



# Environmental Horticulture Notes

EHN 70

## CULINARY HERB PROFILES

### Arugula – *Eruca vesicaria sativa*

- |  |                      |
|--|----------------------|
| a. Annual (cool season)                    | d. Full sun          |
| b. Average soil                            | e. Moderate water    |
| c. Space 12 to 18 inches; height to 3 feet | f. Flowers in spring |

Member of the cress family also known as rocket salad. May be grown in containers and self-seeds freely.

### Basil – *Ocimum basilicum*

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|--|----------------------|
| a. Annual                                | d. Full sun          |
| b. Rich soil                             | e. Moderate water    |
| c. Space 6 inches; height 8 to 24 inches | f. Flowers in summer |

Basil is best started from seed sown indoors late March to April and transplanted after danger of frost. Seed germinates in 5 to 14 days. Best used fresh. Harvest before flowering. Prune basil to first leaf bud below the flower to encourage further leaf production.

### Bay – *Laurus nobilis*

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|--|---------------------------|
| a. Evergreen shrub or tree (cool season) | d. Full sun to part shade |
| b. Moderately rich soil                  | e. Low water              |
| c. Space 3 feet; height 5 to 40 feet     | f. Spring growth period   |

Slow to propagate from cuttings taken in the fall. Will also grow in a barrel or large container. Can be subject to black scale.

### Calendula - *Calendula officinalis*

- |                                   |                               |
|-----------------------------------|-------------------------------|
| a. Annual (cool season)           | d. Full sun                   |
| b. Average soil                   | e. Low water                  |
| c. Space 12 inches; height 2 feet | f. Blooms spring through fall |

Has daisy-like orange or yellow flowers. Dead-head regularly for continuing bloom. Sow seeds directly into garden in early spring. Germinates in 10 days to 2 weeks. Self-sows freely.

### Chamomile - *Matricaria recutita*

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|--|------------------------------|
| a. Annual                                  | d. Full sun to partial shade |
| b. Slightly alkaline soil                  | e. Low water                 |
| c. Space 1 to 2 inches; height 1 to 2 feet | f. Blooms early spring       |

Sow seeds early in spring. Mixing tiny seeds with sand ensures even distribution. Self sows freely. Roman Chamomile (*Chamaemelum nobile*) is a perennial grown as a ground cover that prefers slightly acid soil. Harvest flowers when petals begin to droop.

### Chives - *Allium schoenoprasum*

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|--|---------------------------|
| a. Bulb plant                          | d. Full sun to part shade |
| b. Prefers rich soil                   | e. Moderate water         |
| c. Space 6 inches; height to 12 inches | f. Blooms in summer       |

Start from seed, purchase plant, or divide mature clump. Divide clumps every 3 to 5 years. Best used fresh.

**Cilantro** – *Coriandrum sativum*

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|---|-------------------|
| a. Annual (cool season)                         | d. Partial shade  |
| b. Rich soil                                    | e. Moderate water |
| c. Space 8 to 18 inches; height 10 to 12 inches | f. Blooms         |

Direct seed in warm, semi-shady spot. Does not tolerate summer heat so grow in spring or fall. Cut leaves during growing season to produce second harvest; will probably go to seed after the second harvest.

**Dill** – *Anethum graveolens*

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|--|---------------------------------------|
| a. Biennial (cool season)                    | d. Full sun                           |
| b. Acidic soil                               | e. Moderate water                     |
| c. Space 10 to 12 inches; height 3 to 5 feet | f. Blooms late spring to early summer |

Direct seed into garden. Like cilantro, dill bolts quickly in hot weather; harvest leaves before bloom. Harvest seeds as seed heads become brown and dry. Self sows freely. Good butterfly plant.

**Fennel** – *Foeniculum vulgare*

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|--------------------------------|----------------------------------|
| a. Perennial (cool season)     | d. Full sun                      |
| b. Average soil                | e. Moderate water                |
| c. Space 2 feet; height 4 feet | f. Blooms July through September |

Similar to dill in shape and flavor. Direct seed into garden in fall; harvest before bloom. Florence fennel (*Foeniculum vulgare* var. *dulce*) is a bulb type of fennel eaten as a vegetable. Sow this in spring or fall.

**Garlic** – *Allium sativum*

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|-------------------------------|---------------------|
| a. Annual (cool season)       | d. Full sun         |
| b. Rich, light, alkaline soil | e. Moderate water   |
| c. Space 6 inches             | f. Blooms in summer |

Plant bulb seedlings in the ground in fall. Treat tender stalks like chives. Dig bulbs in summer when leaves lose color and die to ground. Tradition says plant garlic on shortest day of year and harvest on longest day.

