



# J&L Garden Center

The All Season Gift  
and Garden Center

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[www.JLGardenCenter.com](http://www.JLGardenCenter.com)

## Welcome to The Exciting World of Herbs!

Herbs are a garden world of excitement and intense sensory delight. They are among Mother Nature's oldest garden gifts. These easy to grow plants have been cultivated for centuries by gardeners who have found in them medical necessities, culinary enjoyment, unique landscape subjects and fragrant houseplants.



### Soil Preparation

Whether you have a few herb plants growing near your house, several rows of herbs growing in your vegetable or flower garden, or a large formal herb garden, soil preparation and care of herbs is the same. Most herb plants prefer well-drained soil and at least five to eight hours of sun each day. There are exceptions; some like shade, some like dry soil, some like wet soil. Ortho's "All About Herbs" book gives some helpful information about the specific needs of each variety of herb.



Many herbs do well planted among vegetables and in flower gardens as companion plants. They can help deter insects and can help improve the flavor of many vegetables. Give herb gardens the same soil preparation as vegetable and flower gardens.

1. Spread one to two inches of manure or mulch over the garden.
2. Till the soil nine to twelve inches deep.
3. Fertilize with 6-10-4 Vegetable and Flower Food every four to six weeks during the summer.
4. Irrigate deeply. Try not to sprinkle often.
5. Watch for insects. Many herbs repel insects, but a few insects (slugs, snails, aphids, spidermites, etc.) love the taste of the young, tender herb plants.
6. If soil or space is a problem, or if you like to garden indoors during the winter, remember that some herbs do well planted in pots on a patio, porch or in a window sill.

### Transplanting Tips

Proper transplanting of herb plants is essential to achieve its optimum growth and to produce abundant harvests. Here are some tips:

Don't yank the transplant from its pot by the stem. Loosen the root ball by squeezing the plastic pots. Then turn the pot upside-down and tap the edge on your open hand. It should gently tumble into your hand.

After planting, water the herb plants thoroughly. Wa-

ter them again with **J&L Root Starter** mixed with water. Give the plants rootstarter again every two weeks for a month; then water and fertilize them regularly all summer with Vegetable and Flower fertilizer.

### The Harvest

Whether you harvest your culinary herbs a few stems at a time, for immediate use, or many stems at a time, for drying and freezing, there are a few important principles to keep in mind that will improve the quality and vigor of your plants.



**Here are four general rules:**

- 1. Always cut stems.** This will promote branching, vigorous new growth, strong roots and will increase the plant's future productivity. Don't just break them off or pinch them back.
- 2. Cut often.** This improves air circulation and it helps create neat, more compact plants that are less woody.
- 3. Do not cut perennial herbs within 40 days of the first frost.** Let the herb plants harden and mature for winter. Annual herbs can be harvested until they freeze.
- 4. Harvest herbs early to mid-morning.** Try not to harvest during the heat of the day.

### Guide to Common Herbs

**Angelica** - 48" Biennial, likes shady areas. Boil roots in honey to make candy. Seeds add wonderful flavor to soups and stews.

**Anise** - 12" Annual, likes sun. Flavoring for sausage and cakes. Medicinal tea. Breath freshener. Repels aphids and mites.

**Basil, Sweet** - 24" Annual, likes sun. Flavoring for many foods, especially tomato foods.

**Basil, Opal** - 24" Annual, likes sun. Pink flowering for ornamental uses. Flavoring for many foods.

**Bay Laurel** - 36" Small evergreen shrub (does not live through the winter in this area). Leaves are used in many types of food.

**Bee Balm** - 36" Perennial, likes sun. Bee balm - attracts bees. Medicinal tea. (Monarda)

**Burnet** - 24" Perennial, likes sun. Use leaves in salads and in cold drinks. Has cucumber flavor.

**Borage** - 24" Annual, likes sun. Flowers attract bees. Use for tea, drinks, and flavoring vegetables.

**Caraway** - 24" Annual, likes sun. Fragrant seeds for flavoring bread, meat, and cheese.

**Catnip** - 30" Perennial, likes sun or shade. Trim severely to control size. Addictive to cats. Medicinal tea.

**Chamomile** - 2" Perennial, likes sun. Flowers used in teas and in hair rinses.

**Chervil** - 24" Annual, likes shade. Gourmet's parsley, seasoning for soup and salad.

**Chives** - 8" Perennial, likes sun or shade. Onion flavor used for soups, salads, and sauces.

**Chives, Garlic** - 12" Perennial, likes sun or shade. Use like chives, but has a garlic flavor.

**Comfrey** - 36" Perennial, likes sun or shade. Large leaves are high in protein. Good livestock feed. Spreads rapidly. Medicinal uses but not for internal use.

