



The Plant Professionals

Herb Information Guide

In Texas it is best to plant herbs in well drained sandy soil, either in the garden or in clay pots. Most herb plants like at least a half day of full sun. Be sure to water often during the long hot summer days and lightly fertilize only as required. If you pinch back the herbs they will develop into healthy full plants. Growing your own fresh herbs can add delight to your daily cooking, just remember to use about three times as much fresh herbs as you would dry.

Balm - Perennial, hardy to 20 degrees, sun to partial shade. Use as fragrance, for tea and to flavor jellies, fruit salad.

Basil - Annual, full sun. Use to compliment eggs, cheese, fish, poultry, stuffing's, salads, meats and spaghetti.

Burnet – Perennial, hardy to 30 degrees, full sun. Has a cucumber like flavor; add to salads, ice drinks, vinegar, butters and cream cheese. Use only fresh new leaves.

Caraway – Biennial, hardy to 30 degrees, full sun. Seeds may be used to flavor pickles, cabbage, brussel sprouts, cauliflower, and rye bread.

Catnip – Perennial, hardy to 30 degrees, sun to partial shade. Makes cats kittenish and playful. Also used for treating hysteria, nervousness, and headaches.

Chamomile – Perennial, hardy to 20 degrees, sun to semi-shade. Use as tea, groundcover.

Chervil – Annual, partial shade. Especially good in salads.

Chives – Perennial, hardy to 35 degrees, sun to partial shade. Use in salads, cheese, eggdishes, gravies and soups for a delicate onion flavor.

Coriander – Annual, full sun. Use in preparing fowl, meats spicy seasonings (pico degallo), and sauces.

Dill – Annual, full sun. Use in preparing fish, chicken, lamb, stews, sauces, salad dressings, and breads.

Fennel – Perennial, sun. Can eat raw or cook as a vegetable.

Horehound – Biennial, hardy to 30 degrees, full sun. Horehound candy and a tea brewed from the leaves is taken to relieve a cough or cold.

Hyssop – Perennial, hardy to 35 degrees, full sun. Use in the landscape.

Lavender – Perennial, hardy to 0 degrees, full sun. Use as fragrance.

Marjoram – Perennial, sun. Use in meats, salads, vinegar, casseroles, teas and jellies.

Mexican Mint Marigold – Plant in full sun and the plants will produce yellow flowers in the fall. Use the leaves in vinegar's, chicken, vegetables, sauces, tuna, salads and teas. It's a substitute for tarragon.

Mint Varieties – Perennial, sun. Use in teas, desserts, pastries, fragrance and liqueurs, carrots, fruits, and lamb. Likes shade or morning sun and plenty of water.

Oregano – Perennial, hardy to 30 degrees. Plants where it will get the morning sun or filtered light. Use the leaves in vinegar's, sauces, beef, fish, salads, and soups. Especially good for Italian and Mexican food.

Parsley – Biennial, shade to partial sun. Will help keep some bugs out of the garden. Use the leaves in fish, salads, vegetables, beans and soups.

Pennyroyal – This is a groundcover that likes shade or morning sun and plenty of water. Helps repel fleas and mosquitoes. Has purple flowers.

Rosemary – Perennial, hardy to 0 degrees. Plant in the ground where it will get full sunlight. Use in beef, potatoes, lamb, eggs, teas and soups.

Rue – Perennial, hardy to 20 degrees, full sun. Use in landscape.

Sage – Perennial, hardy to 30 degrees. Requires will drained soil; likes full sun. Use in lamb, meat stuffing's, sausage, cheese, and roast goose.

Savory – Annual and Perennial, full sun. Use with meats, fish, eggs, beans and in soups.

Scented Geranium – Perennial. Plant in clay pots or hanging baskets where it will get the morning sun or a south window. Let the plant dry out between watering. Use the leaves for potpourri, jellies, fruit salads, cakes and teas. Has small flowers in springtime only.

Sorrel – Perennial. Pinch the leaves back to the base of the plant to use in salads, soups and vegetables.

Southernwood – Perennial, hardy to 10 degrees, sun to partial shade. Use in salads, egg dishes, cheeses, vinegar, and fish.

Tarragon – Perennial, hardy to 10 degrees, sun to partial shade. Use in salads, egg dishes, cheeses, vinegar, and fish.

Thyme - Perennial, hardy to 20 degrees, full sun. Use the leaves in cheese, chicken, beef, fish, potatoes, salads, soups, sauces, and vinegar's. Requires very sandy soil.

Wormwood – Perennial, hardy to 30 degrees, full sun. Use for culinary, fragrance, landscape.