

Common Name: Arugula Astro

Strap leaf variety for bunching and salad mix.

Adds a robust, peppery flavor to salads. Delicious when mixed with other greens and cooked like spinach. Grow for a spring and fall crop. Quick and easy to grow, plants can be cut back and harvested several times.

Arugula is a cool season green that is able to survive a light freeze. It can be spring or fall planted.

To prevent weeds, retain moisture, and to keep soil temperatures

down, mulch can be applied around the plants. Arugula plants should receive enough water to keep them vigorously growing without water logging the soil. Generally arugula is pest free. However, flea beetles can damage arugula by eating holes in the young leaves. Flea beetles can be controlled with chemicals containing the organic compound pyrethrin (be sure to follow product labels). Cabbage worms can also be a pest of arugula. If the population of small green caterpillars is too numerous to hand pick, an insecticide with Bt (*Bacillus thuringiensis*) can be used like Dipel and Thuricide.

Harvesting

As soon as the leaves are large enough to use, arugula can be harvested by cutting individual leaves as they mature or entire plants. If the leaves are cut 1 inch above the ground, the plant will send up new leaves. When grown in warm weather, arugula leaves turn bitter and go to seed.



Source of data: <http://store.valueweb.com/servlet/humeseeds/Detail?no=114>

<http://www.jeffersonfarm.org/Vegetable%20Guides/Arugula%20Guide%20Sheet.pdf>

Name: Asparagus

Since asparagus is a perennial, you'll need to pick an out of the way spot in the vegetable garden, an area you can till around. Asparagus also needs space, about 4-5 feet for each plant. They won't spread out much the first couple of years, but once established, they will quickly fill in.

Asparagus is not terribly particular about [soil pH](#). Anywhere in the range of 6.0 to 7.0 would be fine. It is a heavy feeder though and much prefers full sun. A word of caution about weeds - get them while the asparagus plants are young. Asparagus roots form a tightly woven mat, from which no weed can be removed intact.

You can grow asparagus either from seeds or from crowns. Asparagus crowns are really just the base and roots of a one-year old plants. Most people find it easier to grow from crowns, which are readily available in the spring. Unlike many plants, the roots on asparagus crowns can withstand some air exposure and you will usually find them for sale loose. They should still look firm and fresh, not withered or mushy.

In warmer climates crowns can be planted in the fall. Early spring is the preferred time for cooler climates, about 4 weeks before the last expected frost date. Crowns can handle some frost because they are below ground.

Asparagus is usually planted in rows, since you are going to dig trenches to plant them in. Start with a trench that is about a foot deep and 1 ½ feet wide. Working some compost into the bottom of the trench will get your plans off to a good start. Then make small mounds, about 6 inches high, along the bottom of the trench about every 18 inches. Spread the roots of each crown over the mounds and fill in the trench until the crowns are covered with 2-3 inches of soil. As the plants begin to grow, you can gradually fill in the remainder of the trench.

Now you have to be patient. For the first two years you won't actually harvest any spears. Allow the foliage to grow and feed the plant. Keep the plants well watered and weed free and top dress with compost or manure. The plants are actually very attractive and ferny, turning a lovely gold color in the fall. Many people with limited space use asparagus as a border or ornamental hedge, harvesting just enough for their needs. By late winter or early spring it is safe to cut the old foliage back in preparation for new growth.

By the third year you should be getting good, finger sized spears, ready for picking. Some people snap their spears off, some prefer to cut. If you are cutting below the surface, be careful not to damage any emerging shoots. As a general rule, shoots should be about 8 inches long and the scales on the tips should not yet have begun to open.

In year three you can harvest for up to 4 weeks, then let the plants gain some strength. After that, feel free to harvest until it gets too warm for the spears to thicken.

Source: http://aggie-horticulture.tamu.edu/publications/easygardening/E-503_asparagus.pdf

http://gardening.about.com/od/vegetablepatch/a/AsparagusFeatur_2.htm



Common Name: Artichoke

Growing Artichoke

Native to the Mediterranean, growing artichokes (*Cynara scolymus*) requires cool nights and warm days. Aside from providing delicious, tender thistles for the table, the plants themselves are gorgeous! They grow to 5 feet across and almost as high with beautiful gray fuzzy foliage.



Site Preparation: Each spring, mix compost into your growing area. Artichokes require sandy, fast draining soil and cool temperatures to thrive. They need regular water for an ample harvest, but if you just like the look of the plant and don't want the thistles for your table, they will survive on very little water.

Artichokes are susceptible to freezing and do best where the temperature remains constant year round.

How to Plant: Plant artichokes in a location in full sun from bare root stock in January or from container grown stock later in the spring. To grow artichokes in cold winter climates, protect the root with several inches of straw mulch or better yet, grow them in large containers and move to a protected location when the temperature drops. Fertilize (after you see greenery) with a small amount of all-purpose fish fertilizer. Micronutrients from seaweed extract can be beneficial also.

Harvesting: Artichokes are ready to harvest when the heads are closed tightly and squeak slightly when squeezed. If you wait for them to open, they will be too tough to eat. Search the interior of the plant, the chokes hide in the foliage. Small artichokes can be eaten whole, without removing the inside spiny choke. Artichokes take at least 110-150 days to reach maturity, if planting from seed and 100 days from divisions. Most do not flower until the second year of growth.

Once the harvest is over, cut the plants back to 1-2 inches off the ground to try for a second harvest. New sprouts will form at the base of the plant. At the end of the season, allow the plant to dry out after the leaves begin to turn yellow. Once the foliage has died down and dried, remove it from the plant and put down a layer of organic compost to enrich the soil for next years crop.

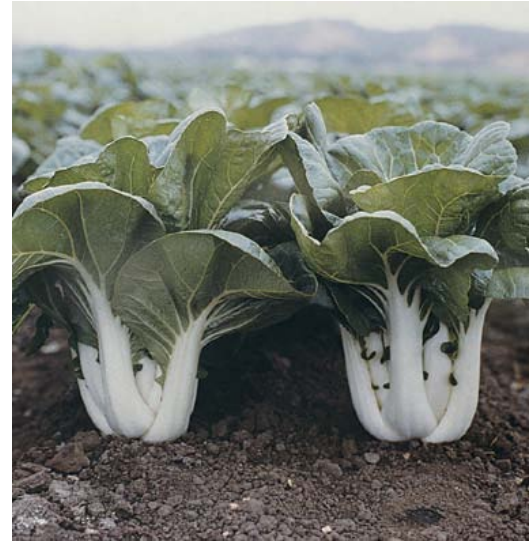
Insects and Diseases: Protection from earwigs is mandatory. Also, keep an eye out for aphids, caterpillars, slugs and snails. Use diatomaceous earth or other natural pest control method, if present.

Source of data: <http://www.planetnatural.com/site/xdpy/kb/growing-artichokes.html>

Common Name: Pak Choi

Heavy, vigorous white-stem Pac Choi.

It forms a 12-15" tall, broad, heavy bunch with dark green leaves and thick, flattened white petioles. Compared to Prize Choy, Joi Choi is heavier and even slower to bolt. Tolerant to heat and cold. Space 10-12" apart.



This graceful vegetable with Chinese origins has spread throughout Asia and beyond, developing a wide range of varieties. The most typical Pak Choi features dark green leaves atop white spoon-shaped upright stems. Stems vary considerably in thickness and shape, and in some varieties they are green. One variety produces a rosette of dark green leaves close to the ground. There are specialty pak chois that have frilly leaves to light yellow-green color. The slight mustardy flavor of Pak Choi makes it a delightful addition to stir-fries, soups, noodle and meat dishes, and salads, if the young leaves are used. In China, the coarser leaves are often pickled. Some Chinese cooks also dip the leaves in boiling water and hang them out to dry in the sun for several days. Drying enables this highly perishable vegetable to be stored for winter months. Asian cooks use the entire plant at many stages of development.

Cultivation: Pak choi has shallow roots so needs watering little and often in dry spells rather than drenching.

Harvesting: A CCA crop can be harvested at any stage from 4-13cm high. Depending on growing conditions, this could be within three weeks of sowing. Two or three further cuts should be possible. A headed crop (often ready after six weeks) can be lifted entirely or cut 2.5cm above ground level and left to resprout.

Storage: Less likely to go limp than lettuce, though not as firm as a good hearting cabbage, pak choi is best kept cool and eaten within a week.

Source of data:

<http://www.johnnyseeds.com/catalog/product.aspx?scommand=search&search=pak%2bchoi&item=507&category=1&subcategory=403>

<http://www.guardian.co.uk/lifeandstyle/2008/apr/05/vegetables.growingyourown6>

Name: Broccoli

Fall provides a second cool season when broccoli thrives in the garden. During this season plants typically provide the most food from their side shoots rather than from their large main head. Plan to start harvesting at least a month before killing frost.



The soil for broccoli needs to be fertile with plenty of organic matter added. It needs to be kept moist, but well-drained. Using mulch helps to keep the soil moist and cool, setting the conditions for a prosperous crop. Fertilizing the soil about a week or two before planting is recommended.

