

Herbs

Herbs add rich, fresh flavor to any food and can be grown indoors year-round or outdoors in nearly every part of your garden. For the novice gardener, herbs are an easy way to add something you grew to the dinner table. As herbs are typically only used in small quantities, a few plants can provide sufficient fresh and dried herbs for an entire season.

The ornamental value of herbs makes them suitable in flower beds, vegetable gardens, pollinator gardens, around garden borders, in rock gardens, and as corner plantings. Some herbs are annuals, while others are perennial and come up year after year. It's important to recognize if an herb will perennialize as you may want to place it in the flower bed instead of in your vegetable garden if you till annually.

Many gardeners establish a small "kitchen" herb garden near the back door, or as close to your kitchen as you can get it. A 6- to 10-foot square or rectangular area is sufficient, but you also can use circular, keyhole or free-form designs. If you haven't heard of it yet, look at herb spirals as a space efficient, water-wise herb garden. Windowsill herb gardens and herbs in pots are very popular as well with the additional flexibility to move annual herbs inside over winter and outside in the summertime.

Care for the herb garden is similar to that of a vegetable or flower garden. Select a sunny well-drained location, apply a balanced fertilizer, but avoid excessive use of nitrogen fertilizers. Water as necessary during dry periods. Generally, you will need about an inch of water per week, if not supplied by natural rainfall. A nice layer of mulch will help conserve soil moisture and reduce weed growth as well. The mints prefer extremely moist soil and require more frequent watering.

Harvesting herbs consists primarily of pinching off leaves or small stem portions as you need them. Many herbs such as basil, benefit from regular pinching to maintain a better shape. Never remove all the leaves from any one plant.

For the novice herb gardener, begin with your favorites. If you use thyme on your Thanksgiving turkey, start with a pot in your window sill. If you regularly make guacamole, cilantro may be all you need. As with vegetables, grow what you'll eat! Unlike most vegetables however, you may also include a few for fun and looks. I enjoy having lavender in my garden just to smell from time to time and my purple basil generally goes undisturbed, I just couldn't resist the color! Many gardeners include dill and parsley in their gardens knowing the swallowtail butterflies will consume entire plants. If you want to save a few plants for yourself, simple netting will keep a few for you too.

Here are a few of my favorite herbs for Kansas:

- Cilantro is an annual that can be directly seeded in full sun. Cilantro keeps its flavor best in cooler seasons as it tends to bolt in hot summer weather. Bolting (rapid growth that results in onset of seeds) can be an issue if you have only one plant but if you spread planting out throughout the season it becomes less of an issue. With this schedule, as one plant bolts the next is coming into production. The plants that do bolt and produce seeds can be harvested as coriander.
- Chives (round leaf, purple flower) are a great option for the kitchen herb garden. As part of the onion family, a little bit of chives goes a long way in omelets and sauces. Cut chives leaves

straight across as needed and enjoy their grass-like appearance. Garlic chives (flat leave and white blossom) can be used the same way as traditional chives.

- Basil is a fast growing annual that can be started from seed indoors in early April and planted around Mother's Day. Basil prefers a protected, sunny area to grow in. Along with traditional Italian basil (such as Genovese) basil also comes in lemon, Thai and purple varieties. Each has a distinctly different flavor and purpose. Don't be afraid to buy one of each and experiment with basil in curries, teas and salad dressings!
- Rosemary is a perennial shrub with a calm, soothing scent. Rosemary is an herb not only useful for cooking but also for aromatherapy. Rosemary prefers a sunny location but doesn't tolerate wet feet.
- Mint is a vigorous perennial in Kansas. Peppermint, spearmint and others in the mint family will take over if given the opportunity so they are best kept in pots. Plants prefer rich, moist soil and at least 8 inches to spread. Although mint can be a challenge to contain, it makes a tangy addition to summer drinks, jams and sauces!
- Thyme and oregano will both perennialize and trail through your garden. In my herb spiral, I like to tuck thyme and oregano in between the rocks of the upper layer. This allows the plants to trail down the rocks, saving space and adding a nice texture to the garden.
- Sage is a drought tolerant and fairly cold-tolerant medium sized shrub. Sage prefers full sun and will spread readily. Along with being a great addition to food, sage has beautiful flowers and fuzzy leaves that are enjoyable to touch and smell!

If efficiency in the herb garden is your goal, flowers should be removed to encourage more leaf growth. Many times, well taken care of herbs will produce more leaves than a small household will regularly use. If that is the case for your garden, flowers can add a nice esthetic appeal and may be left on the plant. When harvesting, use leaves on stems without flowers or if that isn't possible, select leaves further down on the stem. Herb flowers are generally edible, but aren't as strong flavored as the leaves, and have an odd texture unless finely chopped.