

Herbs for All Seasons

Bibliography

www.learningherbs.com- Herb eBook, mentoring, and educational resources

www.foodandnutrition.com/Appendix/spice_chart.htm

www.gardenherbs.org/herb_chart.htm

www.tastefulgarden.com/store/pc/Kitchen-Herb-Usage-Chart-d79.htm

www.howtogardenadvice.com/garden_info/companion_planting_chart.html

www.howtogardenadvice.com/plant_list/herb/herb_index.html

www.epicurious.com/articlesguides/seasonalcooking/farmtotable/herbgarden

www.kidsgardening.org/classroom-projects/creating-herb-gardens.

www.gardenguides.com/planting-growing-herbs/

UC Integrated Pest Management Resources:

UC IPM Website: <http://www.ipm.ucdavis.edu>

UC IPM for retailers Portal: <http://www.ipm.ucdavis.edu/RETAIL/>

Newsletter: <http://www.ipm.ucdavis.edu/RETAIL/retail-newsletter.html>

Produce Facts on various fruits & vegetables: <http://ucanr.org/sites/postharvest/>

Other Resources

UC Vegetable Research & Information Center: <http://vric.ucdavis.edu/>

Gardening Information: <http://ucanr.org/findinformation.cfm?findinfosub=6>

Pest Notes: <http://www.ipm.ucdavis.edu/PMG/menu.homegarden.html>

Mulch: <http://www.ipm.ucdavis.edu/PMG/GARDEN/ENVIRON/mulches.html>

Online Order Catalog for UC Publications

<http://anrcatalog.ucdavis.edu>

- California Master Gardener Handbook
- Home Vegetable Gardening, Publication # 21444
- Pests of the Garden & Small Farm, Publication # 3332

Riverside Count Master Gardeners Local Hotline: 951-683-6491 or email: mgriverside@ucdavis.edu

Herbs for All Seasons

Herbs to start from seed:

- bee balm
- borage
- salad burnet
- chamomile
- chives
- garlic chives
- cresses
- dill
- fennel
- hyssop
- English lavender
- lemon balm
- lovage
- sweet marjoram
- onion
- oregano
- parsley
- pennyroyal
- chile pepper
- rosemary
- sage
- sorrel
- summer savory
- tarragon
- thyme
- valarium
- violet

Herbs to start from cuttings, layering, dividing:

- bee balm
- lavender
- mint
- oregano
- rosemary
- sage
- thyme
- yarrow

Stem cuttings are best for:

- artemisia
- bee balm
- lavender
- lemon verbena
- mint
- oregano
- pineapple sage
- rosemary
- scented geraniums
- thyme

NOT ENOUGH SUNLIGHT?

- Several herbs can handle part shade—mint, especially, but also try parsley, sage, rosemary, thyme, oregano, chamomile, lemon balm, and borage, which has gorgeous blue edible flowers.
- Sweet woodruff is one herb that thrives in shade and makes a great groundcover.
- The edible nasturtium flower prefers sun, but can handle shade.

BREWING MINT TEA

- Quart of water
- 15 mint leaves (double for iced tea)
- Sweetener – honey, stevia, or sugar
- (Optional) ice

Boil water. Let cool about 60 seconds. While water is heating, muddle (bruise) the mint leaves (mortar and pestle, or bottom of cup on a saucer)

Put muddled leaves and juice in tea pot, and add boiled/cooled water. Let steep for three to five minutes.

Add sweetener as desired. (Optional) Pour over ice.

(Optional) Garnish with lemon slice. Serve hot in mugs or iced in tall glasses.

SOME VARIATIONS:

Peach Mint Tea: add pureed peaches after brewing.

Lemon Mint Tea: Add lemon balm and/or lemon verbena. Or lemon juice after brewing.

Lime Mint Tea: Use lime mint. After brewing add lime juice.

Mint Green Tea: Brew with green tea for extra antioxidants

Add milk and sweetener

Bedtime Tea: mint, chamomile, and catnip