



Additional Information About Herbs

Plant herbs in raised beds

Or in your garden

Or in containers

Get a soil test?

Get a ph test?

Containers should contain approximately 2/3 soilless medium plus 1/3 organic amendments.

Add crushed water bottles to the bottoms of large pots.

When planting herbs be sure the soil has filled in all air pockets.

Mulch plants to conserve water and cool plant.

Do not use typical garden mulch as it contains dyes and possible chemical additives.

Clay pots are nice, but they dry out quickly.

Be certain you have drainage holes in your pots.

Do not put pot shards or stones in the bottoms of your pots.

Pick herbs in the morning after dew has dried in order to preserve essential oils.

Water the pot, not the plant.

If you overhead water, do it early in the day.

If herbs are in pots, you may need to water more than once a day.

Space pots to encourage good air circulation.

Plant several herbs in one pot.

Plant flowers in your herb pots. Try nasturtium as it has dabble flowers.

Generally, there is no need to fertilize. If you do, use a liquid or water soluble fertilizer, probably a 5-10-5.

Most books warn against using fish fertilizers on delicate herbs such as basil.

Speaking of basil, it is currently troubled by fusarium wilt.

For Rutgers fact sheets use njaes.rutgers.edu.

For Ocean County Master Gardeners Helpline call 732-349-1245.

Additional Methods to Preserve Herbs

FREEZING - Freeze single herbs or herb combinations in ice cube trays. When frozen, put cubes in freezer bags that are labelled and dated. Use in stews and soups.

HERB BUTTERS- Soften butter. Add single herbs or herb combinations. Combine, then using plastic wrap roll into a log shape. Freeze. Cut "coins" as needed for all types of recipes. Basil, chive, or lemon balm butters are very taste

HERB OILS- Using a single herb or herb combination, place herb(s) in a clean bottle or Container that can be sealed tightly. A Mason jar works well. Add oil such as olive, safflower, or sunflower covering the herb(s). Store bottle at room temperature away from direct sunlight for 10-14 days. Then strain the oil through cheese cloth or a fine sieve. Keep herb oil out of direct sunlight and away from extreme heat, or store in the refrigerator. Oil will keep for two months.

HERB VINEGARS- Using a single herb or herb combination, place herb(s) in a clean bottle or container. With vinegars, you can not use a bottle/container with a metal lid as it will react to the acid in the vinegar. Put herb(s) in container and cover with vinegar. Place the container on a sunny windowsill for two weeks. Then strain the vinegar through cheese cloth or a fine sieve. You might try chive flowers with lemon balm in white vinegar or garlic and basil in red or white vinegar.

HERB PESTO- Traditionally, pesto is made with basil, but you can substitute other herbs such as Parsley or use combinations such as basil and parsley. These pestos can be frozen and, therefore, this is again an excellent means of preserving your herb crop. Try this standard recipe: two cups basil, one half cup olive oil, two cloves garlic, one quarter cup pine nuts and one quarter cup parmesan cheese. Blend together in a food processor. Use your pestos on pasta, meat, chicken, fish, and soups.

HERB SALTS-

Using a single herb or herb combination, dry the herb(s) and cut into small pieces. Pour one layer of salt into a glass container. Then add a layer of the herbs. Repeat these steps. Use as much herb as you do salt. Let "sit" for two weeks; then shake thoroughly. Use as a table salt. You can also use this herb salt to season meat, fish, or poultry. Try a rosemary salt or a parsley or thyme salt.

EDIBLE HERBS-Charles Smith

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