



# **How To: Indoor Herb Gardens**

# What to Grow

## GROW WHAT YOU EAT!

While it may be exciting to grow every new herb you learn about, start by growing the ones you reach for the most in the kitchen.

If you're new to fresh herbs in your meals, below are some of the more common kitchen herbs.

### Annuals

*Basil*  
*Bay*  
*Chevril*  
*Dill*  
*Parsley\**

### Perennials

*Chives*  
*Mint*  
*Oregano*  
*Rosemary*  
*Sage\**  
*Tarragon*  
*Thyme*



## TIPS TO KEEP IN MIND



**Annuals:** these plants live for one season while producing seeds for the next season. They are best grown from seeds!

**Perennials:** these plant live and regrow for multiple seasons. They are best grown from a cutting of an established plant!

\*Parsley is usually grown as an annual for best flavor.

\*If growing in Syracuse (zone 5b) Sage is grown as a perennial. If growing else where, check your plant hardiness zone.



# Growing Conditions

## SUNLIGHT

Herbs **love** sunlight. Ideally they would receive **6 or more hours** of sun a day. For the northern hemisphere, the most sunlight received is at a south-facing window.

If your space doesn't get ideal sunlight, consider purchasing a plant light to give your herbs extra light.

**The following herbs don't need as much sunlight:**

*Chives - Chervil - Mint - Parsley - Thyme*

**Signs your herbs are not getting enough Vitamin D:**

- *Poor growth*
- *Stems grow unusually long between leaf sets*
- *Smaller leaves than usual*
- *Stems or leaves are abnormally pale or begin turning yellow*

## TEMPERATURE & HUMIDITY

Most herbs enjoy the same indoor temperatures as people in winter (65 - 70F). **Basil** is an exception to this and will wilt if exposed to colder temperatures (below 70F).

Herbs should be safe from the temperature drop of being at a window as long as they are **not** directly touching the glass.

If the air in your space is dry due to artificial air flow (AC and heater), consider using a humidifier near your herbs.



# Growing Conditions

## POTTING MIX

**Splurge a bit on potting mix.** It is the base for your herbs and provides the nutrients and rooting conditions necessary for growth. Use an indoor potting mix to ensure proper air flow to the roots and drainage.

Most potting mixes come with peat moss, an added ingredient for moisture retention and oxygenation of the soil without making it waterlogged. **However**, peat is not a sustainable ingredient. Instead, look for potting mixes with a sustainable alternative like **coconut coir**. You can also add your own compost to serve as a peat alternative.

## POTS

A **glazed pot** should be used over terracotta. Made of dry clay, terracotta pots are more prone to absorbing water. This takes water needed for growth away from your plant.

## HARVESTING

Reap what you sow and **harvest** your reward! It can be tempting to not want to cut any parts off your newly grown plant baby, but harvesting actually stimulates more plant growth. Add your herbs to your meal knowing you're **helping** your plant, not hurting it.