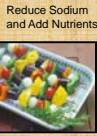


## Growing Popular Culinary Herbs IN Northeast Florida

Herbs Have Many Uses

- Culinary
- Nutrition & Health
- Landscaping



Reduce Sodium and Add Nutrients

Use rosemary spears for shish kabob

Mary Puckett  
Urban Gardening Program  
Duval County Extension

A collection of herbs in containers in a sunny place near the house provides diversity in the landscape and kitchen



"The Foundation of the Gator Nation"



## 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 DeValle

"Minigardening (Growing Vegetables in Containers)"

Potting Mixes for Certified Organic Production

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

Used in raised beds

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
- **WATER SOLUBLE**  
Peters  
Miracle-Gro
- **Liquid Plant Food**  
Fish Emulsion  
Seaweed  
DYNA-GRO 7-9-5
- **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



## Basil

### *Ocimum basilicum*



**Crimson King**

- 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: 3x3' 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



**Thai Basil**

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

Basil comes in various types:  
Genovese is the standard sweet basil  
Cinnamon basil  
Lemon basil  
Purple

**Greek Columnar**  
*O. Citriodorum "Lesbos"*

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



## BASIL PESTO










Basil and tomatoes were made for each other...

## 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*



Traditional



Delfino

- 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

## 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. spicata*

- 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 gentilis*  
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*





Italian Parsley in Bloom


- Likes cooler months
- Will survive summer if not in direct sun
- Needs moist but not constantly wet soil
- Flat-leaved 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

## 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)  
*Rosmarinus officinalis prostratus*



Upright *Rosmarinus 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

## 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"*

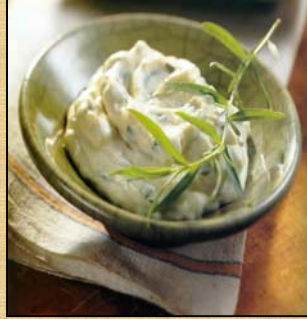
## Cold Weather Herbs

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

## Selection

- When you go to purchase
  - Go to specialist if possible
  - Greenhouse or garden center that deals only with herbs, or sizable herb department
  - Look for healthy growth, not just a long stem with a couple of leaves on top
  - Don't nibble or pinch
  - Brush leaves gently with hand and discreetly sniff hand or delicately sniff leaves

## 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



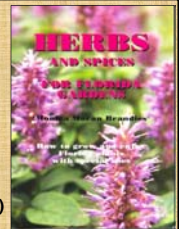
## • Freezing Herbs



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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