Easy To Grow Herbs

NEWARK, DE - Without herbs, we wouldn't know the taste of basil in tomato sauce, the relaxing comfort of herbal tea or the smell of potpourri. Herbs have long been valued for their appetizing, medicinal and aromatic

"Herb plants, attractive and useful, are easy to grow and enjoy in many ways," says Margaret L. Moor, Delaware State College Cooperative Extension agent.

Window boxes, hanging baskets and clay pots are suited for growing kitchen herbs on a small scale. Outdoors, a wide variety of herbs can be grown in simple rectangular beds. Low, slowgrowing species are ideal for informal rock gardens.

"Your outdoor garden can be as imaginative in design as inclination and space allow," says Moor. If a special plot is not feasible, herbs can serve as edgings along paths or as borders around flower

To cultivate herbs successfully, the plants must be sheltered from prevailing winds and compatible with the soil. Herbs plants like well-drained and somewhat sandy soil. Herbs planted in poor, fairly dry soil are easier to control and richer in aromatic properties.

Some herbs, such as horseradish, woodruff and ginger, grow well in rich, moist soil. Although most herbs are hardy, few will tolerate extremely wet conditions and poor drainage. If your garden site does not have good, natural drainage, you may want to build a raised bed for your herbs.

Moor suggests using railroad ties, fence posts or concrete blocks to elevate your garden. A raised bed has to be only 6 to 8 inches above the ground. But, the agent notes, beds raised from 1 to 3 feet eliminate the need for stooping

when gardening. Such beds often serve as sections of a garden wall.

"Selecting plants for an herb garden offers an opportunity to build around a theme," says Moor. "An herb garden can be a culinary array, a scented collection, a muster of medicinal plants or, at its simplest, groups of decorative herbs. And many plants fall into more than one category."

Among the factors to consider when selecting species are whether the plants are annual, biennial or perennial; their climatic requirements; their ability to tolerate pruning; and their appearance before and after flowering or fruiting.

Taller plants should be placed

in the rear or center of the bed, Moor says. Low-growing species should be reserved for edgings and borders.

Many herbs need five to eight hours of full sunlight a day. Some, like chervil, ginger, mint and parsley, will tolerate partial shade.

The more common varieties of herbs can be purchased at local gardening supply stores or centers as seeds or young plants. You can order the more unusual varieties from specialty seed catalogs.

As with any plant when buying it, look for a specimen which is undamaged and healthy. Make certain it has plenty of potential growth in the form of small new shoots and buds. Avoid those with broken or hanging stems, wilting leaves, dry compost or any pest or leaf discoloration.

"Buy a plant not yet flowering,

though the buds may already be visible," says Moor. "Tall, lanky plants in small pots are not the best choice.

To transplant a young herb plant into the garden, dig a hole large enough to hold the rootball. Turn the pot upside down and tap gently until the plant drops into your hand. Slip the plant into the hole and fill with soil to ground level. Firm the soil down around the young transplant and water thoroughly. Be sure to label your plants at planting time.

Pick the tender tips and young leaves of herbs as needed. Most herbs will continue to supply new foliage even if cut back several times during the growing season.

For preservation, most herbs should be harvested just as they begin to bloom. At that time their essential oil content is at its peak. However, plants of the mint family are most aromatic when in full bloom, Moor notes.

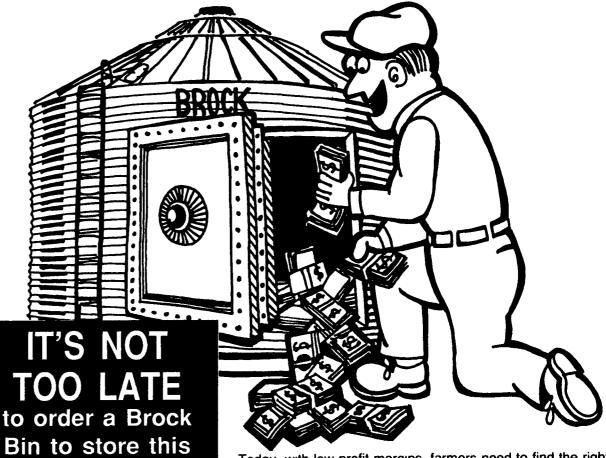
For further information on growing herbs, visit your local library or contact your county

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