

## THE HERB GARDEN

### *Many uses for herbs*

- Cooking
- Medicinal
- Flower arrangements
- Sachets in linen closets & dresser drawers

### *Growing requirements*

- Most herbs grow in full sun with good drainage
- Little fertilizer necessary

### *Examples of herbs*

#### **Artemisia** (sometimes called **Wormwood**)

- Uses -- floral arrangements
  - Potpourri
  - Flavoring for liqueurs...very bitter tasting
  - Landscaping...grows into large bush (3 ft wide x 3 ft tall)

#### **Calendula**

- Uses -- Floral arrangements
  - Color in potpourri
  - Cooking – fresh petals in salads
    - Color in rice, soups, breads, etc.

#### **Cilantro**

- Uses -- Cooking...Important ingredient in salsa. Also used in Indian, Chinese, and Portuguese dishes
  - Seeds used in sauces and marinades

#### **Dill**

- Uses -- Cooking – Leaves, stalks & seeds used in making pickled pickled cucumbers & tomatoes. Fresh leaves also compliment salmon, pasta, potato salad

#### **Oregano**

- Uses -- Greek oregano has stronger flavor than the common oregano and is preferred for cooking. Fresh or dried leaves are used to flavor tomato dishes. Also used when roasting meat or chicken.

In the garden, oregano attracts bees & butterflies.

**Parsley**

Uses -- Cooking (either fresh, frozen, or dried leaves)  
Natural breath freshener...chew on a leaf or two  
Landscaping – excellent edging for borders and in containers

**Rosemary**

Uses -- Cooking – (Use fresh or dried leaves). Use a branch as a brush to  
add marinades or oil when barbecuing or roasting meats.  
add fresh rosemary flowers to salads.

Potpourri

**LANGUAGE OF FLOWERS**

Years ago people made nosegay bouquets called “tussie-mussies” with individual meanings for each herb used.

Calendula	sadness
Dill	good cheer
Lavender	devotion
Parsley	merriment
Artemisia/	constancy
Wormwood	
Yarrow	health