**Coriander or Cilantro** - 24" Annual, likes sun. Seeds used to flavor gingerbread, pastries, and pickles. Leaves and stems used in Latin dishes.

**Cumin** - 12" Annual, likes sun. Seeds used in curry powder and in many hot spicy dishes.

**Dandelion** - 8" Biennial, grows everywhere. Eat leaves and flowers in salads. Makes tea.

**Dill** - 36" Annual, likes sun. Seeds and leaves used for pickles and sauces.

**Fennel** - 48" Perennial, likes sun. Leaves used in salads. Seeds used in hot breads and sauerkraut. Green or bronze leaf varieties.

**Fenugreek** - 24" Annual, likes sun. Maple-flavored seeds for cookies and cakes.

**Garlic** - 12" Perennial, likes sun. Used to flavor many foods. Has medicinal value. Repels some insects.

**Garlic, Elephant** - 30" Perennial, likes sun. Used like regular garlic. Slightly more mild. Bulb is up to eight times larger than regular garlic.

**Geraniums, Scented** - Annual. Their fragrant-scented leaves are used for vinegar, flavoring jellies, sandwiches,

## Specialty Gardens

### Herbs to Repel Insects

Different fragrances affect insects differently. Something attracting one insect may repel another. Anise, Basil, Bay, Bergamot, Borage, Catnip, Chamomile, Chervil, Chives, Dill, Garlic, Horseradish, Hyssop, Lavender, Lemon Balm, Lemon Grass, Lemon Basil, Lemon Thyme, Lemon Scented Geraniums, Mint, Oregano, Pennyroyal, Rosemary, Rue, Sage, Santolina, Savory, Southernwood, Tansy, Tarragon, Thyme, Wormwood, Yarrow.

### Indoor Herb Garden

When you plan an indoor garden, start with these easy to grow plants, then expand. If there is not enough sunlight, group them together under a wide-spectrum artificial light. Aloe, Basil, Bay, Borage, Burnet, Chervil, Chives, Dill, Fennel, Ginger, Hyssop, Lavender,

Lemon Balm, Lemon Verbena, Marjoram, Mint, Oregano, Parsley, Pennyroyal, Rosemary, Sage, Savory, Scented Geraniums, Sorrel, Tarragon, Thyme.

### The Flower Garden

A well-planned garden of herbs can provide a lot of flowers for fragrances, cutting, drying, eating, or just enjoying.

Angelica, Anise, Bergamot, Borage, Calendula, Carnation, Chamomile, Chervil, Chrysanthemum, Columbine, Coriander, Costmary, Cumin, Dandelion, Delphinium, Dill, Fennel, Foxglove, Ginger, Goldenrod, Heliotrope, Hollyhock, Hyssop, Johnny Jump Up, Larkspur, Lavender, Lily of the Valley, Lovage, Marsh Mallow, Mustard, Narcissus, Nasturtium, Pinks, Rose, Rosemary, Safflower, Saffron, Sunflower, Sweet Woodruff, Tansy, Thyme, Violet, Yarrow.

cakes, fruit punch, tea, wine, and to make potpourri.

**Gopher Purge** - 36" Perennial. Gophers and moles stay away from this plant because of the taste of the root system. Plant 40' apart for gopher control.

**Horhound** - 18" Perennial, likes sun. Used to flavor candy. Medicinal tea. Flavoring for cough syrup.

**Horseradish** - 30" Perennial, likes sun. Hot flavor used for meat dishes.

**Hyssop** - 24" Perennial, likes sun. Young leaves chopped fine for salad dressings. Medicinal tea. Also used as a perfume base.

**Lavender** - 24" Perennial, likes sun or partial shade. Fragrant flowers for potpourri and sachets.

**Leek** - 24" Biennial, likes sun. Grows and tastes similar to onions.

**Lemon Balm** - 12" Perennial, likes sun. Leaves used for summer drinks, soups, sauces, salads. Medicinal tea.

**Lemongrass** - 24" annual. Lemon flavor used in Indonesian and Asian cooking. Used in soup, fish, rice, vinegar, and salsa.

