

Edible Gardening Series with Sarah Bostick and Carol Wyatt-Evens UF/IFAS Extension Sarasota County

Resources from Session 18: Herbs for Florida

Growing guides:

- This is a UF website that links to growing information about twenty different herbs and spices, cooking information, drying and storage instructions for various herbs and tips for growing indoors:
<https://gardeningsolutions.ifas.ufl.edu/plants/edibles/vegetables/herbs.html>

Lavender

- There is not a huge amount of information about what types of lavender grow in different parts of Florida, but here are a few resources to get you going:
 - Growing English lavender varieties in Florida: <https://edis.ifas.ufl.edu/pdffiles/FP/FP33700.pdf>
 - US Lavender Growers' Association FAQ page: <https://www.uslavender.org/lavender-101>
 - From many websites and on-line plant forums, it appears as though a variety called Phenomenal works well for much of Florida. That being said, Phenomenal lavender is listed as being hardy from USDA hardiness zone 5-9. The southern third of Florida is a zone 10, meaning that even this humidity-tolerant variety is unlikely to thrive as a perennial in the bottom third of the state.
 - If you want to learn more about **USDA Hardiness Zones** or learn which zone you are in, visit this website: <https://planthardiness.ars.usda.gov/PHZMWeb/>.

Understanding contamination risks in urban soil

- This is an incredibly helpful guide by the University of Georgia that explains why urban soil has a higher risk of being contaminated by heavy metals and other pollutants, how to test for contaminants and other strategies for safely growing food in urban environments.
https://secure.caes.uga.edu/extension/publications/files/pdf/C%201075_2.PDF

Feel free to reach out with questions any time!

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