


The Kitchen Herb Garden

Delicious Herbs To Grow for Year-Round Flavor


Kathryn Kellam, Master Gardener
Susan Wilhelm, Master Gardener

VCE MG Arlington & Alexandria

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Glencarlyn Library Herb Garden



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Overview for Today

- Herbs, spices, flavors – & choosing flavorful plants
- Inspiration for small-space herb gardens
- 6 herbs & spices for sun
 - Questions
- 6 herbs & spices for part-sun
 - Questions
- Planting, harvesting, using, & preserving herbs
- Best practices & resources
 - Questions




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Best Management Practices


- Soil Structure & Health
 - Test to learn the pH and nutrients present
 - Determine drainage capacity
 - Improve structure with aeration, organic matter
- Plant Selection
 - Practice right plant, right place
 - Space herbs correctly for optimal plant growth
 - Water properly, especially when first planting seeds or transplants
 - Select cultivars tolerant of local conditions
- Environmental Stewardship
 - Allow some herbs to flower to support beneficial insects – as part of a naturally-balanced ecosystem
 - Manage pests and pathogens using the most natural, least toxic methods to achieve acceptable outcomes




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12 Featured Herbs & Spices

Sunny Locations	Part-Sun Locations
• Rosemary	• Sweet Bay Laurel
• Thyme	• Ginger
• Sage	• Turmeric
• Sweet Marjoram	• Cilantro / Coriander
• Garlic	• Mustard Seed
• Basil	• Mint




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Rosemary


Rosmarinus officinalis
(Ros-MAR-ee-nus
oh-fish-ih-NAH-lis)

Basics

Evergreen perennial (Zones 7-10)
2-6' H x 2-4' W
Full sun
Dry to moist, well-drained soil

Good to Know

- Purchase transplants
- Pest resistant
- Withstands drought once established
- Challenging in zone 7 winters; protect from winds



Pixabay

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Rosemary

Rosmarinus officinalis
(Ros-MAR-ee-nus
oh-fish-ih-NAH-lis)

Flavor / Uses

- Pungent, pine-like flavor
- Blends well with other Mediterranean herbs
- Use in hearty stews
- Grill on salmon

To Harvest

- Clip stems to shape the plant during harvest
- Strip leaves to flavor foods



Wikipedia.org

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Thyme


Thymus vulgaris
(TI-mus vul-GAR-is)

Basics

Evergreen perennial (Zones 5-8)
6-12" H & W
Full sun
Dry to moist, well-drained soil

Good to Know

- Every few years, cut back severely in the spring
- Best grown from cuttings or transplants
- Prune (harvest) throughout the spring and summer
- Flowers attract butterflies, bees



Leaf detail, Jason Baker, CC BY 2.0

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Thyme

Thymus vulgaris
(TI-mus vul-GAR-is)

Thymus citriodorus
(TIE-mus cit-tree-o-DOR-us)

Thymus 'Orange Balsam'

Flavor / Uses

- Common: sharp, floral, sweet, peppery
- Lemon: Strong lemon
- Orange: Orange citrus

To Harvest

- Harvest at any time during summer, and just before flowering for best flavor
- To use, cut stems and strip the leaves



Varigated lemon thyme, JMcConnell, UF/IFAS

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Sage

Salvia officinalis
(SAL-vee-ah oh-fish-ih-NAH-lis)

Basics

Evergreen perennial (Zones 4-8)
2.5' H x 2.5' W
Full sun
Dry to moist, well-drained soil

Good to Know

- Tolerates rocky soil and drought
- Cut back old growth annually in Spring after new growth begins to appear
- Replace at 3-4 years due to woody growth



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Salvia officinalis 'Berggarten'

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Sage

Salvia officinalis
(SAL-vee-ah oh-fish-ih-NAH-lis)

S. elegans
(SAL-vee-ah el-eh-GANZ)

Flavor / Uses

- Musty, smoky, slightly bitter flavor; Pineapple tastes of its namesake
- Combines well with lemon
- Use fresh leaves on burgers, in wraps

To Harvest

- Harvest throughout year; prune stems and harvest the leaves
- Leaves most flavorful in summer just before bloom





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MSU Extension Service/Gary Bachman
S. elegans 'Golden Delicious' pineapple sage
Londra Enkimi CC-BY-SA 2.0
S. officinalis 'Purpurea,' 'Icterina' or Golden Leaf

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Sweet Marjoram

Origanum majorana
(uh-RIG-uh-num mah-jur-AY-nuh)

