

* Herbs

Commonly grown
Use in Landscape
Culinary and Medicinal aspects

*What is a(n) herb?

- * 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"





* 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

* Little Herbal History

- * 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?



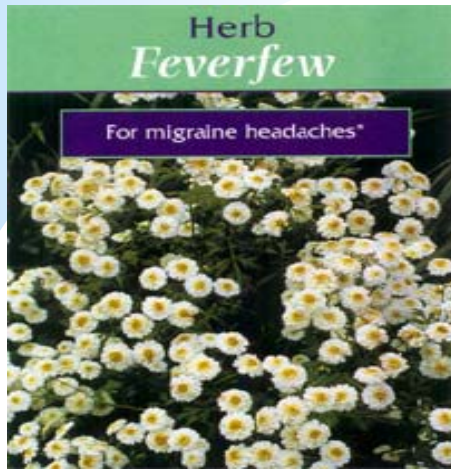
* Familiar words to
familiar song

- * 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

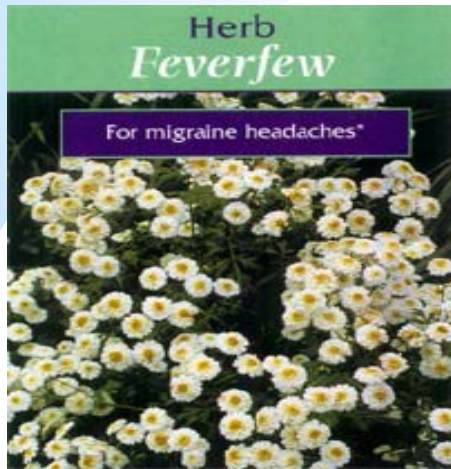
What Herbs



Are These?



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**

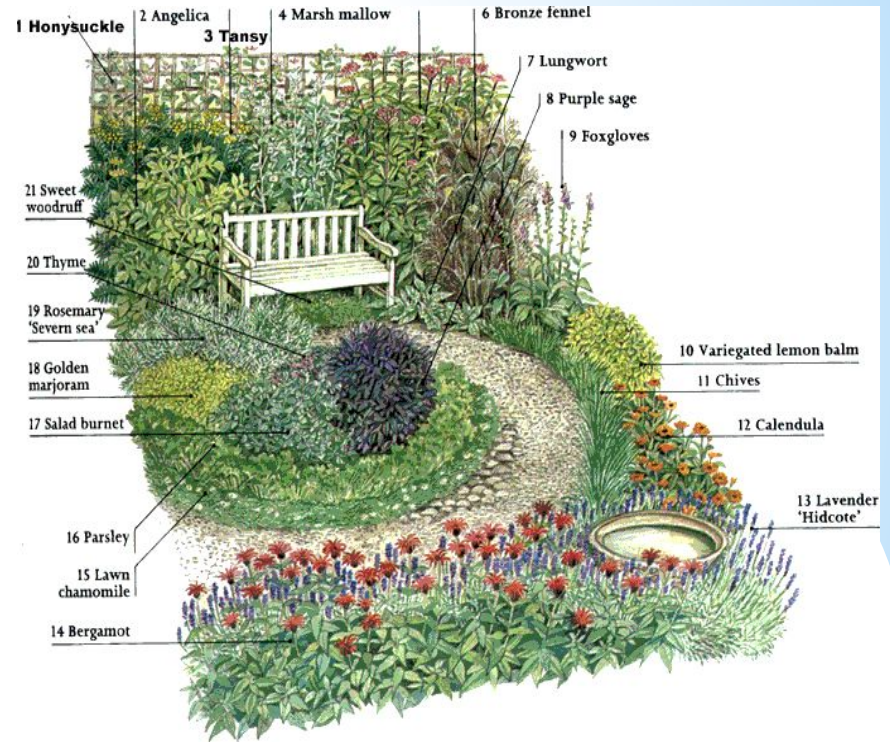
- * Taste (cooking, salads, pasta, jellies, etc.)
- * Landscaping, accent flowers, attract butterflies
- * Emotional (bring back memories)
- * Medicinal (healing and aromatherapy)
- * Pest Control (insect repellent)
- * Easy to grow (most)
- * Do not need much space (vs. yield)
- * Fragrance (in the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

* Why Herbs?

