

Growing Herbs

Growing herbs is a nice introduction into edible gardening. The benefits of growing your own food can include saving money, reducing your environmental impact, enjoying better tasting food, reducing food waste, and gaining a deeper understanding of nature and agriculture. Herbs can help season your food without a lot of salt, plus most contain polyphenols that may reduce the risk of chronic disease.

Parsley



Culinary Uses

Recipes

- Garnish
- Soups
- Salads
- Sauces
- Dips
- [Tabouli](#)
- [Chimichurri](#)
- [Parsnip Fries & Garlic Dip](#)
- [Mediterranean Salmon Salad](#)
- [Gremolata](#)

Basil



Culinary Uses

Recipes

- Mediterranean cuisine
- Indonesian, Thai & Vietnamese cuisine
- [Mixed Herb Pesto](#)
- [Pesto Spaghetti Squash](#)
- [Eggplant Lasagna Rolls](#)
- [Spring Roll Salad](#)

Mint



Culinary Uses

Recipes

- Sauces
- Garnish for drinks
- Spa water
- Marinade
- Tea
- Desserts
- [Balsamic Berries with Yogurt & Mint](#)
- [Spring Roll Salad](#)
- [Tabouli](#)

Rosemary



Culinary Uses

Recipes

- Marinade
- Stuffing
- Soups
- Baked goods
- Roasting vegetables
- [Creamy Mushroom Pasta](#)
- [Rosemary Sesame Pecans](#)
- [Roasted Autumn Harvest Vegetables](#)



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Growing Herbs

	Basil	Parsley	Peppermint	Rosemary
Watering	Moist Water deeply and thoroughly whenever top inch of soil is dry	Moist but not saturated. Somewhat drought tolerant	Moist Drought tolerant Note: Only grow in containers – mint can spread like a weed.	Drought and heat tolerant Water regularly but allow to dry out the first year but don't overwater after that
Drainage	Well drained		Well drained	Well drained, on the dry side
Weeks Until Seedlings Emerge	• •• 1-2 weeks	•• ••• 2-3 weeks	• •• 1-2 weeks	•• ••• 2-3 weeks
Months to Maturity	•• ••• 2-3 months	•• ••• 2-3 months	• 1 month	••••+ 4+ months
Sun Hours	☀ Full sun	◑ Plenty of light as soon as seedlings emerge	◑ Shade tolerant but prefers full sun	☀ Full sun
Harvest	Pinch off topmost leaves and discard flowers. Never cut the woody base.	Cut leaves from the outer portions of the plant.	Pick leaves as needed. Benefits from frequent harvesting.	Harvest young stems for freshest taste. Harvest up to 1/3 of the plant at once.



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Starting Herbs from Seed

For this Gardening for Your Health and Wellness event, we will be sowing seeds into a biodegradable peat pot, which can later be planted directly into soil, either in your yard or in a larger pot. For sowing seeds in other conditions (directly into the ground, in a greenhouse, etc.), instructions will vary.



Instructions



1. Fill a peat pot about halfway with potting mix.
2. Add 2-4 seeds.
3. Sprinkle lightly with potting mix and press down.
4. Spritz the surface with water.
5. Place in a sunny and warm location.
6. Keep the soil moist. Optionally, cover with a (reused) plastic bag, watering if necessary. Remove the covering when seedlings emerge.
7. When seedlings reach 2 inches tall, transplant them to individual pots or thin to one seedling (the strongest looking one) and plant the peat pot into a larger pot or the ground.



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