Basics

Tender perennial (Zones 9-10)
15" H x 15" W
Full sun
Moist, well-drained soil

Good to Know

- Start by transplants or cuttings
- Root cuttings in midsummer
- Divide, pot up in fall to overwinter inside
- Fertilize when container grown
- Established plants are drought tolerant



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Sweet Marjoram

Origanum majorana
(uh-RIG-uh-num mah-jur-AY-nuh)



Greek Oregano
O. vulgare subsp. hirtum
(uh-RIG-uh-num vul-GAR-ee, subsp. HER-tum)

Flavor / Uses

- Fresh, floral, grassy
- Herbes de Provenance, Za'atar blends
- Add fresh leaves to vinegars
- Use in salads, stews, stuffings, soups, eggs, vegetables, fish, meat, sausages

To Harvest

- Harvest leaves when at least 6-8" tall
- Best flavor before flowering
- Pinch off regularly for production, to prevent going to seed

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Oregano Bloom, Marcia Boyle CC BY 4.0

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Garlic


Allium sativum
(AL-ee-um sah-Tee-vum)

Basics

Annual bulb (Zones 4-9)
1.5' H x 6" W
Full sun
Rich, moist soil

Good to Know

- Rotate alliums each year
- Plant cloves in fall after first killing frost; fertilize in spring
- May not survive very cold winters or wet soil
- Resistant to deer and black walnut
- Softneck variety produces more, smaller cloves (sections)



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Garlic


Allium sativum
(AL-ee-um sah-Tee-vum)

Flavor / Uses

- Sharp, hot, sulfurous flavor
- Crush 10 minutes before adding to hot food
- Eating apple, lettuce, or peppermint reduces garlic breath

To Harvest

- Remove (and eat!) the floral stems/scapes in spring to increase bulb size
- Check readiness when half of leaves dieback
- Dig up and dry in a shady, warm, dry area



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Basil

Ocimum basilicum
(O-see-mum bas-CIL-ee-cum)

Basics

Tender perennial grown as an annual (Zones 2-11)
12-18" H & W
Full sun
Rich, moist, well-drained soil

Good to Know

- Trim often to encourage branching
- Remove flower buds for best flavor
- Susceptible to fusarium wilt and basil downy mildew
- Very sensitive to cold; soil temp 60° F +
- Tolerates rabbit and deer



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Basil

Ocimum basilicum
(O-see-mum bas-CIL-ee-cum)

Flavor / Uses

- Subtle peppery, minty flavor (Thai has anise notes)
- Traditional in pesto, sauces, with eggplant, zucchini, squash
- Use fresh with fruit, on sandwiches

To Harvest

- Harvest before flowering; at least 6-8" tall; leave at least 4 leaves
- Store in a glass of water at room temperature
- Wash and spread out to air-dry in a warm area; store in air-tight container in the dark.



CW TL: Sweet, Thai, Cinnamon, Lemon

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Sweet Bay Laurel

Laurus nobilis
(LAH-rus NO-bil-is)

Basics
Evergreen tender perennial (Zones 8-10)
Tree; easily pruned to keep small
Part sun (container)
Let soil dry before watering

Good to know

- Best transplanted. Hard to propagate.
- Grow in container outside in part sun; move inside to bright light before < 40°F
- Slow growing; prune annually to encourage growth
- Prune the roots every 2 years and add a mix of compost and soil
- Benefits from a balanced fertilizer



Kew Gardens, London, England

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Sweet Bay Laurel

Laurus nobilis
(LAH-rus NO-bil-is)

Flavor / Uses

- Subtle, sweet, black-tea-like flavor
- Best for lengthy simmering or stewing; remove before serving
- Adds depth, savoriness, sweetness

To Harvest

- Mid-summer for best flavor
- Larger, older leaves are the most flavorful
- Dry thoroughly and store in a sealed container; store long term in the freezer



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Ginger

Zingiber officinale
(ZIN-gee-ber oh-fish-i-NAE-lee)

Basics
Tender perennial (Zones 9-12)
4' H x 3' W
Part shade, morning sun
Moist, rich organic soil

Good to Know

- Plant smooth rhizome with several buds just below the soil surface
- Light water until growth begins; then water and fertilize regularly
- Will rot in wet and cold conditions
- Plants grown in shade have more citrus flavor
- Bring inside before temp. drops to 50° F



Above: Ginger rhizomes, Malcolm Koo, CC BY, 3.0. Photo: Dajial, CC BY 2.0

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Ginger

Zingiber officinale
(ZIN-gee-ber oh-fish-i-NAE-lee)