It is best to plant broccoli in an area that gets full sunlight; however, it will grow if it has minimal shade. Crop rotation is necessary when you are growing broccoli or other members of the cabbage family, since you shouldn't plant them in the same area year after year. In fact, planting in a spot that hasn't grown members of the genus for four years is suggested.

As far as pest and disease control, you won't have many problems with broccoli. Some pests, like aphids, slugs, cabbage worms and maggots, may cause some problems. They can be taken care of with beneficial garden insects or by spraying the plants with insecticide. Black rot, club root and leaf spot are diseases that are occasionally found in broccoli crops. Rotating your crops helps to prevent diseases. Club root can be taken care of through alternating the pH by applying lime, but with leaf spots, you should destroy the plant because the disease will spread.

When planting broccoli, it is best to plant transplants, although germinating them from seed is possible. Transplants should be planted deep enough to cover their roots and about one to two feet apart. In sixty days (maybe longer), your broccoli will be ready to harvest. The part that you pick is the flower head and it needs to be harvested before the flower buds open. When you pick the main head of the broccoli, the side heads will continue to develop.

Broccoli grows well in containers. Choose one that is at least 12 inches wide and at least 12 inches deep. Make sure that it has a drainage hole in the bottom. Fill it with a soilless potting mix and plant one or two broccoli plants slightly deeper than the containers they grew in as seedlings. Either mix in some all-purpose slow-acting granular fertilizer to the planting medium at this time, or plan to add dilute liquid fertilizer periodically to the watering can when you water. Plants in containers dry out very quickly, make sure you water faithfully.

Source: <http://www.professorshouse.com/your-home/gardening-plants/planting-broccoli.aspx>

<http://yardener.com/YardenersPlantHelper/FoodGardening/VegetableFiles/Broccoli/PlantingBroccoli>

Name: Cabbage

Cabbage is a tough growing vegetable that can come in a variety of pretty colors ranging from a very light green to darker greens as well as red shades. It is often used in soups or coleslaw, as well as cooked, lightly salted, and eaten. It is high in vitamins, and fairly easy to grow. Green cabbage is the most commonly grown in vegetable gardens. Plant the cabbage about 2 inches deep, and plant them anywhere from one to two feet apart, depending on your desired size for the heads at full growth. Cabbage seeds prefers nitrogen fertilizer and dark soil. They like moist soil, and it is advised to provide proper irrigation so that the plant can maintain a good, constant moisture level without over watering.



Cabbage is prone to wilting diseases and something called black rot. Both of these conditions should be looked out for. Each can be prevented by providing a good balance of moisture and dryness. Insects can also spread the disease, so be on the lookout for those as well. When your cabbage is ready to be harvested, you will know by pressing your hand firmly on the head and feeling the texture and resistance to pressure. Be careful not to wait too long to harvest or else the heads can split and the plant will rot. Be sure to leave some leaves intact and cut as close to the base of the head as possible, leaving the stem intact and in the ground. Butterflies are usually attracted to cabbage, and while beautiful, they can lay eggs in the cabbage plants and be harmful, so look into proper control strategies for these. Cabbage is a beautiful and healthy vegetable that the whole family will enjoy eating.

Cabbage is one vegetable that grows in all parts of the world and almost all the year. We can have cabbage in both raw and cooked versions. They can be used in salads, curries, soups and casseroles. Cabbages are good for diabetic patients and for those on diet for reducing weights as they give just 27 kcals per 100 gms and contain 98% moisture. They are also best known for Vitamin C content that help the body fight against aging and free radicals. The Vitamin C content in Cabbage is high at 124 mg. Cabbage is best to have as salads to retain the nutrients because all the nutrients and Vitamin C is destroy in the process of cooking. While selecting this vegetable, make sure the leaves do not have yellow spots and are not withered. Also cabbage should not be eaten too often since it can cause goiter by reducing the body's absorption of iodine.

Source: http://gardening.about.com/od/vegetables/a/Cabbage_Kale_3.htm

<http://ehealthspot.blogspot.com/2007/12/to-stay-young-eat-cabbages.html>

<http://aggie-horticulture.tamu.edu/archives/parsons/fallgarden/fallindex.html>

Common Name: Cauliflower - Snow Crown

Mild and sweet tasting and a rapid grower, Snow Crown is an easy to grow, early cauliflower variety. Smooth pure white heads average 7-8 inches and 2 pounds. This variety maintains its prime eating quality for up to 10 days in the garden. Great for eating fresh and freezes well.

Cauliflowers are a cool weather crop. Hot temperatures can reduce head development. In summer you can cover the head with the plants leaves.

Soil type

The soil should have been dug deep. Cauliflower grows well in loamy, well drained soils. The soils PH should be neutral or slightly alkaline. Lime if necessary.

Tending

Apply a fertilizer just after planting out. Put Cabbage Root Fly discs around the base of the plants to help prevent cabbage fly damage.

Successful cauliflower growing requires regular continuous growing conditions. Any stress to the plant will result in a reduction in head growth which is often known as 'Buttoning' It is vital not to let the soil dry out as lack of water can lead to the production of small heads. Water regularly. For summer varieties a mulch can be applied to help soil moisture retention.

Harvesting

Start to harvest Cauliflowers before they reach their full size to ensure a staggered crop . This will help prevent a mass of crop within just a few days. To harvest your home grown Cauliflower cut the stalk with a sharp knife but be sure to leave a number of leaves that surround the head to protect it.

If the florets of the Cauliflower head have started to open then you have passed the harvest date. The heads will also start to discolour once past the end of the correct harvesting period. You can store cauliflowers for up to 3 weeks by hanging them upside down and mist-spraying with water every day.

Harvest the cauliflowers in the early morning when they are at their most succulent.

Source of data: <http://www.gardeningpatch.com/vegetable/growing-cauliflower.aspx>

<http://homegrown-harvest.com/vegetables.html>



Common Name: Endive - Bianca Ricci

For salad mix.

The leaves are extra-cut and fringed, a unique light green color with pink petiole. Relatively tolerant to heat and cold for growing year-round.

Endive likes cool weather and lots of moisture, in rich, well drained soil. Provide an even amount of moisture and fertilizer. Liquid fertilizer works well.

Weed the patch regularly, as weeds will compete for moisture and nutrients.

Harvesting: Endive grows slower than most lettuces. You can harvest leaves as soon as it is big enough to use.



Insects and Pests: Bunnies like all kinds of lettuce. Got bunnies!?! Then, a rabbit fence is in your future.

A variety of insects can pose a real problem. Lettuce is delicate and can absorb many insecticides. If you want or need to use insecticides, look for brands that are less harmful to you and the environment. We like to avoid insecticides on leafy vegetables wherever possible. We suggest organic sprays, and a willingness to give up some of the harvest to insects, versus using pesticides. After all, one of the reasons most of us have gardens is to avoid the pesticides. Slugs are a real problem for all types of lettuces.

As part of the chicory family, endives and escaroles are grown much the same. Cool temperatures are best, and they are often a 'two-season' crop for spring and fall. Plant after frost, when the soil is beginning to warm (about 55-75 F), 1/8 inch deep and loosely covered. Endives are the 'frisee' or curly types with thin, deeply segmented leaves, often used fresh in salads. Many will 'self-blanch' as they have dense growth, or you can cover or tie up three days before harvest to blanch to enhance their flavor

Source of data:

http://www.johnnyseeds.com/catalog/product.aspx?category=1&subcategory=376&source=googlee_endive_seeds&ct=hg&gclid=COBj7cCCi5sCFYVM5Qo dtBoPqA&item=2183

Extension programs service people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating
A member of The Texas A&M University System and its statewide Agriculture Program.

Name: Garlic

Garlic is a member of the Liliaceae family and is a close relative of the onion, shallot, chive and leek. The garlic has been cultivated so long that experts have a difficult time tracing its country of origin. The bulb of the plant, which is divided into fleshy cloves is the part that is most widely used for culinary purposes, but the whole plant with the exception of the dry and papery clove skin is considered edible. It is grown throughout the world, and in many different climates and is one of the main additives to many different dishes.



Garlic differs from the onion, producing a number of small bulbs called cloves rather than one large bulb. Each bulb contains a dozen or more cloves, and is covered with a thin white skin. The larger outer cloves produce the best garlic.

Garlic has flat leaves rather than the round hollow leaves of the onion. Garlic is used largely as a condiment and as flavoring in gravies, tomato sauces, soups, stews, pickles, salads, salad dressing and breads. Many cooks find it indispensable in the kitchen.

Garlic powder is made from ground dehydrated cloves and is used widely as a substitute for fresh garlic. Garlic powder is also used by the meat packing industry in prepared meats.

Garlic grows best on friable (crumbly) loamy soils that are fertile and high in organic matter. Gardeners who can grow onions can grow garlic since the culture is similar. Garlic does well with high amounts of fertilizer. As a general recommendation, apply three pounds of 10-10-10 fertilizer per 100 square feet. Follow soil test recommendations for your particular garden soil. The soil must be kept evenly moist as dry soil will cause irregularly shaped bulbs. Heavy clay soils will also create misshaped bulbs and make harvesting difficult. Add organic matter, such as well-rotted manure or compost to the soil on a yearly basis to keep it friable.

