

Growing Popular Culinary Herbs IN Northeast Florida

Herbs Have Many Uses

- Culinary
- Nutrition & Health
- Landscaping



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Urban Gardening Program
Duval County Extension



"The Foundation of the Gator Nation"

Reduce Sodium
and Add Nutrients



Use rosemary spears
for shish kabob

What to Consider When Picking A Site

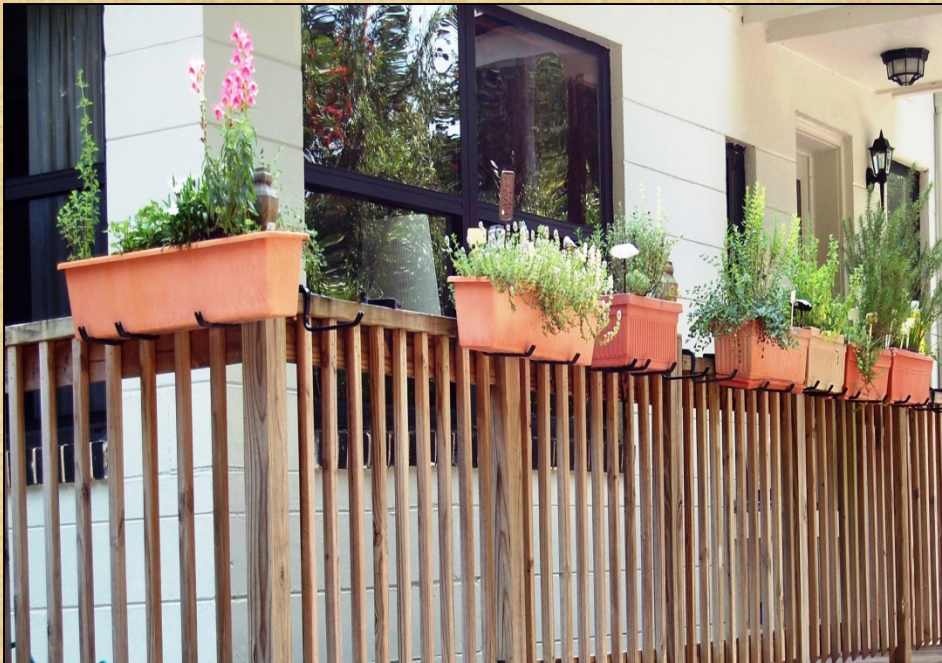
How do you plan to provide water

Test pH

Sunny Location

Well Drained Soil

Air Circulation is important



“Florida Vegetable Gardening Guide” / “Herbs In The Florida Garden”

“Minigardening (Growing Vegetables in Containers)”

Commercial Ready: Use Soilless Mix or Make Your Own



Always moisten soil uniformly before planting...



When filling container, do not compact!!

“Gardening in Raised Beds” Terry DelValle

“Minigardening (Growing Vegetables in Containers)”

Potting Mixes for Certified Organic Production

<https://attra.ncat.org/attra-pub/viewhtml.php?id=47>

Don't leave your herb in that small pot!!

Moisten soil uniformly

Take plant out of original container & inspect it
for circling roots

Add soil w/o compacting

Make a hole large enough to accommodate
root ball

Insert the plant into the hole

Firm the soil around the root ball

Fertilize

Water only when needed

Sources of Fertilizer - Follow Label



Granular 3-4-4



Liquid: Fish Emulsion
and Seaweed

- **DRY**
6-8-8 6-6-6
8-8-8 10-10-10
 - First number is the per cent of nitrogen
 - Promotes green growth
- **WATER SOLUBLE**
Peters
Miracle-Gro
 - Second number is the per cent of phosphorus
 - Promotes root growth and fruit development
- **Liquid Plant Food**
Fish Emulsion
Seaweed
DYNA-GRO 7-9-5
 - Third number the per cent of potassium
 - Promotes disease resistance and root development
- **TIME-RELEASE**
Osmocote 14-14-14



Liquid: DYNA-GRO
7-9-5

“Organic Vegetable Gardening”; “Minigardening (Growing Vegetables in Containers)”

“Florida Vegetable Gardening Guide”



Water as needed





Crimson King

Basil

Ocimum basilicum

- Semi-tropical, frost tender
- Pinch often to keep bushy and keep stems tender
- Keep flowers pinched unless growing to attract bees!!!
- Leaves have warm, spicy flavor, best used fresh or made into pesto
- Add at end of cooking for best flavor