Flavor / Uses

- Spicy, sharp, hot flavor; citrus notes
- Use with simmered or sauteed vegetables, lemons, limes, tea, chocolate
- Young shoots are edible

To Harvest

- Dig and lift plants, or harvest gently from edge of container inward
- Peak flavor at ~ 9 months; mild at 5-7 mos.
- Wash rhizomes, peel if desired, and freeze
- Loses ~20% of flavorful oils when dried (less citrus, more sharp heat)





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Turmeric

Curcuma longa
(cur-CYOO-mah LON-gah)


Basics

Tender perennial (Zones 8-11)
4' H x 4' W
Dappled sunlight to full sun
Rich, fertile, consistently moist soil

Good to Know

- Grow from smooth rhizome with several buds
- Use widest container available (>= 15")
- "Monsoon plant" – keep moist
- Spider mites may appear if soil is dry

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Turmeric


Curcuma longa
(cur-CYOO-mah LON-gah)

Flavor / Uses


- Spicy flavor / bitter, earthy (dry) / floral, grassy (fresh)
- Colors curries, mustard, cheeses
- Use with greens, sweet potatoes, onions, lentils, rice, peanuts, raisins, yogurt, tofu

To Harvest

- Use leaves to wrap and cook food
- Eat flowers as a vegetable
- Dig and lift plants, or harvest gently from edge of container inward
- Wash, peel if desired, and freeze rhizomes



Baby turmeric, Hampshire College

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Cilantro / Coriander

Coriandrum sativum
(cor-ree-AN-drum sah-TEE-vum)





Basics

Annual (Zones 2-11)
12-18" H & W
Full & part-sun
Moist soil

Good to Know


- Best grown from seed (taproot)
- Spring crop bolts at > 85° F to produce seeds. Fall crop will not produce seeds.
- Seeds mature at 90 days. Immature seeds are bitter.
- Self-seeds and can spread quickly

R: RedHotChiliPeppers.com; Linda Lamb Peters, Sunset.com

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Cilantro / Coriander

Coriandrum sativum
(cor-ree-AN-drum sah-TEE-vum)






Flavor / Uses


- Leaves: earthy, citrusy, peppery
Seeds: warm, spicy, nutty
- Leaves: salads, salsas, meats, sauces, soups
- Seeds: sauces, curries, meats, sausages, stews, chutneys, pies and cakes

To Harvest

- Harvest leaves at 6+ inches tall; wrap loosely in plastic and refrigerate for up to a week.
- Store seed pods in paper bag in a cool, dry location. Shake when dry. Roll in hands to release seeds.

University of California Extension; University of Wisconsin Extension

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Mustard Seed

Brassica juncea
(BRAS-ee-cah JUHN-see-ah)

Basics

Annual (Zones 2-11)
1-2' H & W
Full & part-sun
Rich, moist soil

Good to Know

- Spring and fall crop for greens (30-50 days)
- Sow seeds 3 weeks before last frost
- **Goes to seed in summer heat**
- Greens tolerate light frost
- Use row covers to protect from insect pests



Vegetable mustard, UGA CAES/Extension, [CC BY-NC 2.0](#)


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Mustard Seed

Brassica juncea
(BRAS-ee-cah JUHN-see-ah)



Flavor / Uses

- Strong, pungent, bitter flavor; some floral notes
- Use leaves as a spicy green
- Combine crushed seeds, water, and flavorings for homemade brown mustard

To Harvest

- Harvest when pods dry to a light brown color
- Use a cloth or container to catch seeds
- Rub plants between hands to release seeds
- Store in a cool, dry place



in the landscape, elminium, [CC BY 2.0](#)


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Mint

Mentha spicata
(MEN-tha spi-KAY-tah)

Basics

Perennial (Zones 5-9)
18" H & W
Full sun to shade; best in shaded locations
Rich, moist soil

Good to Know

- Can spread aggressively; container growing is best.
- Shear after flowering to stimulate new growth.
- Blooms attract butterflies



MSU Extension Service/Gary Bachman


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Mint

Mentha spicata (MEN-tha spi-KAY-tah)
Mentha x piperita (MEN-tha ex PIE-per-lee-tah)
Mentha x piperita 'Citrate'
Mentha x piperita 'Chocolate'


Flavor / Uses

- Cooling, minty flavor; spearmint is particularly bright and sweet
- New growth has best flavor
- Adds depth to sweet & savory dishes
- Use in teas, cocktails, rice bowls

To Harvest

- Harvest leaves and flowers as needed, which will stimulate new growth
- For preserving, harvest just as flowers appear
- Leaves survive into winter




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