Plant garlic cloves three to five inches apart in an upright position in the row and set them at a depth of one-half to one inch deep. Setting the bulbs in an upright position ensures a straight neck. Be sure to allow 18 to 30 inches between the rows. Do not divide the bulbs into cloves until you are ready to plant since early separation results in decreased yields.

The bulbs may be harvested when the tops start to dry. This is usually in August. Bulbs should be dug up rather than pulled to avoid stem injury. Allow the tops to dry. After the bulbs have dried, the tops and roots can be removed with shears to within an inch of the bulbs. It is essential that the garlic be well cured before going into storage. The mature bulbs are best stored at 32 degrees F. Garlic stores well under a wide range of temperatures, but sprouts are produced most quickly at temperatures at or above 40 degrees F. The humidity in storage should be near 65 to 70 percent at all times to discourage mold development and root formation. Cloves should keep for six to seven months.

Source: <http://ohioline.osu.edu/hyg-fact/1000/1627.html>

<http://www.greathomeremedies.com/herbs/garlic.html>

Common Name: Kale - Redbor

Finely curled, deep red leaves are sweet and tender. It looks so uniform and erect that it's perfect for garden design, and it's also so delicious you've got to grow a few in the vegetable garden, too!

Redbor's finely-curled, deep red leaves are sweet and tender. This plant grows well in spring as well as in fall. In the annual flower bed it's the ideal companion to Snapdragons, Pansies, and more! Kale is a cool-weather crop, and the drop in temperature triggers Redbor's young green leaves to turn red, so plant in earliest spring and fall for best results.



'Redbor' is generally ready for harvest 50 days after planting. This Kale is magenta in color. Leaves are finely curled. Plants grow from 18 to 24 inches tall. Collards have large, smooth leaves, where kale has smaller, ruffled leaves. Both are cool weather crops, planted in early spring or late summer. In milder areas such as the South, they are planted in the fall. Both are biennials, grown as annuals and like a soil pH between 6.5 and 7.5. Most commonly grown from transplants, it is possible to grow from seed where cool season is long. Work 1 pound of complete fertilizer in to the soil at a rate of 1 pound/100 square feet. Set transplants out so that they are 12 inches apart. If transplants are leggy, plant them up to their first leaves. Rows should be 2 feet apart. Harvest by taking the outside leaves first, leaving the inside ones to grow, or as many farmers do, cut off the entire top at once.

Kale is a member of the brassica/cabbage family, and cultivation is similar. Best grown as a fall crop, time your kale to harvest around first frost. In fact, a light frost will improve the flavor.

For transplants, time from planting to harvest is about 55 days. Both Collards and Kale taste best when "kissed" by a frost just prior to harvesting.

We should all grow this plant. It's delicious - shallow-fried, it makes the best Chinese seaweed - and looks fantastic right the way through the year. Try it raw, finely chopped in an autumn salad with slithers of raw pumpkin, marinated in lemon juice and dressed with Parmesan

Source of data: http://www.gourmetseed.com/category/gourmet_seed.vegetable_seed.kale/?gclid=CKKko6aGi5sCFRd75Qod9SHnoA

http://www.backyardgardener.com/plantname/pd_1840.html

http://www.sarahraven.com/product_categories/13-seeds-vegetables-salad-herb-seeds-vegetable-seeds/products/114-kale-red-bor

Common Name: Black - Seeded Simpson, Lettuce

HEIRLOOM. Even after 150 years it's one of the most tender leaf lettuces.

45 days. Hugely popular for over 150 years, it's one of the most tender and delicately flavored leaf lettuces ever bred. The ruffled leaves are large with an appealing green color. "Simpson" is well adapted to a wide range of climates and is still the best for early spring sowing.

Large upright, compact leaf-type lettuce with light green, wide, curled leaves.

It is a very early, dependable, and productive variety. Very heat tolerant and slow to bolt.



Black Seeded Simpson is an old favorite, both because of its flavor and because of its earliness. You'll be harvesting full sized leaves in a little over a month, and greens can be harvested in just three weeks. Withstands a lot of adverse conditions including some drought, frost, and heat.

Spacing is about twelve inches - so that the leaves from one plant are just touching the next. Control weeds by mulching or periodic cultivation.

Leaves are also broad, crumpled, and frilled. Well able to tolerate summer heat, drought. An exceptionally good keeper. Large, upright plants. Loose leaf type. Very early and adaptable. Withstands some frost. Slow bolting. Inner leaves blanch almost white. Very popular long favored variety, fixture in North American gardens for over a hundred years.

Weeding in your garden is very important when growing leaf lettuce. The more weeds you have the more time it takes your lettuce to grow. Try to weed your garden at least twice a week. Black Seeded Simpson lettuce can grow even faster than 45 days if it has no competition from weeds and is healthy. Stay away from non-organic insecticides and be sure to thoroughly wash the lettuce before eating if you have to use anything on it to protect from pest and insects.

Source of data: [http://www.burpee.com/product/vegetables/lettuce/looseleaf/lettuce+black-seeded+simpson+\(heirloom\)+--+1+pkt.+\(1000+seeds\).do](http://www.burpee.com/product/vegetables/lettuce/looseleaf/lettuce+black-seeded+simpson+(heirloom)+--+1+pkt.+(1000+seeds).do)

<http://gurneys.com/product.asp?pn=14633&bhcd2=1245027971>

Common Name: Butter Crunch, Lettuce

One of the classic butterheads, Buttercrunch combines good garden performance with tender-crisp flavor. The leaves are very dark green and thicker than most, with a crisp texture and juicy bite. They are loosely-held on big heads that grow more vigorously than many others, ready in just 65 days. So high-performing and satisfying that it won an AAS award, Buttercrunch is the highest-quality eating butterhead-type we know.

Grow in single rows, plants spaced 18 inches apart, or in containers

Compact butterhead-type is productive, heat tolerant and slow to bolt. Buttercrunch Head lettuce has mildly flavored leaves. 65 DAYS
Butter Crunch



Buttercrunch lettuce is easy to grow and has a delicious buttery flavor. There is nothing quite like a fresh salad cut straight from your own garden. Lettuce is a cool weather plant. Cut the leaves instead of pulling the plant to get a more continued harvest. Cutting the leaves about 2 inches from the ground allows them to continue growing and gives you a nice lettuce to enjoy.

Buttercrunch is similar to Bibb types, but with thick, juicy green leaves and a small tight head. You'll appreciate Buttercrunch maintaining its sweetness during hot spells without turning bitter. Hold into the fall without bolting.

Source of data: <http://www.parkseed.com/gardening/PD/5142?cid=ppp000910>

<http://www.territorialseed.com/product/905/204>

Common Name: Salad Bowl Lettuce - Red

Maroon-red, deeply cut and finely divided leaves, very attractive in tossed salad.

Maroon-red, deeply cut and finely divided leaves, very attractive in tossed salad. Plants make large rosettes.

Long-standing, slow to bolt, can be harvested over period of time. Harvest about 50 days after sowing. Thin initially to stand 3-4 in. apart when 1-2 in. high. Wait 2-3 weeks, thin out alternate plants for final spacing of 6-8 in.

Days to Maturity: 50 days

Sun: Full Sun

Height: 9-15 inches

A looseleaf lettuce, 'Red Salad Bowl' has burgundy-red leaves that will add color to containers, vegetable gardens, and dinner tables. Of the four basic lettuce types, looseleaf is the quickest growing and best for cut-and-come-again harvesting.



Lettuce was probably first cultivated around 4500 B.C. by the ancient Egyptians, who grew it not for its leaves but for the edible oil in its seeds; it was later introduced to Britain by the Romans. Lettuce now comes in four basic types: looseleaf; butterhead, or bibb; romaine, and crisphead or Iceberg.

general maintenance: Mulch to keep soil cool and moist and slow tendency to bolt. If plants become crowded, thin to promote air circulation. Cultivate soil to reduce weeds and provide aeration.

pests/diseases: Slugs, snails, aphids, and cutworms may occur.

controls: Avoid watering in evening, which attracts slugs and snails. For slugs, spread diatomaceous earth around plants, or set out shallow dishes filled with beer. Hose off aphids and cutworms in the morning.

Source of data: <http://www.marthastewart.com/plant/lactuca-sativa-red-salad-bowl>

http://www.naturalhub.com/grow_vegetables_cultivars_lettuce.htm

Common Name: Sorrel - Red Vein *Rumex sanguineus sanguineus*

Red veined Sorrel. The leaf is medium dark green with bright red veins. Very tasty with an acid tone. A beautiful addition to salad mixes.

Red Sorrel leaves are sour in taste. The herb has the rich load of Vitamin B9 (foliate or folic acid) Vitamin C (ascorbic acid) and iron. The rich flavanoid type anti-oxidant is found in the stems and veins of the herb



New last year! Flashy sorrel for salads.

Bright green leaves with contrasting dark maroon stems and veins add color and taste to salad mix or micro mix blends. Same sharp, tangy flavor as regular sorrel. Best variety for indoor production. If allowed to grow to mature size, leaves become tough and inedible.