**Lemon Verbena** - 36" Tender perennial. Very fragrant leaves. Used in tea.

**Licorice** - 48" Tender perennial. Used to flavor candy and cough drops. Chew on roots for flavor.

**Sweet Marjoram** - 18" Perennial,

likes sun. Use leaves in soups, salads, dressings, and egg dishes.

**Mint** - 18-24" Perennial, likes sun or shade. Grows very fast and becomes overgrown very easily. Many fragrances and flavors available. Rub down a table before eating, and the fragrance will remain for hours. **Pineapple Mint, Curly Mint, Peppermint, Spearmint, Orange Mint, Lemon Mint, Ginger Mint, Apple Mint, Chocolate Mint**; each mint has its own distinctive flavor.

**Mint, Corsican** - 4" -6" perennial. Sun or Part Shade.

**Nasturtium** - 12-18" Annual, likes sun or partial shade. Add leaves and flowers to salads to add variety and flavor.

**Onions** - Perennial, likes sun or partial shade. Flavors all types of food.

**Oregano** - 24" Perennial, likes sun. Aromatic leaves to flavor Italian dishes.

**Parsley, Curled** - 12" Biennial, likes partial shade. Curly leaves are very pretty as a garnish and seasoning for many foods.



**Parsley, Italian** - 30" Biennial, likes partial shade. Stronger flavor for cooking than other parsley. Has flat leaves.

**Pennyroyal** - 2" Perennial, likes partial shade. Creeping growth. Minty fragrance. Medicinal tea. Rub on clothing to repel mosquitoes

**Rosemary** - 36" Half-hardy perennial. Good for soups, Italian dishes, meat dishes, and breads.

**Rue** - 24" Perennial, likes sun. Bitter tonic. Repels insects in garden.

**Sage** - 24" Perennial, likes sun. Leaves used in stuffings, and sausage. Medicinal uses. Purple, Golden, and Tricolor varieties.

**Sage, Pineapple** - 30" Tender perennial, likes sun. Red flowers attract hummingbirds. The delightful pineapple fragrance is perfect for potpourri.

**Savory, Summer** - 18" Annual, likes sun. Use leaves in salads, sauces, potato, vegetable, and meat dishes.

**Savory, Winter** - 24" Perennial, likes sun. More hardy plants than summer savory. Use leaves in salads.

**Shallots** - 18" Perennial, likes sun or partial shade. Use like onions and garlic.

**Sorrel, French** - 36" Perennial, likes sun. Produces a large tender leaf with a sharp lemon taste. Very tasty in salads where sour taste is desired.

**Sweet Woodruff** - 8" Perennial, likes shade. Good groundcover. Colorful white flowers. Flavors wines and teas. Used in potpourri.

**Tansy** - 36" Perennial, likes sun. Has beautiful ferny leaves. Ant repellent.

**Tarragon** - 30" Perennial, likes sun. Flavoring for soups, salads, dressings and vegetables, and vinegars.

**Thyme, English** - 6" to 12" Perennial, likes sun or partial sun. Fragrant leaves for potpourri. Use leaves in salads, soups, meats and gravies.

**Thyme, Lemon** - 18" Perennial, likes sun. Golden leaves smell like lemon. Good for potpourri.

**Thyme, Woolly** - 4" Perennial, likes sun. Silvery foliage makes good groundcover.

**Thyme, Silver** - 18" Perennial, likes sun. Small fragrant leaves. Variegated color.

**Watercress** - Perennial, likes shady area near water. Eat stems and leaves in salads. A unique flavor.

**Yarrow** - 30" Perennial, likes sun. Will grow anywhere, tolerates drought. Medicinal uses. Blossoms and leaves used in tea.

## Specialty Gardens

### Good Cook's Garden

Most of the plants on this list are indispensable in the kitchen.

Angelica, Anise, Basil, Bay, Borage, Burnet, Caraway, Chervil, Chives, Coriander, Costmary, Cumin, Dill, Garlic, Horehound, Horseradish, Hyssop, Lavender, Leek, Lovage, Marjoram, Mint, Mustard, Nasturtium, Onion, Oregano, Parsley, Peppers, Rosemary, Sage, Savory, Sesame, Shallot, Sorrel, Tarragon, Watercress.

