Herbs from Garden to Table
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Growing Techniques
- Adequate light, water, & fertilizer
- Container grown or in the garden
- Direct seeded or transplant
- Herbs thrive on our long daylight hours

Herb and Spice Storage
- Away from moisture
- Tightly covered jars
- Store in a cool place
- Do not store in a window or in sunlight
- Do not store near heat sources
- Summer time – store paprika, red pepper and chili powder in the refrigerator

Herb Preservation
- Air Drying
- Oven/dehydrator
- Microwave Drying
- Freezing
Air Drying

- Pick plants at their peak
  - Just before blossom
- Bunch washed herbs
- Tie with string
- Hang upside down for about 2 weeks

Oven/dehydrator Drying

- Wash herbs
- Dehydrator – follow manufacturers instructions
- 100° - until brittle
  - Test hourly

Microwave Drying

- Place bunches between 2 towels
- Microwave on high for 1 to 3 minutes
- Check every 30 seconds
- Cool – test to see if herbs are brittle

Freezing

- Airtight freezer bags – freeze
- Alternately, place chopped herbs in ice cube trays
  - Cover with water and freeze
  - Pop cubes and put in freezer bags
  - Drop whole cube in soup or stews
Storage Life

<table>
<thead>
<tr>
<th>Seasoning Type</th>
<th>Storage Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole</td>
<td>2 – 5 years</td>
</tr>
<tr>
<td>Ground Spices</td>
<td>6 months – 2 years</td>
</tr>
<tr>
<td>Leafy Herbs</td>
<td>3 months – 2 years</td>
</tr>
<tr>
<td>Dehydrated Vegetables</td>
<td>6 months</td>
</tr>
</tbody>
</table>

Herbs for North Dakota Outdoors

<table>
<thead>
<tr>
<th>Name</th>
<th>Classification</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Annual</td>
<td>Close Scott, Tomato dishes</td>
</tr>
<tr>
<td>Borage</td>
<td>Annual</td>
<td>Bee Attractant</td>
</tr>
<tr>
<td>Dill</td>
<td>Annual(self-seeding)</td>
<td>Pickles, fish, meats, dips</td>
</tr>
<tr>
<td>Fennel</td>
<td>Perennial</td>
<td>Licorice flavor, Appetite suppressant</td>
</tr>
<tr>
<td>Mint</td>
<td>Perennial</td>
<td>Enhance teas, lamb</td>
</tr>
<tr>
<td>Oregano</td>
<td>Perennial</td>
<td>Tomato dishes, strong aromatic flavor</td>
</tr>
<tr>
<td>Parsley</td>
<td>Biennial</td>
<td>Garnish, Flavors to soups &amp; stews</td>
</tr>
<tr>
<td>Sage</td>
<td>Perennial</td>
<td>Pork sausages, silver gray</td>
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<tr>
<td>Savory (summer)</td>
<td>Annual</td>
<td>Meat seasoning, Garnish, Thyme</td>
</tr>
<tr>
<td>Thyme</td>
<td>Perennial</td>
<td>Chowders, salmon, &amp; vegetables</td>
</tr>
</tbody>
</table>

How Much Should I Use

- 2 Teaspoons fresh herbs
- ¼ teaspoon dried herbs
- ¼ teaspoon powered herbs

- **Strong Flavored** – Bay leaves, Rosemary & Sage – 1 Tsp./6 servings
- **Moderately Flavored** – Basil, Dill, Mint, Marjoram, & Oregano – 2 Tsp./6 servings
- **Mild Flavored** – Chives & Parsley – use generously

Anise Hyssop

- Perennial – Mint Family
- Sweetener for teas and infusions
- Sunny location – not pH sensitive
- Insufficient moisture causes wilting
- Harvest foliage
- Flowers attractive to bees, butterflies, hummingbirds
Anise Hyssop
Cookies, Cakes, Breads, Candy, Beverages, Pickles, Soups, Beef Stew, Fruits, or Fish