Sorrel is very popular in French cooking. The red veined variety is stunningly beautiful with dark green leaves and maroon colored stems and vein. The young leaves are especially tender and an aromatic addition to salads and soups.

Cultivation: Sorrel does best in a sunny, well-drained location with rich soil.

For culinary uses, the plant must be harvested young. It tastes a little like lettuce, so the baby spring leaves are ideal for salad mixes. When the plant begins to toughen and mature, the leaves can be cooked like spinach or used in stir-fries. Because of its low-growing habit (about 12 inches tall), blood sorrel makes a nice border plant or garden accent. It is a noninvasive perennial, so once it's established you will have it for a long time

Source of data: <http://www.johnnyseeds.com/catalog/product.aspx?category=1&subcategory=408&item=2827>

<http://cookwithherbs.com/id85.html>

<http://www.motherearthnews.com/Organic-Gardening/2007-02-01/Zesty-Sorrel.aspx?page=2>

Common Name: Spinach - Bloomsdale

The Spinach Bloomsdale, 'Spinacia oleracea', is an old favorite amongst gardeners. The Bloomsdale has excellent flavor and produces large quantities of tasty leaves. If you are new to gardening, try fresh spinach in the garden, the buttery flavor will win you over. Spinach is also very nutritious with lots of Vitamin A, C, and iron and is low in calories. Bloomsdale is an old, dependable, open pollinated variety and it is also good in containers.



Spinach prefers light, fertile, moist, and well drained soil. Harvest individual leaves from outer edges as they become big enough to use or cut the whole plant 1 inch above the base and new leaves will grow.

Large, semi-upright plants. Handles hot weather. Better than others. Heavy, continuous yield of thick-textured, crinkled, glossy, dark green leaves. Matures quickly, slow to bolt. Remarkably cold and heat tolerant. In mild winter areas, fall plantings yield in early spring.

Introduced in 1925, Bloomsdale Long Standing is the standard savored heirloom cultivar. Remarkably cold and heat resistant, slow to bolt. Matures quickly. Heavy, continuous yield of thick-textured, crinkled, glossy, dark green leaves.

Spinach is a fast growing cool-weather spring and fall crop. Select sunny location, cultivate and fertilize with vegetable food. Plant in spring as soon as soil can be worked, repeating every 2 weeks until weather warms. Continue in late summer.

Harvest: Cut outer leaves when 6-8" long, leaving center to form new leaves.

Your Health: Rich in Calcium, Iron, and Vitamins A, B1, B2, Niacin.

Source of data: http://www.naturehills.com/product/bloomsdale_spinach.aspx

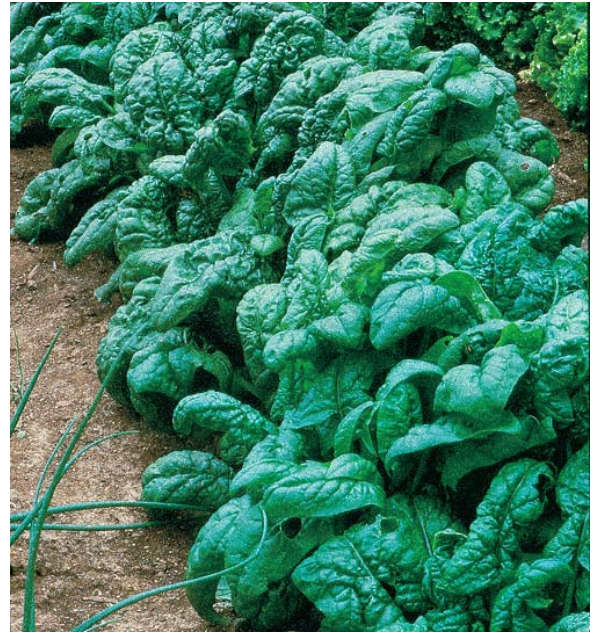
<http://myfolia.com/plants/7-spinach-spinacia-oleracea/varieties/764-bloomsdale-long-standing>

Common Name: Spinach - Melody

The dark green leaves are thick, round, and semi-savoyed, for great flavor, texture, and nutritional content. 42 days.

The plants are very vigorous and heavy-bearing, thanks to their hybrid strength and terrific disease-fighting ability. They bear great numbers of thick, broad, very deep green leaves, elegantly savoyed for even more crunchy-crisp texture. The flavor is very full, with authentic spinach bite! And they mature in just 42 days, a good week or more before older varieties!

Great for spring and fall crops, spinach is a cool-season vegetable. Plant in early spring as soon as the soil is workable, or sow in late summer for a fall crop that will winter over in mild areas and produce new leaves again in spring!



All-America Winner. Great for salads and cooking with big, thick, dark green ruffled leaves. Large upright plants are very disease resistant.

Spacing: Plant 10-12" inches apart and space rows at least 12" inches apart.

Sun/Shade: Partial Sun

Days to Maturity: 41 days

Plant habit: Erect, semi-savory leaf

Color: Rich green

Bolt rating: Medium slow

Disease resistant: DM1, DM2, CMV

Suggested season: Spring and fall

Comments: Probably one of the easiest spinach plants to grow.

Source of data: <http://www.parkseed.com/gardening/PD/5285>

<http://www.ufseeds.com/Melody-Hybrid-Spinach.item>

Common Name: Swiss Chard - Bright Lights

If you're looking to add color to the garden and create an ornamental effect, a good place to start is by adding a few Bright Lights to the scenery.

Bright Lights as in the colorful variety of Swiss Chard that has become popular and is even finding its way into landscape beds and flower gardens. The distinct and most entertaining feature of this leafy green vegetable is the wide range of unusual and vibrant colors that the plant displays in the garden.

Some of the hues are unlike any that you'll find elsewhere in the world of vegetable plants. Sometimes arrayed in flashy and bright colors, this chard can also exhibit the subtle shades of various pastel colors, either way it's a real attention catcher.



The colors extend from brilliant reds, to orange, yellows, pink, cream, gold, purple, and even some plants that are arrayed in white with red stripes and streaks running the full length of the plant's stalks. I especially like the banana yellow and the unique orange-colored plants that really stand out in the midst of other vegetation.

The glossy dark green, savored leaves offer a nice contrast to compliment the brightly colored stems and leaf veins. In addition, Bright Lights Swiss Chard can take on a glossy sheen that makes it appear as if the plant has been coated with a few layers of rich wax or sprayed with lacquer.

It's easy to [Grow Swiss Chard](#) and the plant is adaptable enough to grow with minimal care from spring through fall, and in mild climates will even survive the winter to produce additional harvests of tasty leaves the following spring.

To create the most attractive ornamental effect in the garden, plant Bright Lights Swiss Chard in groups or clusters intermixing the various colors. This edible plant is beautiful and social enough to make itself right at home in the flower bed, serve as a border, or even stand side-by-side with other landscape and ornamental plantings.

Bright Lights Chard is not only showy in the garden, but can also create interest and add the same range of colors to your meals, especially when used without cooking them. Cooking will tend to wash out some of the color so lightly steaming will preserve more of the color than boiling this leafy green vegetable.

Source of data: <http://www.veggiegardeningtips.com/bright-lights-swiss-chard/>

Name: Chives, Garlic- *Allium tuberosum*

Garlic chives is an allium grown for its leaves, and not its little bulb. The tough, fibrous bulb is elongate and originates from a stout rhizome (underground stem). The gray-green leaves are flat and grasslike, to 15 in (38 cm) long, and about 0.3 in (0.8 cm) wide. The plant grows in a clump and the leaves bend down under their own weight. The showy inflorescence stands above the leaf clump on 1-2 ft (0.3-0.6 m) stalks and consists of a rounded umbel, 2 in (5 cm) across, with many small creamy white, star-shaped, fragrant flowers. Each perianth segment (petal and sepal) has a brown stripe. The unique flavor of garlic chives is both sweet and garlicky.



Garlic chives spreads by rhizomes and by self-seeding, and makes an excellent ground cover or edging plant. Garlic chives is equally at home in the herb garden, the vegetable garden, a flower bed, or as an edging along a mixed border or along a path. It takes the heat better than true chives

The flowers smell like violets and are well suited for use in both fresh and dried arrangements. In Japan and China, the flowers are dried and ground to make a flavoring spice

The flavor, at once sweet and garlic-like, is useful in salads, stir fries and soups. It goes well in egg dishes and with fish. I use garlic chives raw in salads and as a substitute for chives. The flavor is best in winter, especially after a few frosts. Younger leaves are more tender than older ones. In China, garlic chives usually is cooked as a vegetable potherb rather than used as a flavoring in other dishes. The Chinese often blanch alternate crops of garlic chives. Blanching causes the garlic chives to yellow and gives them a softer texture. Typically, the garlic chives are cut back, then shaded for 3-4 weeks before harvesting the pale yellow leaves. A simple way to do this is to cover with a layer of straw.