Emily / Sweet Basil

- Compact version of the classic Genovese type
- Superior for pot culture
- Shorter stem-length between leaf nodes
- Longer-lasting with regular harvesting



African Blue

O. Kilimandscharicum x basilicum



- Cage: 3'x3' or more
- Flower is sterile, propagate via cuttings
- Cross between Dark Opal and Camphor basil
- Spicy fragrance has hints of camphor
- Attracts honeybees and butterflies
- A tasty seasoning



Basil comes in various types:

Genovese is the standard sweet basil

Cinnamon basil

Lemon basil

Purple



Thai Basil

- Deep green leaves
- Purplish flowers
- Anise/licorice/clove scent

Greek Columnar

O. Citriodorum "Lesbos"

- Does not bloom
- Tall narrow plants
- Spread: 9-12"
- Height: 24-36"
- Several stalks, recommend staking
- Propagate by cuttings

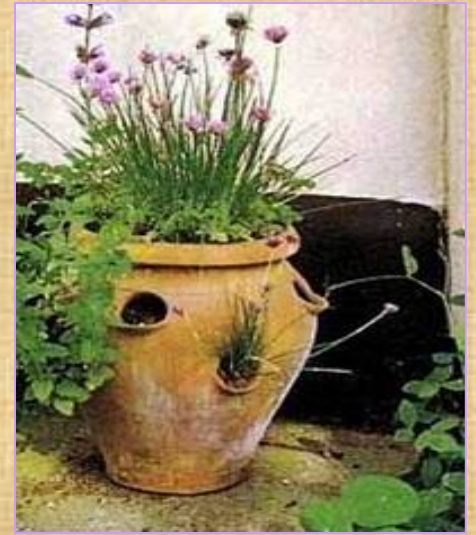


Chives

Allium schoenoprasum

&

Allium tuberosum



- Easily divided or start from seed
- Easy to grow, low maintenance
- Growth effected by heat
- Snip often to stimulate growth
- When harvesting can cut 1 to 2 inches from soil level
- Has many culinary uses and is best used fresh
- Chop stems and add them to recipe or use stems and flowers in vinegar
- Essential for Fines Herbes



Lemongrass

Cymbopogon citratus

- Native to Malaysia
- Usually started from a side shoot with a few roots
- Not frost hardy
- pH 4.3-8.4
- Survives in partial shade but prefers full sun
- Overwatering lowers oil content of leaves



French Tarragon

Artemisia dracunculus (L.) var. sativa



- **Artemisia, 2014 Herb of the Year**
- Perennial herb, but treated as an annual in Florida
- Goes dormant in the winter
- A warm season herb
 - Melts in our high humidity
- Buy rooted cuttings or small plants in the spring
- Grow in containers
- Has shallow lateral root system
- Best to water in morning

Mexican Mint Marigold

Tarragon *Tagetes lucida*



- Grows into an attractive mound of dusty green foliage
- Needs dormancy period- our area is perfect
- Divide every 2-3 years
- High shade to full sun
- Needs good air circulation and drainage
- Only way to kill it – too much water!!!!
- Harvest when leaves are plentiful
- Blooms in fall. Cut flowers to encourage foliage and use in vinegar
- Good in sauces, marinades, poultry and fish



Cilantro/Coriander

Coriandrum sativum

- Great backup plant for basil
- Requires cool evenings, does well in the winter
 - Seed in Fall, Winter & Early Spring
- Hot weather causes bolting
- Leaves are known as cilantro
- Seed stage is Coriander
- Consider slow bolt varieties
- Used in Mexican, Chinese, and Mediterranean dishes



Traditional



Delfino

Dill

Anethum graveolens



- Cool season annual
- Plant in full sun
- Well drained moist soil
- Can start to harvest when plants are 6" tall
- Snip green leaves, for seeds, collect when light brown, before they scatter (temperatures get to 80°)
- Leaves, flowers and seeds used for pickling and flavoring
- Good flavoring for salads, dip, fish, and vinegars
- When cooking with fresh dill, as with other fresh herbs, add just before serving a hot dish

Mint

Mentha spp.