**Geranium, scented** – *Pelargonium* species

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|---------------------------------|---------------------|
| a. Perennial                    | d. Full sun         |
| b. Rich, humus soil             | e. Low water        |
| c. Space 2 feet; height 2 feet, | f. Blooms in summer |

Take cuttings in summer from non-flowering shoots. Not very frost tolerant. Harvest young leaves; best used fresh. Dries brown. Numerous varieties have wonderful scents and flowers. *Pelargonium crispum* is lemon-scented. *Pelargonium* 'Attar of Rose' has pungent rose scent. *Pelargonium x nervosum* 'Lime' has orchid-like flowers and strong lime scent.

**Hyssop** – *Hyssopus officinalis*

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|---|---------------------|
| a. Perennial                            | d. Full sun         |
| b. Light soil                           | e. Low water        |
| c. Space 2 feet; height 12 to 24 inches | f. Blooms in summer |

Easily grown from seed or propagated from spring or fall root division. To harvest, cut stems before flowering. Attracts bees.

**Lavender** – *Lavandula* species

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|--|-------------------|
| a. Evergreen shrub                       | d. Full sun       |
| b. Sandy soil                            | e. Low water      |
| c. Space 1 to 2 feet; height 2 to 4 feet | f. Blooms in June |

Grow lavenders from seed or cuttings taken in spring or fall. Harvest buds just as flowers are about to open. Prune lavender after flowering. Lightly trim lavender in spring to encourage flowering. Many varieties have different flower colors and heights. English varieties (*Lavandula angustifolia*) are considered premium-scented. French hybrids (*Lavandula x intermedia*) such as 'Provence' or 'Superior' do well in our region. Deer resistant.

**Lemon balm** – *Melissa officinalis*

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|--------------------------------|------------------------------|
| a. Perennial                   | d. Full sun to partial shade |
| b. Average soil                | e. Low water                 |
| c. Space 2 feet; height 2 feet | f. Blooms summer to frost    |

Grows easily from seed sown spring or early fall. Harvest before plant blooms. Best used fresh. Delicate lemon scent.

**Lemon Verbena – *Aloysia triphylla***

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|----|-----------------------------|----|------------------|
| a. | Deciduous shrub             | d. | Full sun         |
| b. | Rich soil                   | e. | Moderate water   |
| c. | Space 3 feet; height 4 feet | f. | Blooms in summer |

Propagated from pencil-sized or smaller stem cuttings. Mid- and late-summer stems take best. Harvest leaf sprigs leaves all year. Cut back in mid summer. Fragrant shrub.

**Lovage – *Levisticum officinale***

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|----|-----------------------------|----|------------------|
| a. | Perennial                   | d. | Full sun         |
| b. | Rich soil                   | e. | Moderate water   |
| c. | Space 3 feet; height 5 feet | f. | Blooms in summer |

Sow seeds in fall or spring. If necessary, divide mature plants in the spring. Requires little care. Deadhead to encourage growth. Harvest young leaves and stalks often.

**Marjoram – *Origanum margorana***

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|----|---|----|------------------|
| a. | Perennial (cool season)                 | d. | Full sun         |
| b. | Average soil                            | e. | Low water        |
| c. | Space 12 inches; height 12 to 18 inches | f. | Blooms in summer |

Sow seeds in spring. Cut plant 6 to 8 inches from the ground before first flowering to encourage second harvest.

**Mexican tarragon – *Tagetes lucida***

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|----|--------------------------------------|----|------------------------|
| a. | Evergreen perennial (cool season)    | d. | Full sun to part shade |
| b. | Average soil                         | e. | Moderate water         |
| c. | Space 18 to 24 inches; height 2 feet | f. | Blooms in summer       |

Also called Mexican mint marigold, it is used as a substitute for true tarragon. (See also Tarragon.)

**Mints - *Mentha* species**

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|----|---|----|------------------------|
| a. | Perennial                                 | d. | Full sun to part shade |
| b. | Rich soil                                 | e. | Moderate water         |
| c. | Space 18 to 24 inches; height 1 to 2 feet | f. | Blooms July and August |

Propagate by stem cuttings or root division. Mint is invasive and best grown in containers. There are many varieties with different scents such as apple, orange, and spearmint. Harvest new growth for best flavor.

**Nasturtium – *Tropaeolum majus***

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|----|-----------------------|----|------------------------|
| a. | Annual (cool season)  | d. | Full sun to part shade |
| b. | Average soil          | e. | Low water              |
| c. | Space and height vary | f. | Blooms in summer       |

Colorful annuals that dislike extreme heat. Seeds germinate easily; sow in spring. Plants do not transplant well.