Needs rich, well-drained soil. Air dry to preserve chives for cooking; attributed to lowering blood pressure and helping anemia; self sowing habit can make it invasive; flowers 18-24 inches tall

Excellent for gourmet cooking, salads, soups, dips, spaghetti sauces, and vinegars. Can be used fresh or dried. Easy to grow and to transplant. Suitable for containers. Also called Chinese Leek.

Sunlight: Partial Shade/Full Sun

<http://aggie-horticulture.tamu.edu/herbaceous/alliumtuber.html>

http://www.floridata.com/ref/A/alli_tub.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Cilantro

This member of the carrot family is also referred to as Chinese Parsley and Coriander. It is actually the leaves (and stems) of the Coriander plant. Cilantro has a very pungent odor and is widely used in Mexican, Caribbean and Asian cooking. The Cilantro leaves look a bit like flat Italian parsley and in fact are related.



Salsa essential! Use pungent leaves (Cilantro) in Oriental and Mexican dishes. The seeds (Coriander) are used to make curry powder and in sausages.

When growing cilantro, the aim is to maximize foliage. Pinch back young plants an inch or so to encourage fuller, bushier plants. Snip off the top part of the main stem as soon as it appears to be developing flower buds or seedpods. Cutting off the flower heads redirects the plants energy back into leaf, and not flower or seed production.

HARVEST TIPS

For Cilantro

The leaves can be cut at any time. Use the upper, new, finely cut leaves in cooking, but not the mature, lower ferny-type leaves. Cilantro is not normally saved and dried like other culinary herbs since, as stated, it loses almost its entire flavor when dried.

For Coriander

The large coriander seeds are easy to harvest and handle. Harvest on a dry day. Cut the top of the stems when the seedpods begin to turn brown and crack if pressed. Make sure pods are harvested before they release seeds into the garden. Once stems are cut, place seedpods in a paper bag so seeds will be caught. Finish the ripening process for a few weeks in a dark, well-ventilated, cool place. Pods can be shaken or rolled around in your hands to release the seeds.

If you're growing the plant for seed, don't bother fertilizing since that may delay flowering and thus seed production.

Name: Fennel- Bronze

Foeniculum, or fennel as it is commonly called, is a graceful Mediterranean herb with a delicious sweet licorice scent. Found in many herb gardens, it was once used to ward off evil spirits. In modern times, herbalists still use it for medicinal purposes. Chefs enjoy using it in many culinary delights. Fennel attracts bees, butterflies and other beneficial insects, adding to its value in the garden.

With the same sweet licorice flavor as Sweet Fennel, Bronze Fennel has just as many culinary uses and looks great in the garden too.

This is a lovely plant for the herbaceous border whether you want to use it as a culinary herb (with the typical fennel/anniseed scent) or as a dye plant or just for its ferny, airy tall bronze foliage, seen here in the middle of the picture, often used in prairie planting schemes. A hardy perennial, it grows happily in most soils, but tends to die out after a few years. However, its dainty yellow flowers shed seed that readily germinate for future years. It also attracts beneficial insects like hoverflies that eat aphids.

Bronze fennel is an herb, so you can use the leaves, stems, flowers, and seeds in all sorts of culinary delights. The flavor is often compared to anise, sometimes to licorice. But don't overlook this plant if you don't plan to use it in the kitchen you'll love it in the garden as an ornamental addition. Bronze fennel is at home mixed into beds of perennials and annuals, so don't relegate it to the herb garden. In fact, fennel should be planted away from dill, with which it sometimes cross-pollinates unfavorably.

Bronze fennel blooms at the top of its stalks. Whether you leave the blossoms intact or cut them off is up to you. The lacy blooms are pale yellow and pretty and attract lacewings, a beneficial insect that eats the bad bugs. The flowers are edible, too, as are the seeds they produce. But seeds that fall from flowers can yield a flock of unwanted seedlings. Plantlets are easy to remove from soft soil in clay, not so easy. Seedlings are more prolific in sunny beds than in partially shaded areas. Poor soil produces fewer seedlings as well. Some gardeners clip flowerheads early as a method of population control. Bronze fennel stops producing leaves when it blooms, so removal of buds to prevent flowering also encourages fresh plumes of foliage.

Source: http://gstuff.co.nz/shop/garden/index.php?main_page=product_info&cPath=4&products_id=531&zenid=c705b7c18e7191b71dc6ef2d4e3da82a

http://www.homestageprofessional.com/peek_preview_sun.htm



Name: Dill, *Anethum graveolens*

Dill is an erect, freely branching annual herb with finely dissected, lacy blue-green foliage. “Dill weed” refers to the foliage, and the seeds are usually just called ‘dill.’ The leaves are about 1 ft long and divided pinnately three or four times into threadlike segments each about 1 inch long. The dill plant grows about 3-5 ft tall and sometimes gets top heavy and falls over. The flowers are yellow and borne in large, rounded, compound umbels (umbrella-like clusters in which all the flower stems originate from the same point) **ON STIFF, HOLLOW STEMS.** The whole inflorescence can be 10 inches across and several of them on a feathery blue-green framework can be show indeed. The fruit is a flattened pod about an eighth of an inch long. All parts of the dill plant are strongly aromatic.



Dill is fast growing and of very easy cultivation. Dill does best in full sun; it becomes leggy and prone to topple over in partial shade. Dill does best in well drained soil with typical garden watering. It may bolt quickly to flower during a prolonged dry spell. Dill is an annual that can be grown all summer in USDA zones 3-7, in spring and fall in zone 8, and in the winter in zones 9-11. In hot weather dill flowers and goes to seed quickly. Dill usually self sows, and it’s best to pick a spot in the garden where you would like to have it year after year. Dill, with its lacy blue-green foliage and showy umbrellas of yellow flowers, is an attractive addition to the flower border as well as the herb garden. Don’t omit dill from the butterfly garden as it is a premiere larval food source for many species.

Harvest dill foliage as needed. Dill weed usually is used fresh, but can be frozen; dried dill weed is a poor substitute for the fresh. The seeds are harvested just as they begin to turn brown, usually 2-3 weeks after the flowers have finished. Cut seed heads off and dry in a paper bag until the seeds can be shaken from the seed heads. Store in an airtight jar.

Dill is, of course, the principal flavoring in dill pickles, but it also is used to add zest to potato salads, egg salads and sauerkraut, and to flavor vinegars and sauces for fish. Dill goes well with cabbage and other boiled vegetables. Often the seeds are used for these purposes, but the leaves serve equally well.

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Chamaemelum+nobile

http://www.desert-tropicals.com/Plants/Asteraceae/Chamaemelum_nobile.html

Extension programs service people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating A member of The Texas A&M University System and its statewide Agriculture Program.

Name: Parsley, Curley – *Petroselinum crispum*

Petroselinum crispum. Biennial. Plant produces flavorful bright green leaves. This is a double curled variety that is disease and cold resistant. Excellent in salads, sauces, soups, and stews. Can be dried or used fresh. Plant Height: 18" tall. pk/100
Sunlight: Partial Shade/Full Sun
Planting Instructions: Plant seeds ½" deep.



Soil Facts: Requires a well prepared soil. Use general purpose fertilizer when preparing soil. Moist soil preferred.

Parsley has a relatively higher vitamin C content than an orange. It is high in vitamin A, several B vitamins, calcium and iron. The high chlorophyll content of parsley makes it a natural breath freshener. (That's why it's always served with fish.) The Greeks used parsley in funerals and for wreaths long before it was used as a food. The Romans used parsley at orgies to disguise the smell of alcohol on their breath. Corpses were once sprinkled with parsley to deodorize them. Today parsley oil, extracted from the leaves and stems, is used in commercial shampoos, soaps, perfumes and skin lotions.

Parsley has been used as a medicinal herb since the Middle Ages, but there is little evidence to support its effectiveness other than its value as a natural vitamin supplement

Parsley and other members of the *Umbelliferae*, are the only plants eaten by the caterpillars of the black swallowtail butterfly.

When parsley blooms, it dies. To keep parsley growing longer, pinch off the bloom stalk as it emerges from the crown of the plant. It can survive a hot summer, especially if it has some shelter from the afternoon sun and a good mulch.

<http://aggie-horticulture.tamu.edu/herbaceous/petroselinumcrisp.html>

http://www.floridata.com/ref/P/petr_cri.cfm

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating
A member of The Texas A&M University System and its statewide Agriculture Program.

Name: Parsley, Italian – *Petroselinum neapolitanum*

Annual. This the flat-leaved parsley, not the curled garnish variety. A dark green strain; broad leaves. A good plant for windowsills. Very adaptable. More vitamin C per volume than oranges. Gentle flavor blends well with foods.

Parsley has been used as a medicinal herb since the Middle Ages, but there is little evidence to support its effectiveness other than its value as a natural vitamin supplement

Parsley and other members of the *Umbelliferae*, are the only plants eaten by the caterpillars of the black swallowtail butterfly.



When parsley blooms, it dies. To keep parsley growing longer, pinch off the bloom stalk as it emerges from the crown of the plant. It can survive a hot summer, especially if it has some shelter from the afternoon sun and a good mulch.

