

Healthy Herb Guide

For flavour, health and fragrance



*GROWING TIPS - HERB DIRECTORY- RECIPES
- LANDSCAPING HERBS- PEST CONTROL—
AND MORE*



Renaissance Herbs

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Planning a Herb Garden

Growing your own herbs adds to the enjoyment, ensures freshness and enables you to control what sort of chemicals are applied. It also allows you to have a greater understanding of the flavours. In many cases the young leaves have a slight different flavour than the older ones and this will alter how and when you use them. It is also really easy to grow your own so long as you have a few basic conditions right.

A good herb garden does not need to be large but does need good soil and plenty of sunlight. It can be a bed in amongst the rest of the garden, a section of the veggie garden or a collection of large pots. There are pros and cons for all the alternatives. Whichever you choose it really needs to be close to the kitchen.

Traditionally herb gardens were laid out in formal geometric patterns that could be square, circular or half circles. Paths dissected the different areas and often they were hedged with formal plants.

Today there is less formality in the layout, with perennial herbs separated so they can spread over time. Annuals can be used as soft edging or used to fill in open spaces. Annuals can be replaced regularly and varied to give seasonal flavours.

With the influence of ethnic cuisines it is often advantageous to clump them together in different areas of the garden. Thus it is easier to collect the ingredients for the evening meal in one area.

Lettuces and other salad edibles are often grown closest to the kitchen where they can be harvested leaf by leaf or cut off to regrow. Continual fertilising will give fresh sweet leaves.

In the cooler climates some are seasonal and won't survive a really cold winter. These are herbs like basil, lemon grass and French tarragon. Others struggle in the heat and prefer to be planted coming into or out of winter. These include lettuce, Asian spinaches (bok choy, pak choy etc), mizuna and other leafy varieties.

