



HERBAL GARDENING

Gardening with the Masters 2024 Spring Event Table Talk

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Propagation from Seeds

1. Herbs may be started from seed indoors or directly in the soil outside.
2. Small seeds are easiest to sow 6 weeks before average last frost in small containers using seed starting mix.
3. Cover seeds with thin layer of moist seed starting mix, vermiculite, or peat moss.
4. Thin seedlings to 4 or 5 per pot.
5. Larger seeds can be started similarly but thinned to one plant.
6. Keep soil moist until the plant is established.

Propagation from Cuttings

1. Some herbs (e.g. rosemary or oregano) may be best propagated by cuttings.
2. Place root cuttings in 3-inch plastic pot with drainage holes.
3. Use perlite/vermiculite mix kept moist and plant covered with plastic to maintain high humidity.
4. Place out of direct sunlight.
5. Transplant after rooting and danger of frost has passed.

Harvesting

1. Herbs may be harvested regularly during the growing season once the plant has enough foliage to maintain continued growth.
2. Pick early in the day.
3. Remove dead or damaged leaves and wipe off dirt that may be present.
4. If leaves are dirty, you can spray them the day before harvesting.
5. Herbs used for drying are best when the leaves have the highest content of aromatic, volatile oils which is just before flowering.
6. For perennials, harvest the leaves before fall so the plants have time to store enough energy to overwinter.

Preserving and Storing - Dehydration Method

1. Remove leaves from the stems and place in a single layer on trays.
2. Dry herbs at lowest setting (95 degrees F) for best flavor
3. Herb leaves are dry when they are brittle and crumble into a powder.
4. May use mortar and pestle, rolling pin or hand to grind them for culinary use.

Preserving and Storing - Freezing Method

1. Some herbs can be chopped and placed in water or oil in ice cube trays or whole in plastic bags.



Preserving and Storing - Air Dry Method

- Pick flowers, leaves, and stems from healthy plants that haven't been sprayed with pesticides.
- Shake gently to remove any insects.
- If necessary, rinse with cool water and pat dry with paper towels.
- Remove the lower leaves along the bottom inch or so of the branch, gather 5-8 stems together and tie them into a bundle.
- Place bundle into a brown paper bag with the stems extending out of the open end.
- Hang the bag upside down in a warm place (70-80 degrees F) for 1 to 3 weeks.

Annuals	Perennials
Anise	Caraway
Basil	Catnip
Chervil (biennial)	Chives
Coriander (cilantro)	Lavender*
Dill	Lovage
Fennel	Oregano
Parsley (biennial)	Peppermint
Rosemary	Sage
Summer Savory	Spearmint
Sweet Marjoram	Tarragon
	Thyme

Common herbs in zone 4 but not extensive list.

*Zone 5



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Common name <i>Botanical name</i>	Annual/ Perennial	Height (inches)	Row Spacing (inches)	Plant Spacing (inches)	Growing Hints
Basil,sweet <i>Ocimum basilicum</i>	Annual	20-24	18	12	Grow from seed or cutting. Plant after all risk of frost has passed. Full Sun.
Borage <i>Borago officinalis</i>	Annual Self- Sowing	24	18	12	Grow from seed, self-sowing. Best in dry, sunny areas.
Coriander (cilantro) <i>Coriandrum sativum</i>	Annual	24	24	18	Grow from seed. Sow in spring. Sun or partial shade.
Dill <i>Anethum graveolens</i>	Annual	24-36	24	12	Grow from seed. Sow in spring. Sun or partial shade.
Parsley <i>Petroselinum crispum</i>	Annual	6	18	6	Grow from seed. Sow in early spring. Slow to germinate. Full sun.
Rosemary <i>Rosmarinus officinalis</i>	Annual	26-72	18	12	Grows in well-drained, nonacid soil. Grow from seed or cuttings. Full sun.
Summer Savory <i>Satureja hortensis</i>	Annual	18	18	18	Grow in well-worked loam. Sow seed in spring. Full sun.
Chives <i>Allium schoenoprasum</i>	Perennial	12	12	12	Little care. Divide when overcrowded. Grow from seed or by division.
Lavender <i>Lavandula vera</i>	Perennial	24	18	18	Grows in dry, rocky, sunny locations with plenty of lime in soil.
Oregano <i>Origanum vulgare</i>	Perennial	24	18	9	Grows in poor soil from seed or division. Full sun.
Peppermint <i>Mentha piperata</i>	Perennial	36	24	18	Can start from seed, but cuttings, division recommended. Sun or shade. Cut before it goes to seed. Highly recommend growing in a container.
Sage <i>Salvia officinalis</i>	Perennial	18	24	12	From seed or cuttings. Full sun. Grows slowly from seed. Renew bed every 3-4 years.