

The Humble Herb



What are herbs?

HERBACEOUS OR WOODY

Plants whose leaves have flavor or fragrance.

Pictured are chives, rosemary, dill, basil, parsley and cilantro.

Herbs versus Spices

Spices are from seed, bark, root, fruits or flowers. Leaves from the Coriandrum sativum are Cilantro, seeds are coriander.



The Popularity of Herbs

Herbs





How would you categorize this plant?

Growing Herbs



WHY GROW HERBS

Flavor Food
Healthy Eating
Health Benefits
Save Money
Easy to grow
Healthy Hobby

Where can I grow herbs?



SITE CONSIDERATIONS

Neutral soil PH

Drainage

Frost protection

Spreading – mint, oregano, thyme,
chives, lemon balm

Herbs in Containers Outdoors



Indoors



Containers- best are basil,
cilantro, Lemon Verbena,
parsley, rosemary, sage,
tarragon

Right Plant, Right Place



Annua ls



Basil
Chamomile, german
Cilantro
Dill
Fennel

Perennials



Artemesia
Chamomile, roman
Chives
Mint
Oregano
Sage
Tarragon
Thyme

Biennials



Chervil
Parsley



Chamomile

Matricaria recutita, *German chamomile* annual that reseeds readily, -2' tall.

Chamaemelum nobile, *Roman chamomile* perennial, groundcover.

Both are use flowers for tea. Use a rake to harvest.

The Herb Garden



HISTORY

The Kitchen Garden was nature's medicine cabinet grown in every home and traditionally monasterys

Culinary, Medicinal & Household

Culinary—enhance flavor and disguise taste of games & meat.

Medicinal—fresh or dried as teas, tinctures, salves for healing wounds, digestive issues, diuretics, anti inflammatory and anti microbial.

Household—dying, deodorant, cleaning, fragrance

Care





Harvesting

Harvest in the early morning before the sun is too strong but after the dew has evaporated. Cut stems instead of individual leaves. Harvest only what can use or preserve that day. If harvest more than can use, do not wash. Store in a plastic bag with a paper towel with as little excess air as possible. Place in the vegetable drawer.

Exceptions are Basil, Cilantro, Lemon Verbena and Parsley - store these as you would cut flowers. They don't like the cold.



Basil- cut above a set of leaves. Will encourage branching.

If using woody herbs for fresh cooking, you can place a whole stem with the leaves in the sauce and then remove before serving - such as thyme rosemary or sage. If using herbaceous herbs such as parsley or chives, you can use scissors to cut into bite size pieces. Chopping can bruise the soft plant tissue so use a very sharp knife.

Preserving





Air Drying Herbs

Good for woody or sturdy herbs such as:

Rosemary

Sage

Thyme

Parsley

Summer Savory

Tie in small bundles and hang. They retain flavor and color if hung away from direct sunlight.

Microwave Dried Herbs



Fast
Small quantities
Follow microwave
directions – all different



Dehydrator drying fresh herbs

Fastest and easiest method.

Produces high quality herbs as temperature and air circulation are controlled.

Set dehydrator temperature - 95° to 115° F.

Rinse herbs under cool running water

Shake to remove excess water

Place herbs in a single layer on trays

Drying times vary from 1 to 4 hours

Herbs are dry when they crumble and stems break when bent.

Oven Dried Herbs



Place on a cookie sheet at
lowest temperature
Place on paper towel or
parchment paper

Basil
Mint
Sage
Bay Leaf

Freezing Herbs



Easy storage for longer length of time
Clean herbs carefully, blot dry
Can remove leaves or leave on stem
Can freeze leaves whole or chop
Pack in freezer bags; push out excess air
Ice Trays – place chopped or whole leaves
in ice trays. Cover with water and freeze.

Storing Dried Herbs



Dry– when crumbly

Leaves can be left whole or crumbled

Store in air tight container in a dry and dark location to maintain flavor and color long term.



Cooking





Herb Pairings

Beef: chives, garlic, marjoram, summer savory, rosemary

Fish: dill, fennel, tarragon, garlic, parsley, thyme

Poultry : tarragon, marjoram, parsley, savory

Cheese: basil, chives, dill, fennel, oregano, garlic, sage, thyme

Fruit : mint

Salads : Basil, chives, tarragon, garlic, parsley

Soup: bay leaf, chervil, tarragon, marjoram, parsley, rosemary, savory

Vegetables : basil, chives, dill, tarragon, mint, parsley, thyme

Resources

Spices and Herbs for the Home Garden

https://aces.nmsu.edu/pubs/_h/H221/

Cooking with Herbs -

<https://aces.nmsu.edu/county/bernalillo/foodhealth/documents/cooking-with-herbs--spices.pdf>

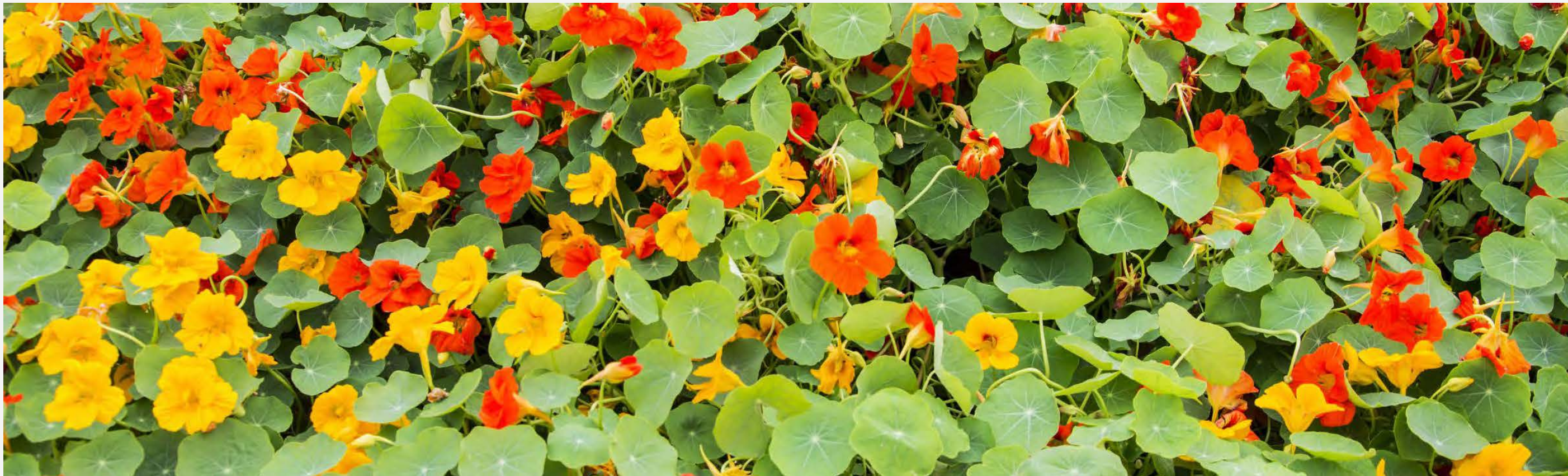
How to grow an Herb Garden -

<https://www.youtube.com/watch?v=1plF2XBw2vQ>

Substituting dried for fresh -

<https://www.keyingredient.com/recipes/665406427/ratios-for-converting-fresh-herbs-to-dried/>

Contact



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Ready, Set, Grow!

Register Online

<https://desertblooms.nmsu.edu/ready-set-grow.html>

Seed Saving

October 21, 2020 at 3:00 pm

with Lynda Garvin of Valencia County Extension