Cooking with parsley. Many cookbooks say “parsely optional” or “garnish with parsley”, but do use parsley copiously. Chop it very fine. To do so, rinse it ahead of time, giving it time to dry before chopping.

Snip parsley into white sauce, scrambled eggs, baked corn or potatoes. Use lots of it in poultry dressing. Add it to biscuit mix and top a chicken pie with this mixture.

Dried Italian parsley Dry your parsley. Because you harvest parsley throughout the season, you’re very likely to have a lot of it. Dried Italian parsley can be kept up to six months in an airtight container in your pantry. The flavor of dried parsley is very bright and fresh; use it for your soups and stews, on salads and for teas.

http://www.floridata.com/ref/P/petr_cri.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Salad Burnet

Description: Hardy perennial; height 12-18". Medium green serrated leaves in opposite, rounded leaflets along a slender stem. Flowers have pink tufts of stigmas and dangling stamens and no conspicuous petals.

Culture: Dry, sandy loam in full sun or partial shade.

Propagation: Seed.

Notes: An attractive plant in the garden, the leaves add a cucumber-like flavor to salads.



Salad burnet thrives in limy soil, but will grow in just about any type of soil. Seeds should be sown in spring or autumn, and if the herb is allowed to ripen, it will self seed. Once seedlings emerge, thin the plants to twelve inches. Frequently cutting back flowering stems and removing old leaves will help increase the growth of young leaves which can be harvested anytime during the growing season. To preserve salad burnet, simply dry the leaves and store them in an air tight container. This is a pretty plant which can be used along garden borders.

Leaves are nutty, and cucumber-like in taste, which add an extra element to a hum-drum salad. It can be used in garnishes, herb butters, and soft cheeses. Sprinkle finely chopped leaves on vegetable dishes to add a little 'zing' to a traditional entrée. Casseroles, and creamy soups benefit from this herb; simply add it at the very beginning of cooking to allow the leaves to permeate the meal. Salad burnet is frequently combined with other herbs, especially tarragon and rosemary. It can be used to flavor vinegar, salad dressings, and to give a cooling quality to summer drinks.

When growing Salad Burnet for culinary use, harvest fresh leaves at their peak on a fine, sunny day after the dew has evaporated. Cut in small amounts with sharp scissors and use immediately. Only cut what can be dealt with at one time. The young leaves have a cucumber-like flavor and can be added to salads, soups, sauces and cheese fondues. The British enjoy them floating in wine punch and summertime beverages. As the plants mature, frequently give them a light trim to encourage growth and help them keep their desired shape. Other than a doing a substantial cutting back in autumn, most herb gardeners leave Salad Burnet to grow untamed. These plants self-seed easily.

<http://www.herbsociety.org/beginherb/begherbs8.php>

http://aggie-horticulture.tamu.edu/ornamentals/cornell_herbaceous/plant_pages/Sanguisorbaminor.html

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Savory, Winter – *Satureja montana*

The flavor of savory is a basic one for combining with other herbs, particularly for poultry, and it is indispensable for vegetable cookery, having a special affinity for beans of every sort.

A winter-hardy, totally reliable evergreen subshrub. Winter savory is grown easily from seeds or cuttings in full sun. It is a spreading, low-growing perennial with stiff, narrow to roundish leaves. Bees love this herb when it is in flower; the blooms are small, white to lilac whorls borne in profusion on the plant. Because savory is easily pruned, it makes a good border plant.



Winter savory is a low-growing, woody-stemmed, somewhat-shrubby, spreading perennial which is frequently grown in herb gardens for its stiff, linear to lance-shaped, pungent, glossy, dark green leaves (to 1" long) which can be used fresh or dried as a seasoning in food. Tiny white-to-lilac flowers (typical mint family) appear in terminal spikes in mid to late summer. Plants typically grow 6-15" tall.

Grow in average, dry to medium moisture, well-drained soil in full sun to part shade. Best in full sun. Trim back plants in early spring.

Savory includes summer savory and winter savory. Summer savory is an annual which may grow to 1 feet in height. It has erect branching stems and gray-green leaves. The winter savory is a shrub-like perennial which grows to be about 1 foot tall. Both plants should be placed in sunny, dry areas. Both herbs are grown for their leaves which should be gathered before blooming begins. This savory should be replaced with new plants every 2-3 years. It can be pruned to form an aromatic hedge. Cut as needed prior to flowering for culinary or medicinal use. Hang in bundles upside down in an airy place.

USAGE: Aromatic, culinary, and medicinal. Dried leaves scent potpourris. Winter savory has a stronger flavor than summer savory. Fresh or dried leaves are used to flavor vinegars, herb butters, bean dishes, creamy soups, and tea. Winter savory can be grown in containers. It is said to have some medicinal qualities.

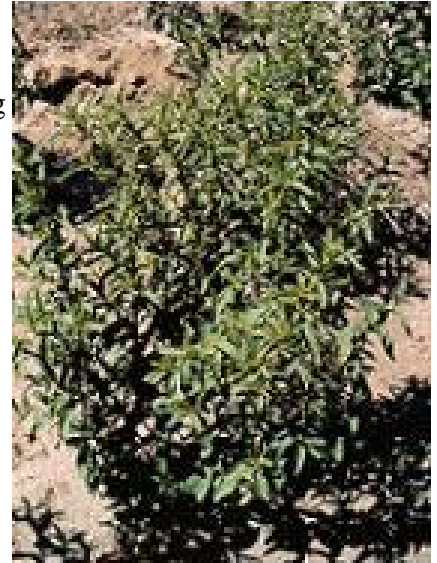
Important! Do not use of herbs for medicinal purposes without consulting your medical doctor. Herbs have medicinal qualities and can react with other medication.

Source: <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/herbs.html>

http://www.mobot.org/gardeningshelp/plantfinder/Plant.asp?code=M240#lbl_culturedy

Name: Stevia – *Stevia rebaudiana*

A wholesome alternative to processed sugar and chemically-derived artificial sweeteners, Stevia is becoming more and more popular among health-conscious individuals. It's 20 to 30 times sweeter than sugar cane, yet is non-caloric and doesn't promote tooth decay! Stevia is easy to use, too. Just drop a leaf into hot or cold drinks, or use it like a bay leaf to sweeten meat and vegetables dishes while they cook -- it's heat-stable! Grind the dried leaves and sprinkle them into cereals and other cold dishes as you would sugar. You can even extract the oil!



Stevia plants do best in a rich, loamy soil -- the same kind in which common garden-variety plants thrive. Since the feeder roots tend to be quite near the surface, it is a good idea to add compost for extra nutrients if the soil in your area is sandy.

Because tender young stevia plants are especially sensitive to low temperatures, it's important that you wait until the danger of frost is past and soil temperatures are well into the 50s and 60s before transplanting them into your garden. Besides being sensitive to cold during their developmental stage, the roots can also be adversely affected by excessive levels of moisture. So take care not to overwater them and to make sure the soil in which they are planted drains easily and isn't soggy or subject to flooding or puddling.

Frequent light watering is recommended during the summer months. Adding a layer of compost or your favorite mulch around each stevia plant will help keep the shallow feeder roots from drying out. Stevia plants respond well to fertilizers with a lower nitrogen content than the fertilizer's phosphoric acid or potash content. Most organic fertilizers would work well, since they release nitrogen slowly.

Harvesting should be done as late as possible, since cool autumn temperatures and shorter days tend to intensify the sweetness of the plants as they evolve into a reproductive state. While exposure to frost is still to be avoided, covering the plants during an early frost can give you the benefit of another few weeks' growth and more sweetness. When the time does come to harvest your stevia, the easiest technique is to cut the branches off with pruning shears before stripping the leaves. As an extra bonus, you might also want to clip off the very tips of the stems and add them to your harvest, as they are apt to contain as much stevioside as do the leaves. Harvest leaves before the plants flower, and dry them for storage. A few days of strong sun should be enough to dry them well. You can try experimenting with propagation with If you live in a relatively frost-free climate, your plants may well be able to survive the winter outside, provided you do not cut the branches too short (leaving about 4 inches of stem at the base during pruning). In that case, your most successful harvest will probably come in the second year. Three-year-old plants will not be as productive and, ideally, should be replaced with new cuttings.

<http://www.stevia.net/growingstevia.htm>

<http://www.garden.org/searchqa/index.php?q=show&id=21270&keyword=stevia&adv=0>

Name: Thyme, Lemon Variegated – *Thymus citriodorus*

The darling of the thymes: a beautiful dark green, upright lemon-scented variety that is superb in the kitchen.

Lemon Thyme looks like English Thyme and grows like English Thyme but that is where the similarity stops. Lemon Thyme definitely smells like lemon and tastes like lemon. It can be used in any recipe calling for lemon juice, lemon zest or lemon flavoring. It grows like a weed so there is always more lemon waiting in the garden. Lemon Thyme added to marinade is great with fish or chicken.



Thymes fall into three broad groups: upright subshrubs 12 to 18 inches tall, creeping herbs up to 6 inches, and very flat creepers only 1 to 2 inches tall. The culinary thymes are in the upright subshrub category. Many of the upright varieties lend themselves to bonsai growth.

