

# HERBS FOR EVERY KITCHEN

## SOUTHERN OR FULL SUN EXPOSURE

A South-facing window can support the widest herb selection. With all this sunlight plants can dry out quickly. Leaves can burn if the heat becomes too intense. Move the herbs back from the window if they show signs of stress (wilting or burnt leaves).

Grow any of these sun-loving herbs: ALOE, CHIVES, DILL, LAVENDER, NASTURTIUM, SWEET MARJORAM, OREGANO, ROSEMARY, SAGE, SAVORY, SCENTED GERANIUMS, TARRAGON, AND THYME. You can also grow shade-tolerant herbs several feet away from the windowpane or on the counter. Try CHERVIL, LEMON BALM, MINT, AND SWEET WOODRUFF.

## EASTERN OR FULL/PARTIAL SUN EXPOSURE

An East-facing window with sun for only a few hours in the morning will not have heat issues, so you can safely place herbs close to the window.

Try: BASIL, BAY, BURNET, CHIVES, LEMON BALM, MINT, PARSLEY, PINEAPPLE SAGE, AND TRAILING ROSEMARY

## WESTERN OR FULL/PARTIAL SUN EXPOSURE

A West-facing window receives bright light in the morning and a few hours of full sun in the afternoon. This type of hot afternoon sun can stress plants in the summer, move the herbs away from the panes if they look stressed.

Try: ALOE, BASIL, CHIVES, PARSLEY, ROSEMARY, SCENTED GERANIUMS, TRAILING ROSEMARY, TARRAGON, AND THYME

## NORTHERN OR LOW LIGHT EXPOSURE

Planting an herb garden in a North-facing window can be a challenge, but it is not impossible. The trick is to stick with herbs that prefer partial sun but can tolerate shade. Due to the tilt of the earth in the winter months we can grow some herbs better in a North window than at other times (great for your winter blues and stews!).

Try: BAY, CHERVIL, CHIVES, LEMON BALM, MINT, LOVAGE, PARSLEY, and SWEET WOODRUFF

**\*\*ALOE VERA** truly deserves a spot in everyone's kitchen- preferably near the stove. Its leaves are filled with a gooey gel that promotes healing when applied to burns, abrasions, and inflammations. A slice of aloe rubbed on a burn will soothe, heal, and help prevent scarring. Aloe prefers bright light, occasional watering and well-drained soil.

## WINDOWSILL GARDEN MAINTENANCE

**WATERING:** Water only when the soil begins to feel dry to the touch one half inch down. Too much water can be worse than too little. Watering needs to change with the seasons and the indoor temperature.

**NUTRIENTS:** Eventually regular watering will leach out most of the soil's nutrients. Feed your herbs about once a month with an organic fertilizer.

**PLANT HEALTH:** Watch your plant's body language. If wilted check the soil for dryness and leaves for pests. If branches are spindly and reaching toward the light, move the plant closer to the window or to a window with more light.

**PEST CONTROL:** If you discover pests such as aphids, remove the plant to another area and spray the foliage with a soap solution, Safer Soap solution. Repeat treatment every five days until you see no signs of pests.

**ROTATION/ HARVEST:** Rotate plants occasionally so they receive light on all sides. Harvest often to keep bushing well –shaped plants. If your herbs go to seed throw them on the compost pile and begin again.

## CULTIVATING FLAVOR

**BASIL:** delicate herb best added at the end of cooking.

**BAY:** excellent in slow cooked dishes, removes before eating

**BURNET:** salad herb with delicate flavor

**CHIVES:** adds mild onion flavor to savory dishes

**DILL:** delicate herb best added at the end of cooking

**LAVENDER:** sweet herb used in breads, butters, desserts, and savory dishes

**LEMON BALM:** adds lemon flavor to sweet and savory foods

**LOVAGE:** celery flavor that's good in soup, stew, and salad

**SWEET MARJORAM:** robust favor that holds up well in slow-cooked dishes

**MINTS:** sweet herb used in desserts, beverages, sauces, and some savory dishes

**NASTURTIUM:** flowers and leaves used in salads, appetizers, and as garnish

**OREGANO:** robust flavor holds up well in slow cooked dishes

**PARSLEY:** all-purposed herb with delicate flavor

**PINAPPLE SAGE** sweet herb for deserts and beverages

**ROSEMARY:** robust all-purpose herb

**SAGE:** robust all-purpose herb

**SAVORY:** robust herb for meats and vegetables

**SCENTED GERANIUMS:** delicate, sweet herb used in deserts and beverages

**TARRAGON:** strong flavor (use sparingly)

**THYME:** robust all-purpose herb

**SWEET WOODRUFF:** delicate herb used in beverages



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