Peppermint

m. peperita



Spearmint

m. spikata

- Many types
- Full sun in winter
- Some shade in summer
- Develops underground runners, therefore keep containerized since it can be aggressive
- Start with a transplant not seeds, use cuttings from the mother plant to get a true mint flavor
- Snip freely to keep stems tender, keep from getting woody
- Garnish, brew leaves into tea, mint jelly and spruces up deserts well

Lemon Balm

Melissa officinalis

- Perennial lemon-scented herb belonging to the mint family
- Roots easily from cuttings
- Moist well drained soil
- May take up to 2 years before forming a clump
- Use in tea, chopped in salads or in salad dressing
- Any recipe desiring a lemon-minty flavor



Mint

Mints usually go dormant in the heat, but these come back when it warms:



Egyptian Mint

Mentha niliaca

Perennial 2 to 3' tall

*Robust plant with
sturdy upright stems and large
velvety gray leaves*



Ginger Mint

Mentha arvensis "Variegata" m.x gentillis
Variegated leaves

Oregano *Origanum*

- Can only be sure of flavor when started from cuttings or division
- Full sun and well-drained soil
- Wonderful in Italian dishes, meats, breads, and shellfish
- Strongest flavor just as flower buds form
- Can start harvesting when 6" tall
- Do not be shy about cutting it back, keep stems tender
- Enjoy all year



Italian *Origanum x majoricum*



Mexican Oregano
Lippia graveolens



Mexican Oregano
Poliomintha longiflora

Parsley

Petroselinum crispum



- Likes cooler months
- Will survive summer if not in direct sun
- Needs moist but not constantly wet soil
- Flat-leafed and curly
- Great for butterfly garden
- Used in pesto with basil to tone down the basil taste
- Use as a breath freshener, garnish, salads, casseroles and dips.
- When added to soups, add just prior to taking from the heat
- Cut stem down to soil surface or harvest from outer leaves



Italian Parsley in Bloom

Rosemary

Rosmarinus officinalis

- Small perennial evergreen with very spicy odor
- Likes to be dry, in full sun, therefore good drainage is a must and good air circulation
- Grows as a landscape plant all year
- Best started from cuttings
- Cut no more than 1/3 of foliage at a time
- Use fresh for best flavor



Rosemary



Prostrate (Creepy-Crawly)

Romarinus officinalis prostratus



Upright *Romarinus officinalis*



Rosmarinus officinalis
"Huntington Carpet"



Rosmarinus officinalis
"Foxtail"

Thyme

Thymus vulgaris



- Needs good drainage
- Grows best if kept on dry side
- Can get woody, therefore benefits from frequent cutting
- Many flavors (lemon, lime, caraway, and oregano)
- Rub chopped leaves into beef, lamb, veal, or pork before roasting
- Add to soups, stews, stuffing, and rice
- Brew into tea with a little rosemary and mint



Sage

Salvia officinalis



Purple



Tricolor



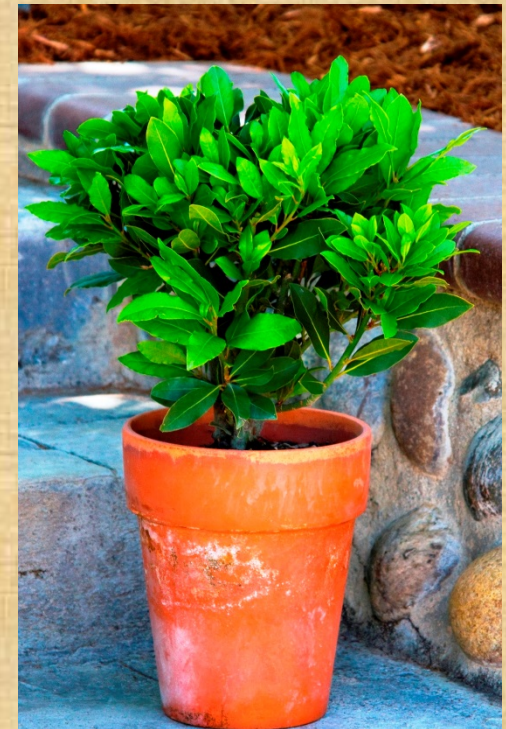
Berggarten

- Perennial is best started by seed or cuttings
- Needs good air circulation
- Harvest when leaves are plentiful and plant is vigorous
- Trouble making it through our wet, humid season
- Process with an oil base making a paste and freeze
- Good with soup, beef, veal, poultry, pork and dressing for your turkey

Bay, Sweet Laurel, Bay Laurel

Laurus nobilis

- Native to southern Mediterranean region
- Grown commercially for its aromatic leaves in :
 - Turkey, Morocco, Portugal, Spain, Italy, France and Mexico
- Full sun to partial shade
- Do fine in summer heat
- Bear temperatures down to 28 degrees
- Protect from cold winter winds
- Excellent shrub for hedges
- Responds well to pruning, a favorite for topiary sculpture
- Slow growing
- The intense flavor of fresh bay leaves mellow when dried for a few days
- Popular seasoning in:
 - French, Italian, Spanish and Creole cooking
 - Always remove the bay leaves before serving
- Pick leaves early in the day
- When drying, dry under weight so they won't curl
 - Store in an air-tight jar



Commonly grown in containers
Trim to shape in summer

Insect and Disease Control

IPM



What is Integrated Pest Management?