### Garden of Fragrance

Not only do these herbs smell great, they taste great and attract birds and bees.

Angelica, Basil, Bayberry, Bergamot, Burnet, Catnip, Chamomile, Costmary,

Gas Plant, Heliotrope, Hyssop, Jasmine, Lavender, Lemon Balm, Lemon Verbena, Lily of the Valley, Marjoram, Mint, Oregano, Pennyroyal, Rosemary, Sage, Savory, Scented Geraniums, Sweet Woodruff, Tansy, Tarragon, Valerian, Violet, Yarrow.

### Bee Garden

A garden composed of these plants will be a special delight to those who enjoy bees buzzing around all day. Basil, Bergamot, Borage, Catnip, Chamomile, Fennel, Germander, Hyssop, Lavender, Lemon Balm, Marjoram, Oregano, Red Clover, Rosemary, Sage, Thyme, Winter Savory.

## Uses

Listed are some common foods and some of the herbs that go well with them. Use sparingly, do not use all of the herbs listed at one time. Be creative.

**Asparagus** - lemon balm, oregano, savory, lemon verbena, parsley, tarragon, lovage.

**Beans** - basil, marjoram, oregano, sage, savory, spearmint, thyme, bay, coriander, dill, fennel, garlic, mint, rosemary, tarragon, lovage.

**Beets** - basil, savory, thyme, bay, caraway, dill, sage, tarragon.

**Broccoli** - basil, rosemary, lovage.

**Cabbage** - marjoram, mint, savory, caraway, dill, fennel, oregano, lovage, borage.

**Carrots** - lovage, apple mint, basil, marjoram, mint, orange mint, oregano, thyme, tarragon, anise, bay, caraway.

**Cauliflower** - marjoram, savory, rosemary, lovage, dill.

**Eggplant** - basil, lovage, marjoram, mint, oregano, sage, thyme, chervil, chives, fennel, garlic.

**Peas** - apple mint, basil, orange mint, rosemary, sage, savory, spearmint, tarragon, thyme, pars-

ley, lovage, fennel, dill.

**Potatoes** - basil, marjoram, mint, rosemary, savory, spearmint, thyme, bay, caraway, fennel, garlic, parsley.

**Spinach** - lovage, sorrel, basil, mint, rosemary, tarragon, thyme, sage, marjoram, chervil, borage.

**Tomatoes** - basil, marjoram, oregano, sage, thyme, fennel, dill, chervil.

**Beef** - basil, lemon thyme, marjoram, mint, rosemary, savory, thyme, anise, borage, dill, fennel, garlic, lovage, parsley, tarragon.

**Chicken** - lemon balm, basil, lemon thyme, rosemary, spearmint, thyme, tarragon, savory, sage, oregano, lovage, marjoram, garlic, fennel, coriander, chives, chervil.

**Eggs** - lemon balm, basil, marjoram, sage, savory, thyme, tarragon, fennel, dill, bay, parsley, chervil, chives.

**Fish** - lemon balm, lemon verbena, basil, clary, hyssop, lemon thyme, mint, oregano, rosemary, sage, savory, thyme, bay, caraway, chervil, chives, dill, fennel, garlic, tarragon.

**Goose** - clary, marjoram, sage, thyme, rosemary, tarragon, parsley, chervil, garlic.

**Lamb** - lemon balm, basil, lavender, marjoram, mint, rosemary, sage, savory, thyme, chervil, dill, fennel, garlic.

**Pork** - lemon balm, basil, clary, marjoram, pennyroyal, rosemary, sage, savory, thyme, chives, fennel, anise.

**Rabbit** - basil, lemon thyme, rosemary, sage, thyme.

**Turkey** - basil, lavender, lemon thyme, sage, thyme, tarragon, savory, oregano, lovage, garlic, fennel, bay, chervil, chives.

## Companion Planting

Many herbs are natural insect repellents that can help keep your garden bug free and reduce or eliminate the need for pesticides. Some herbs, through their odors or root secretions, will deter pests naturally without harming helpful insects such as ladybugs, bees and praying mantis. As a bonus, fragrant herbs will season the fruits (and vegetables) of your labors.

