or confined area

* Harvest in morning after dew dries for maximum oil

---

Pruning & Harvesting Herbs

---

Is this pruning or harvesting?
*Harvesting Herbs*

*General rules*

* Up to 2/3rd of a hardy perennial in spring and summer but no more than 1/3rd in fall
* Sparingly for new perennial herbs
* Before flowering for most culinary herbs
* Wash down with a fine spray before harvesting*
* Use sharp cutting device
* Remember to snip and pinch regularly to get more branching, new growth and a larger harvest.
* Some references are herb specific
* *knock off insects, etc living on plant before bringing inside
Storing Herbs

* Drying
  * Trim plants by 1/3\textsuperscript{rd}
    * Hang upside down in cool, dry (fan), dust free location
    * Small herbs can be placed in a paper bag
    * Microwave - one layer between two paper towels for 2 - 3 min. Add 30 sec. shots as needed
    * Oven - heat to 100 degrees and place on baking sheet until dry.
    * Place herbs in glass jars with tops and check for dryness a week later
    * Vacuum seal them fresh
    * Freeze (in zip lock bags with water or ice trays)

* Keep notes on what worked for what herbs as reference
* Label your herbs
* Basil - Sweet Basil, Lemon Basil, Spicy Basil, Purple Basil
* Oregano
* Thyme
* Dill
* Savory
* Rosemary
* Marjoram
* Chives, Garlic
* Lavender
* Sage
* Parsley
* Mints (suggest in pots)- Peppermint, Orange, Pennyroyal, Italian
* Artemesia
* Lemon Grass
* Bergamot
Herbs that bees love

* Anise hyssop
* Bee balm (bergamot)
* Borage
* Chicory
* Chives
* Fennel
* Feverfew
* Hyssop
* Lavender
* Lemon balm
* Marjoram/sweet Marjoram
* Mint
* Rosemary
* Sage
* Tansy
* Thyme
* *Santolina chamaecyparissus

Cotton lavender and thyme

Herbs and Pollinators
Gulf Fritillary on Maypop

Include nectar and host plants

* Dill (N & H)
* Fennel (N & H)
* Parsley (N & H)
* Catnip (N)
* Borage (N & H)
* Chives (N & H)
* Mints (N)
* Thyme (b-flies & h bees)
* Bee balm (Mondarda)
* Evaluate herbs for specific characteristics
* Create effective combinations
* Use color to bring landscape together
* Create layers
* Plant herbs in drifts
* Consider year-round interest
* Add fragrance

* Suggestions for herb garden designs
* One: evaluate herbs for individual characteristics
* Vary in flower appearance, foliage, texture, form (vertical, spherical, horizontal)
* Some herbs have multiple characteristics i.e. lavender, ‘Opal’ basil, Artemisia ‘Powis Castle’
* Photo: parsley with Artemisia
* Combine plants w/ different dominant characteristics
* Ex: ‘flower’ plant/texture plant/foliage plant
* Notice how foliage and flower colors combine
* Best to combine no more than 3 distinct colors
* OK to combine numerous shades/hues of one color
* Photo: Lemon grass and purple Perilla w/ lemon mint]

* Rule Two: create effective combinations
* Choose color theme - pinks/purples, reds/yellows, cool or warm colors for herb garden
* Select shrubs, perennials, annuals & repeat colors thru garden
* Stick to 3 distinct colors in garden - more can look too “busy”
* Harmonious colors are soothing
* Contrasting colors are exciting
* Photo: gazing ball w/ Society garlic

* Rule three: use color to bring landscape together
* Tiers can be ‘in ground’ or in pots
* If in ground, locate highest point of garden
* Tier down from tallest to shortest plant
* Plant small-sized plants in front, medium in middle, tall in back
* Eye follows flow through garden
* Photo: same effect with strategically placed planters

* Rule four: create tiers
* Herbs in drifts or masses more dramatic visual effect
* Groups of 3 or more of species usually sufficient
* Some herbs large enough for one plant i.e. upright rosemary or Cardoon
* Long, narrow drifts offer more show than same plants in circle
* Photo: upright Rosemary in bloom

**Rule 5: Arrange herbs in drifts**
* use plants w/ peak performance at different times
* Foliage herbs i.e. sage, calendula, rosemary, germander, parsley, thyme good for winter months
* Fall is good for Pineapple sage, Mexican bush sage, Mexican tarragon, goldenrod, Joe-Pye weed, tansy
* Photo: winter ‘herbscape’
* Place aromatic herbs near paths, patios, porches, decks
* Foliage where it can be touched or brushed against, walked on or simple inhaled creates soothing or stimulating scent
* Offers insect-repelling qualities near seating areas
* Attracts pollinators such as honey bees and butterflies

* Rule 7: Add fragrance
* Basil - flies, mosquitoes
* Borage - tomato hornworms
* Catnip - ants, aphids, squash bugs
* Chives - japanese beetle
* Citronella grass - cats
* Chrys - roaches, ticks, fleas
* Dill - aphids, spider mites
* Fr. Marigold - whiteflies, nmtds
* Garlic - codling moths, vampires
* Lemon balm - mosquitoes
* Rosemary - snails, slugs
* Tansy - cutworms, ants

* Best herbs for repelling insects
Duncan House Herb Garden
*Herbs to help boost brain power

Some of these grow in North Central AL
*Periwinkle and Ginseng*
* Anti-cancer chemo drug
* Classified as “plant alkaloid”
* One of most powerful anticancer drugs in world
* Increased survival rate for acute childhood leukemia
* Aka Centella, Asiatic pennywort
* Frost-tender herbaceous plant
* Native to wetlands in Asia
* Ingredient in salads
* Used to treat varicose veins, psoriasis, minor wounds, encourage lactation

* Gotu Kola
According to test in UK
- Essential oil in rosemary improves speed, accuracy performing some mental tasks
- 8-cineole chemical constituent in rosemary
- Used to flavor foods and beverages
* Suggested ginkgo helps regenerate brain cells
* Studies indicate herb beneficial for improving memory
* Improving mental zeal
* Caution: careful if taking blood thinners - herb can cause brain bleeding

*Ginkgo biloba*
*A matter of degree...*