(IPM): is the use of natural and safe methods to control landscape insects and diseases

- Scout
- Handpicking
- Insecticidal soaps and oils labeled for herbs
- Good air circulation
- Well-drained soil
- Proper watering practices
- Know what grows when
- “Good” bug vs “Bad” bug



Lady Beetle: Predaceous on aphids

Propagating

- Annuals –
 - Mostly cultivated by seed
 - Cuttings: seeds are not available & plants are
- Perennials –
 - Non-hybrid types can be sown from seed
 - Hybrids are propagated by cuttings or division
Not reliable to type: Lavender, Mint, Oregano,
Rosemary, Sage and Thyme
 - Sterile (African Blue Basil)
 - Woody and unproductive (Your favorite: lavender or sage)
 - Unusual (Herbs with variegated foliage)

Cuttings

It takes a healthy stem to produce a quality plant.

Medium

- Holds water but drains well
- Support cuttings
- Well aerated – loose
- pH around 6.5



WARM WEATHER

- Basil
- Garlic Chives
- Cuban Oregano
- Lemon Grass
- Lemon Verbena
- Mexican and French Tarragon
- Pineapple sage



Cuban Oregano
Plectranthus amboinicus

IN BETWEEN

- Likes cold but shows damage below 20°F usually re-grows as temperature rises again
 - _ Parsley
 - _ Dill
 - _ Borage
 - _ German Chamomile
 - _ Calendula
- Likes cool/cold but not frost
 - _ Nasturtiums
 - _ Geraniums, Scented