Culture: Thymes like well-drained soils and ample sunshine. Upright varieties are really woody subshrubs capable of making great hummocks in a couple of years. In the South, thymes should be kept pruned lightly and regularly. Regular and severe pruning is hard on them and will result in dieback in hot weather. If not kept pruned, thyme branches become very woody and are easily split by wind or pets.

Thyme does best in neutral to alkaline soils, so add lime if yours is acidic. Thyme grown for the kitchen usually is replaced every few years as it gets woody and scraggly. Thyme thrives in full sun, and will tolerate partial shade. Thyme requires regular watering.

Thyme is one of the basic seasonings throughout the world's cuisines. While its leaves are small, they speak with authority and should be used with a light touch. Rhyme is a must in the stewpot, but also lends itself to the strong leafy vegetables. Thyme finds its way into the legumes of the world's cookery, and its influence on beef, lamb, port or poultry is unbelievable. It is a prime ingredient in fish cookery.

This is one of the herbs that lends itself so well to being process in oil. Blend or process at least 2 tablespoons of fresh chopped thyme leaves in ½ cup good quality vegetable oil. Store in refrigerator or freeze in small containers. To dry thyme for future use, harvest leaves just prior to blooming. Soft branches are keepers, but leaves must be snipped from woody stems. Place leaves on paper towels in an air-conditioned room, where drying will be rapid. Microwave ovens are excellent. Experiment. Do not dry in conventional ovens.

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy

Name: Mint "Kentucky Colonel" or mixed

Mints of many different kinds are grown including spearmint, peppermint and orange mint. All these mints are hardy perennials and are among the easiest and most popular garden mints. They may be started from seed but cuttings are recommended. Mints prefer sun but will withstand shade. They are true perennials but mint beds should be renewed every 3 to 4 years. Mints are harvested for their stems and leaves and the more frequent the harvest the better the plant grows. Remove stalks before they go to seed.

Kentucky Colonel: This spearmint has captured our hearts with a large leaf on a robust plant that is the basis for that little ole southern drink, the Mint Julep. Kentucky Colonel Spearmint can be used in any recipe calling for spearmint, including mint sauce and mint jelly.

Like all mints, Kentucky Colonel Mint, should be confined to a pot. Mints grow better in pots that have a wide surface area rather than a lot of depth. If grown in a pot it will need to be divided every 1-2 years.

Harvesting & Storage: All of the plants in the Mentha family are best used fresh, but they can be stored dried or frozen.

All members of the Mentha family are very hardy and can be harvested as soon as new growth appears in the spring. Young new growth is the most fragrant and flavorful, but leaves of any age are edible.

Hang small bunches of Kentucky Colonel Mint upside down in a dry, dark, warm area to dry. Leaves can be dried on paper or on screens. Store dried leaves in an air tight container.



Source: <http://aggie-horticulture.tamu.edu/plantanswers/vegetables/herbs.html>

<http://www.mountainvalleygrowers.com/mencordifolia.htm>

Name: Oregano

Oregano is a hardy perennial that may need winter protection to survive in the colder zone in northern Illinois. It may grow two feet tall with a rounded, sprawling spread of 18 inches. White or pinkish-purple flower spikelets appear in mid to late summer. The cultivar 'Aureum' has golden yellow leaves and develops into an 8–10 inch mound. Use oregano in Spanish, Italian and Mexican cooking.

Plant oregano in full sun and well-drained soil. The gold leaf variety needs partial shade to help prevent leaf scorch. Plants may be started from seed, cuttings or crown division. Seed grown plants may not have good flavor. Propagate oregano by stem cuttings or crown division. Space plants 10–12 inches apart. Plants respond well to clump division every 2–3 years. This helps restore vigor and improve flavor.

Leaves can be snipped as needed. For best flavor, harvest leaves just as flower buds form. To dry, cut stems and bag dry or tray dry. When leaves are brittle, remove and separate them from the stem and store in an airtight container.

Keep the Oregano trimmed to prevent it from blooming and encourage leaf production. The plant grows gradually woody and should be replaced or divided after 3–4 years. It grows well in poor quality soil, but as many Mediterranean plants requires good drainage, particularly in winter.

The oregano is an herb used in many Spanish and Italian dishes, it mixes well with tomato and garlic (it tastes great on pizzas). It has a sharper taste than sweet marjoram, and can taste bitter if over cooked. Harvest by cutting the stems down to the bottom 2 sets of leaves, and air dry in a shaded place. Store in air-tight container.

The oregano is an herb used in many Spanish and Italian dishes, it mixes well with tomato and garlic (it tastes great on pizzas). It has a sharper taste than sweet marjoram, and can taste bitter if over cooked. Harvest by cutting the stems down to the bottom 2 sets of leaves, and air dry in a shaded place. Store in air-tight container.

<http://www.urbanext.uiuc.edu/herbs/oregano.html>

<http://aggie-horticulture.tamu.edu/herbaceous/origanumvulg.html>

http://www.floridata.com/ref/A/alli_tub.cfm

Southern Herb Growing by Madalene Hill & Gwen Barclay with Jean Hardy



Name: Sage, garden – *Salvia officinalis*

Garden sage, *Salvia officinalis*, is the most commonly known of the 800-plus species of this very large genus of the mint family. A backbone culinary herb throughout the world, sage is indispensable for poultry and pork. We Americans use it in the turkey and dressing at Thanksgiving and season our port sausage. The Russians use sage in baking the goose, the English in making cheese.



Common sage also has a long career as a medicinal herb. The word sage comes from the Latin *salvere*, which means to be saved – a reference to its curative powers. In the Middle Ages it was used as a cure-all, rather like common aspirin, only probably more so. It was also believed to bestow wisdom and improve the memory.

Garden sage, *Salvia officinalis*, is a short-lived semi-woody shrub that gets up to 2 ft (0.6 m) tall with a similar spread. It has intensely aromatic, thick, woolly, gray-green or multi-colored, oval leaves to 3 in (7.6 cm) long. They are 'pebbly', like seersucker, with conspicuous veins on the underside and arranged in opposing pairs on the square stem. The leaves have a lemony, slightly bitter fragrance, reminiscent of rosemary. The stem is green at first, then becomes woody in its second year. Flowers are blue, lilac or white, with two lips, and borne in erect axillary racemes. Prune sage frequently to encourage more foliage and to keep it from going to flower. Replace after 3 or 4 years as it becomes woody and less productive.

Light: Full sun.

Moisture: Average water requirements. Water new plantings frequently, established plants less often. Sage is not drought tolerant.

All of the common cultivars of garden sage make beautiful accents in borders and rock gardens. Sage often is grown in containers for ornamental and culinary use. Sage is used extensively in the kitchen to add a unique flavor to salads, egg dishes, soups, stews, meats, and vegetables. It is used to flavor vinegars and tea. It is one of the most important culinary herbs in western cooking. Sage is used as an ingredient in soaps, cosmetics and perfumes. Dried leaves among clothes and linen will discourage moths

Important! Do not use of herbs for medicinal purposes without consulting your medical doctor. Herbs have medicinal qualities and can react with other medication.

http://www.floridata.com/ref/S/salv_off.cfm

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Name: Lavender, Provence – Lavandin X intermedia

30” x 24” wide, (cutting propagated). When you travel to the French countryside, where lavender is grown commercially for oil and flowers, this is one of the cultivars you will find. The light purple flowers are very fragrant, and dry beautifully for potpourri. “Provence” is more moisture tolerant than other varieties, and is recommended to gardeners who have difficulty overwintering lavenders. Recommended as one of the best culinary varieties.



Zones 6-10.

A perennial, is a great, hardy variety for the Lowcountry, and generally blooms twice a year, spring and fall. Provence lavender is cultivated in France for the perfume and essential oil trade, making it one of the more sought after varieties here. It is very important to provide this plant with excellent drainage and air circulation. Air Circulation. Lavender needs to have 360° of open air around it. In a mixed planting, surround it with a low-growing companion such as thyme. Avoid letting the foliage of other plants (including weeds) come in contact with the lavender. The corner of a raised bed would be an ideal placement. Allow 3 feet between plants. Growing lavender in a large urn or pot is often the best solution for many gardeners in the United States.

Alkaline Soil. Soil with a ph greater than 7 is considered alkaline. This higher ph actually helps prevent fungus and other diseases from attacking lavender (and some other herbs as well).