Some herbs improve the flavor or growth rate of the nearby vegetables. By using a technique known as Companion Planting,

you can reap the benefits of insect prevention and of increased production or flavor. Try a few of the following suggestions:

**Basil** Plant with tomatoes and peppers to improve growth and flavor and to repel flies and mosquitoes. Do not plant with Rue.

**Bay Leaf** A fresh bay leaf in each storage container of beans or grains will deter weevils and moths.

**Bee Balm** Plant with tomatoes to improve growth and flavor.

**Borage** Companion plant for tomatoes, squash and strawberries. Deters tomato worms

**Caraway** Good for loosening compacted soils.

**Catnip** Deters flea beetles and squash bugs.

**Chamomile** Improves flavor of cabbages and onions.

**Chervil** Companion to radishes for improved growth and flavor.

**Chives** Improves growth and flavor of carrots. Repels Aphids.

**Dill** Improves growth and health of cabbage. Do not plant near carrots.

**Garlic** Plant near roses to repel aphids and peach borer.

**Gopher Purge** Deters gophers and moles. Plant up to 40 feet apart.

**Horseradish** Plant in potato patch to keep away potato bugs.

**Hyssop** Companion plant to cabbage and grape; deters cabbage moths. Do not plant near radishes.

## Specialty Gardens

### Gray-Silver Garden

Gray foliage highlights the colors of flowers and provides contrast in vivid beds.

Aloe, Apple Mint, Carnation, Clary Sage, Dwarf Sage, Germander, Gray Santolina, Horehound, Lamb's Ear, Lavender, Nutmeg, Geranium, Oregano, Rosemary, Silver Sage, Silver Tansy, Southernwood, Wormwood, Yarrow.

### Unfamiliar Herbs

Some herbs are considered weeds. Other herbs may become weeds very easily. Still other plants are not commonly known as herbs. Barberry, Birch, Blackberry, Burdock, Catnip, Chickweed

Dandelion, Juniper, Mint, Purslane, Red Cedar, Red Root, Sumac, Yarrow.

### Herbal Tea Garden

Almost any herb can be made into a tea. These herbs are especially good and will make an attractive planting as well.

Angelica, Basil, Bergamot, Borage, Catnip, Chamomile, Costmary, Dill, Fennel, Goldenrod, Hibiscus, Horehound, Jasmine, Lemon Balm, Lemon Verbena, Lovage, Marjoram, Mint, Parsley, Rose, Rosemary, Sage, Sasparilla, Sassafras, Speedwell, Strawberry, Sweet Woodruff, Tansy, Thyme, Wintergreen, Wood Betony.

**Lovage** Improves flavor and health of most plants.

**Marjoram** Improves flavor of all vegetables.

**Mint** Deters white cabbage moths, and improves the health of cabbage and tomatoes. Deters ants and aphids.

**Rosemary** Companion plant to cabbage, beans, carrots and sage. Deters moths, bean beetles, carrot flies, and slugs and snails.

**Rue** Deters Japanese beetles in roses and raspberries. Deters cucumber beetles.

**Sage** Companion plant with rosemary, cabbage and carrots to deter cabbage moths, beetles and carrot flies. Do not plant near cucumbers.

**Summer Savory** Plant with beans and onions to improve growth and flavor. Discourages cabbage moths.

**Tansy** Plant with fruit trees, roses and raspberries. Deters flying insects, Japanese beetles,

striped cucumber beetles, squash bugs and ants.

**Thyme** Deters cabbage worms.

**Wormwood** Keeps animals out of the garden when planted as a border. Repels ants.



## Preserving Herbs

The sooner the herb is "preserved" the better the quality, flavor, and color will be. Some herbs can be dried, others should be frozen, and others are preserved best in vinegar, oil, sugar, or salt, depending on which herb you are preserving.

For further information about growing herbs, read Ortho's "All About Herbs". This book gives information about specific herb requirements and how to use each herb. It tells how to grow and preserve herbs and has colored photographs showing what the herb should look like. This book is a must for beginners and experts alike.



## Definitions:

**Annual** - plants live one year and die.

**Biennial** - plants live two years and die.

**Perennial** - plants live three or more years.

**Tender (Half-hardy) Perennial** - plants will live through mild winters but will not always survive harsh winters.

