



GUIDE TO Growing Herbs

Herbs are the most versatile plants we sell! They can be used for cooking, baking, drinking, crafting, aromatherapy and as a pest repellent.

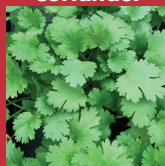
- Most herbs need full sun – 5 to 8 hours daily – to thrive and produce sizable harvests.
- Fertilize herbs heavily to promote fresh growth and prevent them from going to seed. We recommend fertilizing with organic Garden-tone or Plant-tone when you plant them and then again mid-summer.
- Constantly prune herbs to encourage new leaves, even when you may not need the herbs for cooking them!
- Regularly pinch off the flowers of your herbs – especially cilantro, basil, dill and chives – to keep the herbs flavorful and productive. If they go to seed, the plant will stop growing and, in some cases, change flavor.
- Plant herbs in succession, especially cilantro, to have bountiful harvests all growing season.

WHERE SHOULD I PLANT MY HERBS?

Container Gardens

Herbs grow very well in planters – just make sure to give them plenty of space to grow. The more space you give and herb, the better it will grow and thrive. Don't limit yourself on what containers to plant in!

*Cilantro /
Coriander*



Nasturtium



Mojito Mint



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Container Gardens (cont.)

Fun ideas include strawberry planters, clay pots, hanging baskets or coco-lined window boxes. Use well-draining Black Gold Potting Soil – available in organic or conventional.

Garden Beds

Prepare your soil as you would for vegetable gardens. Good drainage is key. Use organic Sweet Peet or peat moss to amend your soil.

WHAT CAN I USE HERBS FOR?

Fresh herbs are less potent than dried herbs.

- $\frac{1}{4}$ tsp. powdered herbs = $\frac{3}{4}$ to 1 tsp. crumbled herbs = 2 tsp. fresh herbs

Herbs for Cocktails:

- Mojito Mint
- Lavender
- Basil
- Nasturtium
- Thyme
- Rosemary
- Lemon Verbena

Herbs for Aromatherapy:

- Lavender
- Lemon Verbena
- Lemon Balm
- Mints including peppermint & spearmint
- Lemon Grass

Herbs to Repel Bugs:

- Lavender
- Sage
- Lemon Grass
- Mint
- Rosemary
- Peppermint
- Catnip
- Basil

Herbs to Repel Mosquitoes:

- Lemon Grass
- Lavender
- Rosemary
- Mints
- Catnip
- Sage
- Lemon Balm