* Herb Basics - Growing

- * 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

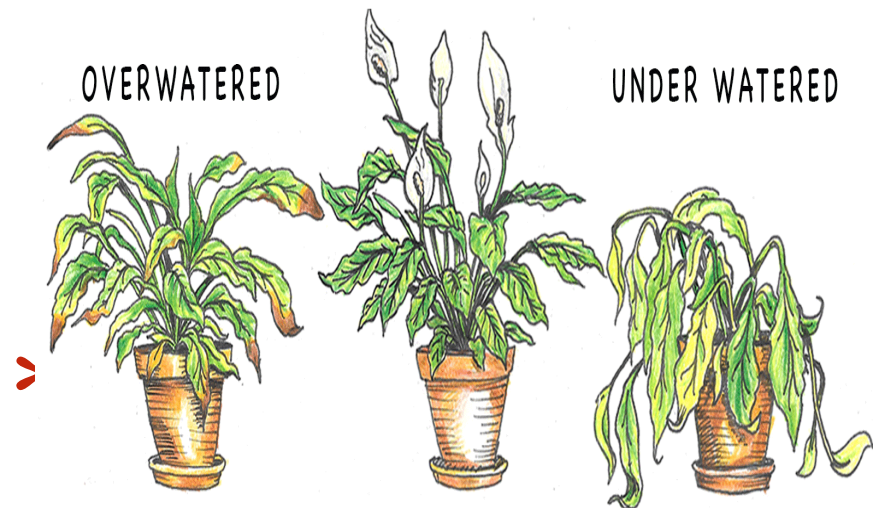


* Choose appropriate planting site

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

Herbs - little water/little fertilizer



What is the difference

- * 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

Is this pruning or harvesting?



* Pruning & Harvesting Herbs

* 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 1/3rd

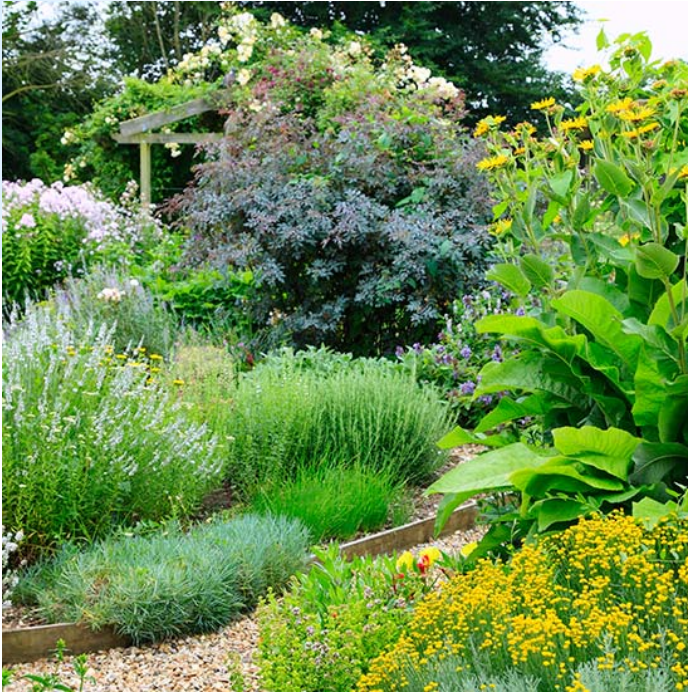
- * Hang upside down in cool, dry (fan), dust free location
 - * Small herbs can be placed in a paper bag
 - * Microwave - one layer between two paper towels for 2 - 3 min. Add 30 sec. shots as needed
 - * Oven - heat to 100 degrees and place on baking sheet until dry.
 - * Place herbs in glass jars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

