

Herbs for Cooking

Parsley

Although often suggested for winter garden, parsley will grow through the summer if given a little shade. It is a biennial and so will try very hard to flower and set seed the second season. Both curly and Italian grow easily and taste good. It should always be growing in the garden, used in salads, and thrown into most cooked foods.

Rosemary

Sun, drainage and don't over water it are my advice.

Rue

Rue is very interesting used medicinally by many cultures. It makes a great landscape plant and is perennial. Although it looks a little rough during the winter, it will stay green. The bright, chrome yellow flowers are good for color in a herb bed. It is seldom used in cooking.

Sage

Sage is often hard to grow in our hot, humid area. It is worth trying as it has a lot of uses. The leaves are great dried and used in herb wreaths. It adds a unique flavor that is essential in some foods and is so much better than commercially dried sage. The variety Berggarten has large leaves and seems to do better for us. Give it plenty of sun and circulation.

Thyme

Another very large and diverse group is Thyme. It is such an ornamental plant that the many varieties are worth trying. Thyme can be difficult in our area, but with 400 different types to choose from, it is fun to keep experimenting. It is a great plant to use in a rocky area whether you add rocks and dirt for interest in a bed, or have a rocky slope already in place. It is an essential ingredient in many dishes and fresh is always better than dried.

