

HARVESTING, USING, AND STORING HERBS

NAME	BEGIN HARVEST	HOW AND WHEN TO USE	HOW TO PRESERVE
Basil	In 4 to 6 Weeks	Pinch often, to prevent flowering & encourage branching.	Wash, dry well in spinner. Process w/olive oil to make paste & freeze. Make into pesto or add to salads, soups, etc. Add last minute—cooking longtime will destroy flavor.
Borage (fall, winter)	8 weeks after sprouting	Use tender young leaves raw, mature leaves cooked or in tea and/or vinegar. Flowers in ice cubes, as garnish or candy.	Leaves lose flavor when dried. Chop, process with olive oil to make pesto, freeze. Cucumber flavor.
Calendula (winter, spring)	When in bloom	Dry the petals and use like saffron, or use petals fresh for color.	DO NOT USE CENTER OF FLOWER, USE PETALS. Keep moisture Out, store dry. Grind Into powder.
Winter Caraway	When seeds turn brown	Snip clusters into bowl before seeds scatter.	Dry 2-3 weeks, store in airtight, opaque jars. Ok to freeze dried seeds to keep fresh.
Catnip	When in full bloom	Hang to dry in shade to make cat toys. Keep Pinched to encourage branching.	No need to preserve, grows all year.
Winter Chervil	Six weeks after sowing	Use fresh. Mince and use like parsley.	Make frequent sowings.
Chives	When six or more inches tall	Use fresh. Snip often to stimulate growth.	Does not freeze or dry well. Use stems and flowers in vinegar.
Chives, garlic	When six or more inches tall	Use fresh. Snip often, divide bulbs, use extras in soups or salads.	Do not dry. Use stems and flowers in vinegar.
Coriander	Use leaves anytime, or seeds when brown.	Hang seed clusters to dry. Seeds are bitter until dried. Roots are used chopped in curries.	Store seeds in airtight jars, best if you freeze seeds to keep fresh. Preserve chopped leaves in oil to make paste, freeze.

HARVESTING, USING, AND STORING HERBS

NAME	BEGIN HARVEST	HOW AND WHEN TO USE	HOW TO PRESERVE
Dill	When 6" tall, snip green leaves of young plants.	Let other plants grow for seeds, collect when light brown, before they scatter.	Hang clusters of seeds in a dark place, inside a paper bag. Chop leaves, make paste and freeze.
Fennel	When 8" tall, use tender leaves and stems.	Best when in bud. Use bulbs when plants mature.	Collect and dry seeds as for dill.
Garlic	When plant can spare leaves use them. Excess harvesting of leaves can effect bulb.	When bulbs mature, dig, dry, and store like onions. (Leaves turn yellow and collapse)	Not good to add oil to garlic to use later, can mold. Add oil and vinegar, use ASAP. Ok to chop, add oil and freeze.
Ginger	After 3 months, use small piece of root.	After 8 to 13 months, dig and use whole root, save some to replant.	Do not dry or freeze. Store in jar of wine vinegar, or brandy and keep refrigerated.
Goldenrod	When in bloom	Use in crafts, fresh or dry.	Hang in small bunches to dry.
Lavender	When in bloom	Hang and dry flowers before summer. Cut back and dry foliage when 6" high.	Dries well, do not freeze.
Lemon Balm	Best before flowering	Use before summer heat. Cut back to 1/3 of foliage.	Lose flavor when dried. Process with olive oil and freeze.
Lemongrass	When 12" tall	Cut and use often.	Lose flavor when dried. Grows all year. Use fresh.
Lemon Verbena	When well established	Use fresh. Mince them well or remove them like bay leaves.	Lose lemon flavor soon after dried. Process with olive oil and freeze.
Loquat	When fruits are soft and orange	Taste for sweetness, eat or use fresh in jellies, jams, or wine.	Delicious dried or frozen

HARVESTING, USING, AND STORING HERBS

NAME	BEGIN HARVEST	HOW AND WHEN TO USE	HOW TO PRESERVE
Lovage	When leaves are ample	Best used fresh, yellows quickly. Leaves, stems and seeds can be used.	Freeze, dry seeds and roots.
Marjoram	4 to 6 weeks after transplanting	Cut and use often. Best when fresh. Add to pesto.	Freezes well. Grows all year.
Mint	When leaves are plentiful	Best used when young and fresh or when in bloom. Add to pesto, mint jelly.	Grows all year. Use fresh or freeze.
Nasturtium	When leaves are plentiful	Flowers and leaves best used fresh. Refrigerate until needed.	Makes good vinegar. Store seeds or leaves in vinegar. Do not freeze.
Oregano	When 6" tall	Cut and use often.	Grows all year. Add to pesto and freeze.
Parsley	When leaves are ample	Cut and use often. Harvest from outer mature leaves or cut down to 2".	Grows most of the year. Add to pesto and freeze.
Passion Fruit	When fruits are ripe	Ripe when ready to drop. Cut in half. Scoop out centers, strain out seeds.	Freeze as juice.
Rose	Before petals fade or as hips	Add boiling water to hips and seal in jars. Dry or store in vinegars or jams. Use petals in jelly.	Petals and hips dry well in sun. Freezing not recommended.
Rosemary	When leaves are plentiful	Cut no more than 1/3 of foliage at a time.	Chop, add oil and freeze. Grows all year, no need to preserve.
Sage	When leaves are plentiful and plant vigorous	Harvest regular sage before summer. Pineapple sage does not dry well; use fresh.	Make pesto, olive oil and sage, freeze. Freeze flowers of pineapple sage in ice cubes.