Basil
Tomatoes, Pasta, Rice, Beef Stew, Pork, Meatloaf, Duck, Fish, Veal, Green or vegetable salads, Salad Dressings, Eggplant, Potatoes, Carrots, Spinach, Peas, Eggs, and Cheese

Basil
- Annual herb – very cold sensitive
- 68° soil, full sun, well-drained soil, balanced nutrition, regular watering-drip irrigation
- Dead-head to discourage flowering
- Handle carefully to prevent damage
- Sweet basil, holy basil, red Ruben basil
- Ornamental

Lemon Balm
Fragrant leafy annual herb is popular both fresh and dried. Keep flowers pinched for best production. Plant in a sunny location when the air and soil temperatures are warm. It does poorly if May is cold and wet. Sun.
Chives

- Confidence builder to amateur gardeners
- Perennial – readily self-seeds if not deadheaded
- Not particular to soil conditions – full sunlight
- Container grown

Coriander, Cilantro, Chinese Parsley

- Seeds – Coriander
- Foliage – Cilantro or Chinese Parsley
- Annual, drought resistant, full sunlight, regular watering, directly sown
- Ethnic cuisine – Mexican, Chinese, South American, Vietnamese
- Aphrodisiac – love potion, relieves flatulence, diuretic, tonic
Dill

- Highly versatile - dry and fresh
- Annual, thrives in cool weather
- Foliage - use Tetra or Dukat

Dill

Used in Cucumber Pickles, Pickled Beets, Salads, Sauerkraut, Green Beans, Meatballs, Egg dishes, Stews. Fish, Chicken and Breads

- Leaves and seeds are good for seasoning.
- Popular in pickles, sauces, salads and cooked dishes. Yellow flowers in July. 40 in. Sun.

Garlic

- Fall-planted - perennial
- Place cloves pointed side up - 3" deep - mid-October
- Harvest as foliage yellows, cure 2 days
**Curly Parsley**

Decorative curled green leaves. Use in salads and as a garnish. 8-10 in.

**Common Garden Sage**


**Russian Tarragon**

Short lived perennial herb. Sprawling, largely flowerless herb with shiny, dark green, aromatic and flavorful leaves. Sun to partial shade.

Sour cream sauces, Casseroles, Marinades, Pot Roasts, Veal, Lamb, Poultry, Fish and Egg Dishes

**French Tarragon**

French tarragon is hardy in Zone 4 if given sufficient winter protection.
**Rosemary**
Evergreen plants with needlelike fragrant foliage. Good for sunny dry locations. Tolerant of poor soils. All are good for culinary use. Sun.

**Thyme**
Creeping and mounding perennials with aromatic foliage that have various culinary uses. Great plants for rock gardens, herb pots and small borders. Small flowers June-July. All need full sun and good drainage.

**Oregano**
Tomatoes, Pasta Sauces, Pizza, Chili, Barbecue Sauce, Vegetable Soup, Egg and Cheese Dishes, Stuffing, Pork, Lamb, Chicken, and Fish

**Marjoram**
- Marjoram prefers well-drained soil, and room to spread.
- Cut the plant back if it becomes woody, and it will re-grow.
**Fennel**

- All plant parts are edible
- Hardy perennial related to parsley
- Cultivated as an annual
- Heights of 5 - 8 ft.
- Resembles dill which it can cross-pollinate with
- French and Italian cuisine's in sauces for fish and in mayonnaise

**Spearmint**

Hardy perennial plants best in sunny locations. Use as an ornamental or culinary herb. 18 in. Sun.

Spearmint is easily grown, it succeeds in most soils and situations so long as the soil is not too dry.

Division can be easily done at almost any time of the year.

A matted creeping root system, sends up erect, square stems to about 2 feet high.

Pinkish or lilac in color, flowers bloom in late June through August.
Resources
From Garden to Table: Harvesting Herbs for Healthy Eating, H 1267
www.ag.ndsu.edu/pubs/plantsci/HORTCROP/H1267.pdf