



## HERBS

Use this information guide to plant your herbs. We recommend planting all herbs with a well-draining soil. If you have any additional questions, please do not hesitate to speak with one of our knowledgeable staff. Do your plants a favor and stop by Red Barn today!

<b>BASIL</b> Ocimum basilicum	<ul style="list-style-type: none"><li>- Rhymes with “dazzle”</li><li>- Easily started from seed and will reseed</li><li>- Has clove-like fragrance and taste</li><li>- Snip leaves frequently to increase yield</li><li>- Used for seasoning vegetables and meat</li></ul>
<b>BORAGE</b> Borago officinalis	<ul style="list-style-type: none"><li>- Hardy annual</li><li>- Can grow 1 – 3’ tall</li><li>- Excellent cucumber-like flavor that is good in salad</li><li>- Easily started from seed</li><li>- Flowers are edible and can be candied and used as decoration for baked goods or drinks</li></ul>
<b>BAY</b> Laurus nobilis	<ul style="list-style-type: none"><li>- Tender perennial and small shrub</li><li>- Prefers bright sun and well-draining soil</li><li>- Difficult to grow indoors</li><li>- Leaves can be picked and dried year round</li><li>- Pleasant fragrance and is used as seasoning in soups, stews, meat, and fish</li></ul>
<b>BEEBALM</b>	<ul style="list-style-type: none"><li>- American perennial nicknamed Oswego Tea</li><li>- Has tall, leafy stalk with scarlet fuzzy flowers</li><li>- Considered as a bee and hummingbird attractor</li><li>- Can be utilized in making tea</li><li>- Leaves can be used to flavor apply jelly, fruit cups, and salad</li><li>- Citrus-like fragrance</li></ul>
<b>CARAWAY</b> Carum carvi	<ul style="list-style-type: none"><li>- Biennial that produces seeds usually mid-summer of 2<sup>nd</sup> year</li><li>- Can grow to 24” in height</li><li>- Use young leaves for garnishing or flavoring salads</li><li>- Used to flavor bread, pastries, meat, soups, &amp; salads</li><li>- Has feathery foliage and creamy flowers and also resembles carrots</li></ul>

CAMOMILE	<ul style="list-style-type: none"> <li>- Best known for its apple-like fragrance</li> <li>- Fine cut foliage with a single daisy-like flower</li> <li>- Used to make tea that can aid with ailments such as hay fever, inflammation, and even muscle spasms, among other things</li> </ul>
CATNIP	<ul style="list-style-type: none"> <li>- Heart-shaped, gray-green leaves</li> <li>- Its cousin (Catmint) is a perennial that can grow 2–3'H x 2–3'W</li> <li>- Catnip contains an oil that stimulates a cat's pheromones, which gives them a sense of euphoria or overwhelming happiness</li> <li>- Catnip tea is used to help with nervousness and anxiety</li> </ul>
CHERVIL	<ul style="list-style-type: none"> <li>- Annual herb that can grow up to 2' in height</li> <li>- Grows best in moist, but well-draining soil in partial shade</li> <li>- Utilize leaves in salads, soups, or even as a garnish</li> </ul>
CHIVES	<ul style="list-style-type: none"> <li>- Almost evergreen perennial of the onion family</li> <li>- Prefer rich, well-draining soil and partial to full sun</li> <li>- Multiply rapidly and need periodic dividing</li> <li>- Used for seasoning soups, salads, stews, and baked potatoes</li> </ul>
CORIANDER	<ul style="list-style-type: none"> <li>- AKA Cilantro or Chinese Parsley</li> <li>- Warm spicy flavor that resembles cumin</li> <li>- Annual herb that grows 12 to 15" in height</li> <li>- Aromatic seeds can be dried and crushed to be used in seasoning sausage, beans, stews, cookies, and even wine</li> <li>- Young leaves can be used in salads, poultry recipes, pico-de-gallo, and also Chinese dishes</li> </ul>