**Oregano – *Origanum vulgare***

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|----|-----------------------------------|----|------------------|
| a. | Evergreen perennial (cool season) | d. | Full sun         |
| b. | Alkaline soil                     | e. | Low water        |
| c. | Space 1 foot; height 2 feet       | f. | Blooms in summer |

Propagate from seeds, stem cuttings, or root division. Seeds germinate slowly. Harvest as plant begins to bloom.

**Parsley – *Petroselinum crispum***

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|----|----------------------------------|----|------------------------|
| a. | Biennial (cool season)           | d. | Full sun to part shade |
| b. | Rich soil                        | e. | Moderate water         |
| c. | Space 1 foot; height 1 to 2 feet | f. | Blooms in early summer |

Sow seeds in spring and fall; may take 3 to 6 weeks to germinate. Begin harvesting leaves when they are about 8 inches long. Loses flavor when dried.

**Rosemary – *Rosmarinus officinalis***

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|----|----------------------------------|----|------------------------|
| a. | Evergreen shrub (cool season)    | d. | Full sun to part shade |
| b. | Rich to average soil             | e. | Low water              |
| c. | Space 2 feet; height 2 to 6 feet | f. | Blooms in early summer |

Vibrant blue-green perennial. Propagate prostrate rosemary by root division, and upright varieties from stem cuttings in the spring. Harvest 4-inch pieces from top any time.

**Saffron – *Crocus sativus***

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|--|---------------------------|
| a. Corm (cool season)                              | d. Full sun to part shade |
| b. Average soil                                    | e. Moderate water         |
| c. Space 12 bulbs per square foot; height 4 inches | f. Blooms in fall         |

Saffron crocus is a corm grown for its stigmas. Needs good drainage. Plant bulbs in September where they will get sun when in bloom.

**Sage – *Salvia officinalis***

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|--------------------------------|---------------------|
| a. Perennial (cool season)     | d. Full sun         |
| b. Rich, sandy soil            | e. Low water        |
| c. Space 1 foot; height 2 feet | f. Blooms in summer |

Requires excellent drainage to prevent root rot. Propagate by seeds, cuttings, layering, or root division. Harvest by snipping leaves. Tricolor sage is a favorite for color. Berggarten sage is a preferred variety.

**Salad burnet – *Poterium sanguisorba***

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|--------------------------------|---------------------------|
| a. Perennial (cool season)     | d. Full sun to part shade |
| b. Average soil                | e. Low water              |
| c. Space 1 foot; height 3 feet | f. Blooms in summer       |

Delicate, feathery plant propagated by root division; self sows freely. Grow in container for good drainage.

**Sorrel – *Rumex acetosa***

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|--------------------------------|---------------------------|
| a. Perennial (cool season)     | d. Full sun to part shade |
| b. Average soil                | e. Moderate water         |
| c. Space 1 foot; height 2 feet | f. Blooms in summer       |

Plant seed or divide roots. Needs good air circulation. Harvest outer leaves as needed. Remove flower spikes for continued leaf production. Spreads unless grown in a container.

**Tarragon – *Artemisia dracunculus***

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|----------------------------------|---------------------------|
| a. Perennial                     | d. Full sun to part shade |
| b. Rich, sandy soil              | e. Moderate water         |
| c. Space 1 foot; height 8 inches | f.                        |

Propagate by root division in spring. Transplant 1-inch sections of root tips with bud. Best used fresh. Handle with care during harvest; leaves bruise easily. (See also Mexican tarragon.)

**Thyme – *Thymus* species**

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|--------------------------------------|---------------------------|
| a. Evergreen perennial (cool season) | d. Full sun to part shade |
| b. Rich soil                         | e. Low water              |
| c. Space 1 foot; height 1 foot       | f.                        |

Propagate by stem cuttings. Good ground cover or border plant. Harvest leaves before blossoms open.

**Violets – *Viola odorata* (Sweet violet) and *Viola tricolor* (Johnny-jump-up)**

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|--|--------------------------------|
| a. Perennial (cool season)               | d. Full sun to shade           |
| b. Average soil                          | e. Moderate water              |
| c. Space 9 inches; height 8 to 10 inches | f. Blooms in winter and spring |

Treated as annuals. Easily grown from seed; may re-seed. Johnny-jump-up flowers are edible if no pesticides used. Sweet violets are practically a weed; keep them in check.

**Winter savory – *Satureja montana***

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|--------------------------------|--------------|
| a. Perennial (cool season)     | d. Full sun  |
| b. Average soil                | e. Low water |
| c. Space 1 foot; height 1 foot | f.           |

Slightly stronger flavor than summer savory. Plant seeds or take cuttings. Keep woody stems pruned out to encourage new growth. Needs good drainage.