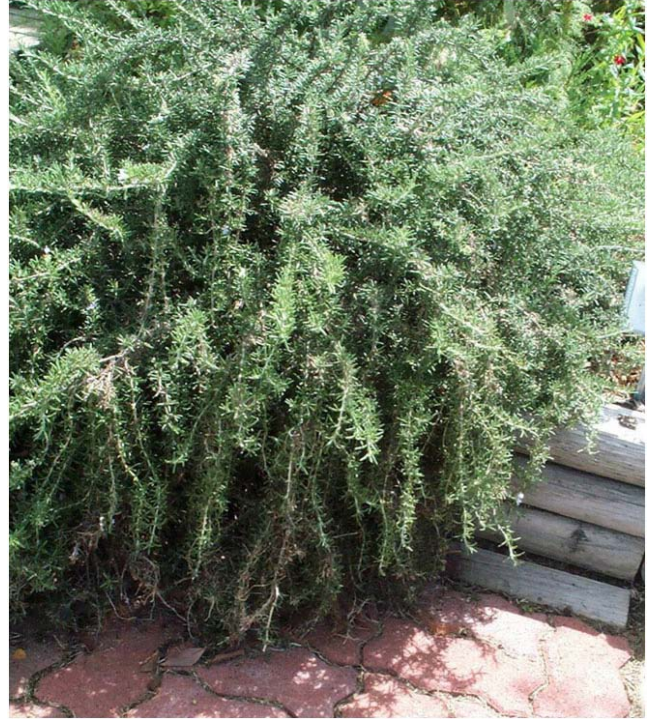
Pruning. Make sure to prune back all dead branches and winter-burned growth after danger of frost has passed. Cut back to where you see new growth beginning to sprout.

While not usually thought of in culinary terms, lavender is surprisingly delicious in both sweet and savory dishes. On the grill with lamb or chicken, in a marinade for pork, or as a flavoring in herbal vinegar, the leaves have an aromatic pungency similar in some ways to rosemary, yet very distinctive. Also like rosemary, a little goes a long way. In sweet dishes the leaves and the flowers can be used. Lavender sugar, made by burying the lavender in sugar for a few days, is delicious on strawberries, in hot tea, in cakes, or ice cream. A lavender syrup can be used to make lavender sorbet, or sprinkled on fruit salad or pound cake.

<http://www.highcountrygardens.com/catalog/product/63155/>

Common Name: Upright Rosemary

Plant Type: Evergreen perennial shrub
Light Requirement: Full Sun/light shade
Water Requirement: Low
Heat/Drought: High
Height: 2 to 5 feet
Width/Spacing: 2 feet
Flower Color: Mostly pale blue, some pink or white
Blooming Period: Early spring
Plant Form or Habit: Upright Shrub
Foliage Color and Texture: long narrow leaves, dark green on top
Butterfly or bird attracter:
Deer Resistant: Yes
Plant Use: Beds and borders, pot plant



Hardy evergreen shrub, most common types with upright growth. Narrow green leaves harvested for fresh or dried flavorings for meats and fish, salads, baked goods, and tea. Produced as both a cut herb and potted plant; also used in landscapes. Some weed problems but no major insect or disease problems. Root rot in poorly drained soils

Rosemary is a perennial evergreen shrub whose ash-colored scaly bark and green needlelike leaves give it an overall grayish green appearance. Leaves resemble needles, are from one-third to one and one-half inches long, opposite, narrow, thick, and leathery, with dark green upper surfaces and powdery white and hairy underneath, and a prominent vein running down the middle of each leaf. Flowers, growing in clusters of two or three along branches, are pale blue, half an inch long; the upper lip appears notched with two lobes and a lower lip with three lobes. Fruits are very small, spherical nutlets with smooth surfaces. Plants can grow upright or prostrate, five to six feet outdoors and two to five feet indoors. Fragrance is pungent and piny.

Rosemary does well in full sun in well-drained soil with a pH of 6.0 to 7.5. Warm, dry summer climates are ideal; rosemary does not do well where winters are cold and wet unless it grows in a protected site. Good drainage is essential, as roots easily develop root rot.

Source of data: <http://www.island.wsu.edu/CROPS/ROSEMARY.htm>
<http://aggie-horticulture.tamu.edu/greenhouse/hortgardens/virtualltour/Cashion.pdf>

Common Name: Prostrate Rosemary

Plant Type: Evergreen perennial shrub
Light Requirement: Full Sun/light shade
Water Requirement: Low
Heat/Drought: High
Height: 1 to 2 feet in height
Width/Spacing: 2 to 5 foot
Flower Color: Mostly pale blue, some pink or white
Blooming Period: Early spring
Plant Form or Habit: spreading
Foliage Color and Texture: long narrow leaves, dark green on top
Butterfly or bird attracter:
Deer Resistant: Yes
Plant Use: Rock gardens, ground cover



Rosemary is a perennial evergreen shrub whose ash-colored scaly bark and green needlelike leaves give it an overall grayish green appearance. Leaves resemble needles, are from one-third to one and one-half inches long, opposite, narrow, thick, and leathery, with dark green upper surfaces and powdery white and hairy underneath, and a prominent vein running down the middle of each leaf. Flowers, growing in clusters of two or three along branches, are pale blue, half an inch long; the upper lip appears notched with two lobes and a lower lip with three lobes. Fruits are very small, spherical nutlets with smooth surfaces. Plants can grow upright or prostrate, five to six feet outdoors and two to five feet indoors. Fragrance is pungent and piny.

Rosemary does well in full sun in well-drained soil with a pH of 6.0 to 7.5. Warm, dry summer climates are ideal; rosemary does not do well where winters are cold and wet unless it grows in a protected site. Good drainage is essential, as roots easily develop root rot.

Prostrate Rosemary is grown more for ornamental purposes, as a ground cover, or to hang decoratively over the edge of retaining walls. It is excellent in rockeries and also in tubs where it will spill toward the ground in a most attractive way.

Source of data: <http://www.island.wsu.edu/CROPS/ROSEMARY.htm>
<http://aggie-horticulture.tamu.edu/greenhouse/hortgardens/virtualtour/Cashion.pdf>

Name: Calendula - Mixed

Family: Aster (*Asteracea*)

Annual. 40 to 50 days to maturity. Native to southern Europe. Calendula flowers are the premier antiseptic and healing agent when made into salve, tincture, or simply masticated and applied to the injury. Inhibits inflammation, promotes formation of granulation tissue in wounds. The flowers, when boiled, yield a bright yellow-orange dye. This mainly yellow flowered cultivar is the most basic type that is use in herbal medicine. Flowers to 18 inches tall. This heirloom strain produces a lovely combination of single and double, yellow and orange flowers. It is a strong, diverse cultivar.



The petals have been used as a substitute for saffron, can be made into soup, added to rice puddings, omelets, seafood chowders and they make a bright and zesty addition to tossed salads.

Large, frilled flowers in unusual shades ranging through apricot, orange, primrose and cream. Very easy to grow providing a good show of flowers even in the poorest soils and splendid for cutting. Flowers all summer.

Source : <http://www.horizonherbs.com/product.asp?specific=385>

<http://www.thompson-morgan.com/seeds1/product/1520/1.html>

Name: Calendula - Flashback

Family: Aster (*Asteracea*)

Annual. 40 to 50 days to maturity. Native to southern Europe. Calendula flowers are the premier antiseptic and healing agent when made into salve, tincture, or simply masticated and applied to the injury. Inhibits inflammation, promotes formation of granulation tissue in wounds. The flowers, when boiled, yield a bright yellow-orange dye.

Named for the unusual rusty red color on backside of semi- doubled petals. This stunning border plant has become a favorite at our research farm and trial gardens.



Ornamental, and used for making cosmetics and soothing salve. These early blooming, semi-double flowers in gold, peach, apricot, and orange have petals backed in red or maroon.

One of the best finds of the season. The back of the petals are so rusty red that they reflect through to the face and the final appearance is decidedly pink, very double and an astonishing cut flower. 2'. HA.

Source : http://www.seedsofchange.com/garden_center/product_details.aspx?item_no=PS15712

Name: Calendula - deja vu

Family: Aster (*Asteracea*)

Annual. 40 to 50 days to maturity. Native to southern Europe. Calendula flowers are the premier antiseptic and healing agent when made into salve, succus, tincture, or simply masticated and applied to the injury. Inhibits inflammation, promotes formation of granulation tissue in wounds. The flowers, when boiled, yield a bright yellow-orange dye.



Warm tones include pink, orange, yellow, and cream with burnt orange. Some with contrasting dark lower petals and darker tips.

With their upright - mounding tendency, Calendula is often referred to as 'Pot Marigold'. They are as easy to grow as marigolds, however, DeJa Vu has larger blooms. This mix contains an appealing range of bloom sizes and the warm tones include pink, orange, yellow, and cream with burnt orange. Some blooms have contrasting dark lower petals and darker tips. The dried petals can be used to add color and interest in soups, salads, and rice pilaf. Try combining them with lemon or mint-flavored herbs to make a lovely herbal tea.

Flowers and leaves give a fresh, clean scent and are used as an antiseptic, food coloring and mild spice.

While Calendula does have edible flowers, they can be bitter (although once cooked the bitterness seems to fade away); it is grown more for its beauty and medicinal value, as it has a high resin content. Blossoms are rich in carotenoid for use as dye. For example, the petals make a nourishing cream for the skin, used as an aid in treating acne and cold sores. An infusion is good for digestion and is said to relieve colitis and symptoms of menopause, and a tea made from steeping the petals can be used as a rinse to lighten and brighten hair.

Source : <http://www.johnnyseeds.com/p-7997-deja-vu-og.aspx>

<http://www.pantrysgardenherbs.com/index.cfm?fuseaction=herbs.main&alphaKey=C&whichName=common&show=&showIntro=0&typeID=&alphaChange=1>