Nasturtiums *Tropaeolum majus*

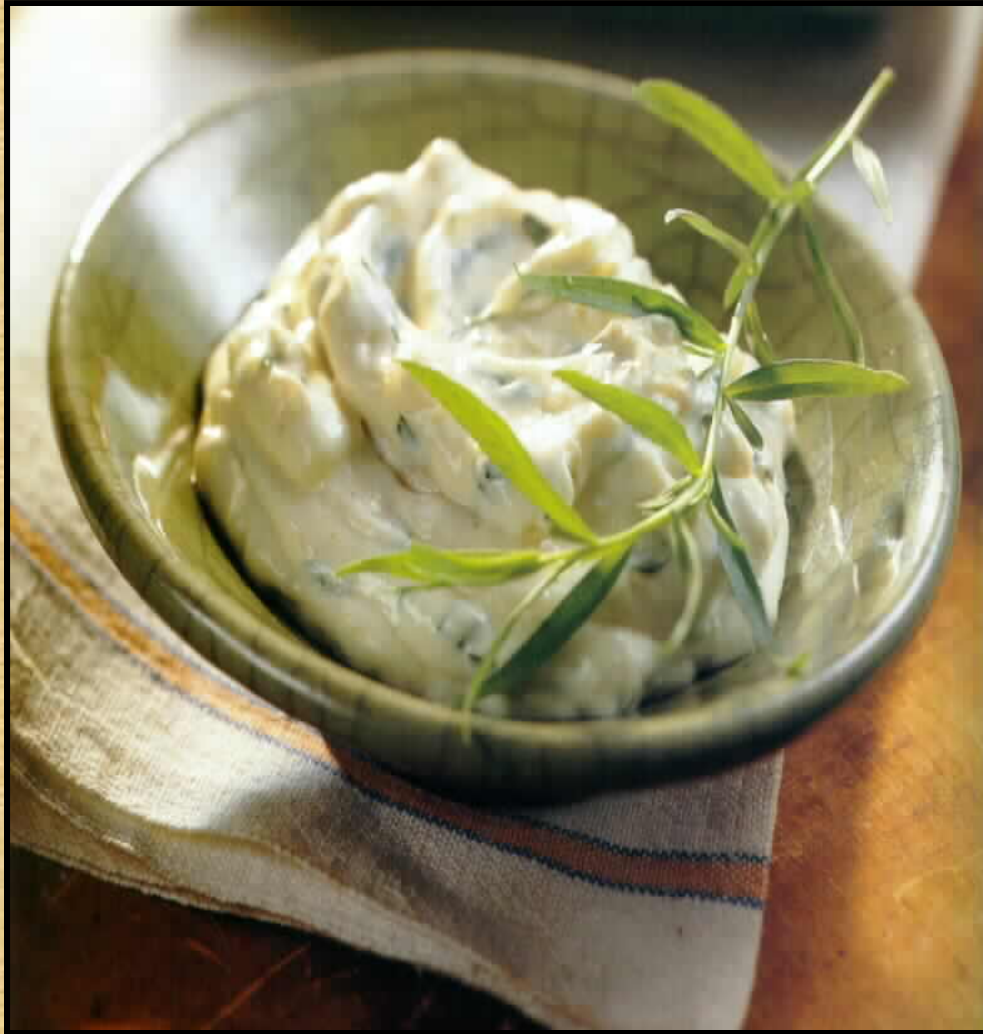


Scented Geranium
Pelargonium "Citronella"

Cold Weather Herbs

- Chervil
- Onion Chives
- Coriander (Cilantro)
- Fennel
- Lavender
- Mint
- Oregano
- Rosemary
- Salad Burnet
- Sage
- Thyme
- Violas

UNFAMILIAR WITH HERB FLAVOR



- Add herb or spice to small amount of butter, margarine, cream cheese or cottage cheese.
- Let mixture stand at least one hour or over night try on plain cracker.

Combining

- Mild
 - Basil
 - Bay
 - Dill
 - Oregano
 - Parsley
- Robust
 - Garlic
 - Rosemary
 - Sage
 - Tarragon
 - Thyme

HERB PREPERATION AND USES

- Gather herbs early in the morning to capture their full oil
- Just as the dew dries
- Can spray off before harvesting and let dry in sun
- If not processing right away place in a vase of water as a flower arrangement





Stripping the stems
*For thyme flavor without
the stems, strip leaves off
with a fork.*

Good Resources:

International Herb Association

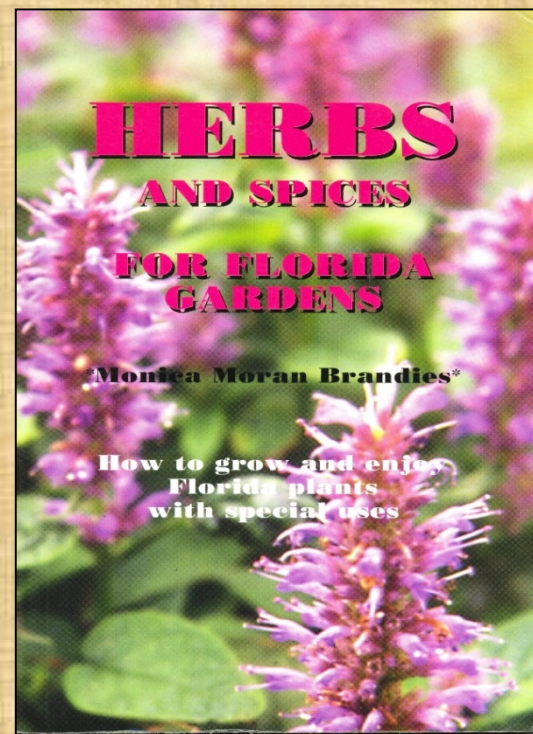
<http://www.iherb.org/hoy.htm>

Herbs In the Florida Garden

<http://edis.ifas.ufl.edu/pdffiles/VH/VH02000>

Minigardening (Growing Vegetables in Containers)

<http://edis.ifas.ufl.edu/VH032>



“Herbs in the Kitchen” by

Carolyn Dillie & Susan Belsinger

HARVESTING, USING, AND STORING HERBS

CUSTOMARY COMPLEMENTS: FAVORITE FOODS AND HERBS

PDF: Available on the Duval IFAS WEB Page

Local Commercial Grower (Consultant) Linda Cunningham

Compiled by Mary Puckett Duval County Extension IFAS/Extension

Additional Resources:

Florida Vegetable Guide

<http://edis.ifas.ufl.edu/vh021>

Organic Vegetable Gardening

<http://edis.ifas.ufl.edu/vh019>

Gardening in Raised Beds

<http://edis.ifas.ufl.edu/pdf/EP/EP47200.pdf>

Extension Soil Testing Laboratory

<http://edis.ifas.ufl.edu/pdf/SS/SS31200.pdf>

University of Florida's website for all your questions:

<http://www.solutionsforyourlife.com>

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