HARVESTING, USING, AND STORING HERBS

NAME	BEGIN HARVEST	HOW AND WHEN TO USE	HOW TO PRESERVE
Salad Burnet	When leaves are plentiful	Use fresh and often, before summer.	Does not dry or freeze well. Does grow all year, with summer shade.
Savory	When 6" tall	Use or harvest before flowering or summer.	If it does not get too much humidity, will grow all year.
Sorrel	When 4 to 6" tall	Cut off individual leaves or cut whole plant back to 2", will grow back.	Will grow all year.
Tarragon, Mexican	When leaves are plentiful	Cut flowers to encourage foliage. Blooms in fall, can use flowers in vinegar.	Loses flavor when dried. Chop, add oil and freeze.

Mexican Tarragon (*Tagetes marigold*) grows most of the year.
Tarragon, French will not grow here. Tarragon, Russian grows here, but has no taste.

Thyme	When leaves are plentiful	Trim often to keep from getting woody. Use fresh.	Grows all year.
-------	---------------------------	---	-----------------

Comments:

Blanching can damage color and taste.
Freeze by placing whole/chopped herbs mixed with just enough oil to make a paste in ice trays, and freeze. Pop cubes in plastic bags and store in freezer. When making soups, stews or sauces, drop one or more of the herb cubes into the mixture. Add at the last minute, cooking long time will destroy flavor.
Paste can later be made into pesto or added to foods, such as salads, sauces, soups, etc.
To make paste to preserve herbs, wash, dry well in spinner and mix with olive oil to make paste.

References:

<u>Herbs and Spices for Florida Gardens</u>	Monica Moran Brandies	(Book)
<u>Herbs in the Florida Garden</u> http://edis.ifas.ufl.edu/pdffiles/VH/VH02000	Jim Stephens	(IFAS PUB)
Local Commercial Grower	Linda Cunningham	(Consultant)
Compiled by Mary Puckett	Duval County Extension	IFAS/Extension

**CUSTOMARY COMPLEMENTS:
FAVORITE FOODS AND HERBS**

Beef and Veal

Basil
Bay leaf or substitutes
Caraway
Chervil
Garlic or onion powder
Marjoram
Orange or lemon peel
Oregano
Parsley
Rosemary
Sage
Tarragon, Mexican
Thyme

Bouquet Garni

Bay
Marjoram
Parsley
Thyme

Eggs and Cheese

Basil
Chervil
Chives, garlic
Chives, onion
Coriander
Dill
Fennel
Mustard, dry
Oregano
Parsley
Sorrel
Tarragon, Mexican
Thyme, lemon

Fines Herbes

Chervil
Chives
Parsley
Tarragon, Mexican

Fish

Basil
Bay or substitutes
Dill
Fennel
Lemon balm
Orange, lime, or lemon juice
Pickling spices
Rosemary
Sorrel
Tarragon, Mexican

Green Vegetables

Basil
Bay leaf or substitutes
Caraway
Chervil
Chives, onion
Chives, garlic
Marjoram
Mints
Parsley
Sage
Tarragon, Mexican
Thyme

Lamb

Mints
Parsley
Bay leaf or substitutes
Garlic and onion
Chervil
Cinnamon
Coriander
Dill
Lemon, sour orange
Marjoram
Rosemary
Thyme
Chives

Poultry or Pork

Sage
Thyme
Bay leaf or substitutes
Coriander
Garlic or garlic chives
Ginger
Marjoram
Orange or lemon peel
Parsley
Rosemary
Basil/pesto
Tarragon, Mexican

**CUSTOMARY COMPLEMENTS:
FAVORITE FOODS AND HERBS**

Rice, Beans, Pasta

Caraway seed
Chiles and peppers
Cumin seed
Garlic
Good King Henry
Lemon peel
Oregano
Parsley
Mint

Salad

Arugula, roquette
Basil
Calendula
Chickweed
Chives, onion/garlic
Fennel
Lovage
Nasturtium
Parsley
Purslane
Rose petals
Salad burnet
Sorrel
Sweet cicely
Violets, pansies

Yellow Vegetables

Beebalm
Celery or Lovage
Cinnamon
Garlic
Ginger
Nutmeg
Orange peel
Parsley
Basil
Chives
Tarragon, Mexican

Definitions:

Bouquet Garni: These are small bundles of fresh herbs tied together inside a square of muslin or cheesecloth, with string long enough to tie around the pot handle for easy removal when the flavors but not the flecks have spread through the dish. Herbs most often used are parsley, thyme, and bay leaf, but you can add whole peppercorns, cloves, allspice, chives, celery leaves or seed, rosemary, garlic, true or Mexican tarragon, fennel, lemon peel, or marjoram.

Fines Herbes: This term is often used in French cooking and refers to a combination of fresh herbs finely minced and added at the end of the cooking or as a garnish. This mixture usually includes three or four herbs: parsley, chervil, and thyme, plus basil, chives, or salad burnet.

References:

Herbs and Spices for Florida Gardens by Monica Moran Brandies

Local Commercial Grower Linda Cunningham (Consultant)

Compiled by Mary Puckett Duval County Extension IFAS/Extension