* “Easy 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



*Cotton lavender and thyme



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*

* Herbs and Pollinators

Gulf Fritillary on Maypop



Include nectar and host plants

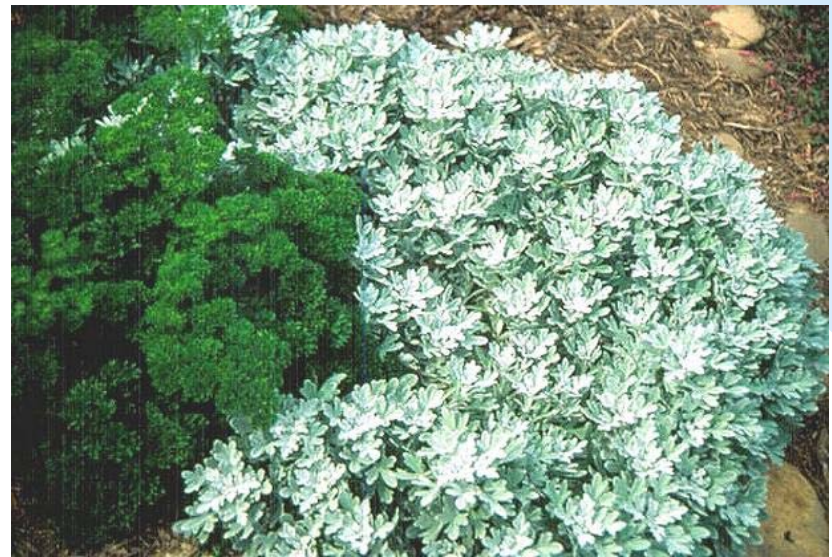
- * Dill (N & H)
- * Fennel (N & H)
- * Parsley (N & H)
- * Catnip (N)
- * Borage (N & H)
- * Chives (N & H)
- * Mints (N)
- * Thyme (b-flies & h bees)
- * Bee balm (Mondarda)

- * 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 w/ Artemisia



7 rules for dramatic herb gardens

- * Combine plants w/ different dominant characteristics
- * Ex: 'flower' plant/texture plant/foilage 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'



* Consider year-round interest

- * Place aromatic herbs near paths, patios, porches, decks
- * Foliage where it can be touched or brushed against, walked on or simply 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
- * Chrysanthemum - roaches, ticks, fleas
- * Dill - aphids, spider mites
- * French Marigold - whiteflies, nematodes
- * Garlic - codling moths, vampires
- * Lemon balm - mosquitoes
- * Rosemary - snails, slugs
- * Tansy - cutworms, ants



* **Best herbs for repelling insects**



* Duncan House Herb Garden

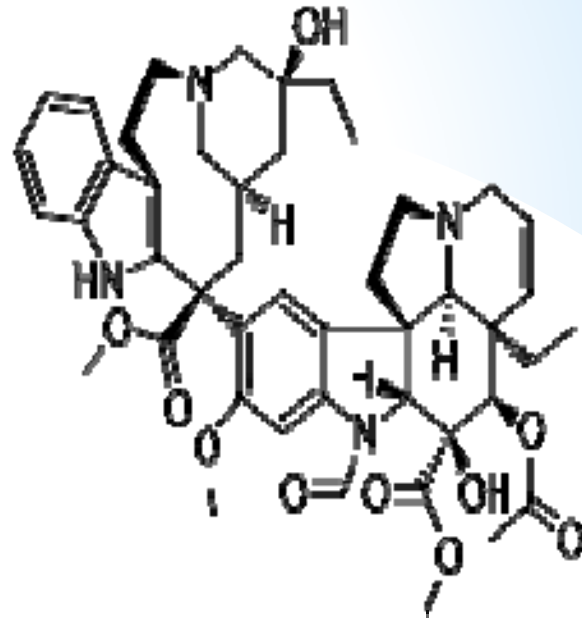
* Herbs to help boost brain power

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



* **Vincristine**

- * 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



* Rosemary

- * 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**

www.mcdavid.com.au



* A matter of degree...