

Madison Garden Expo 2019

Presenter: Susan Obry

Seminar: "Growing and Using Herbs"

Resource Handout

Books/Manuals:

- ✓ **"From the Ground Up" by Robin Mittenthal (on-line). There is an excellent section in this book entitled "Quick Reference Guide for Planting Herbs in Wisconsin" Top Choice**
- ✓ **"Homegrown Herbs" by Tammi Hartung**
- ✓ **"Rodale's Illustrated Encyclopedia of Herbs" by Kowalchik & Hylton-top choice but no colored pictures**
- ✓ **"Herbs" by Lesley Bremness, Readers Digest Home Handbooks (excellent description of herbs and cultivation)**
- ✓ **"Your Backyard Herb Garden" by Miranda Smith (great section on diseases and pests)**
- ✓ **"Growing & Using Herbs in the Midwest" by Rosemary Divock**
- ✓ **"The Complete Illustrated Book of Herbs" Readers Digest (great general information)**

Websites:

- ✓ **learningstore.uwex.edu**
- ✓ **<http://www.bhg.com/gardening/vegetable/herbs/best-herbs-for-container-gardens/>**
- ✓ **<http://herbgardening.com/howtogrowherbsinpots.htm>**

Companion Planting: Myth, Magic, Mystery and Science



Note: Use guidelines at your discretion. What works in one situation may not work in another. Effects may only be mild or work only under certain conditions.

Herb	Likes/Benefits	Dislikes
Anise	Cilantro/coriander, cabbage, broccoli and cauliflower. Repels aphids. Attracts predatory wasps, lady beetles and tachinid flies.	Do not plant near carrots.
Basil	Tomatoes, asparagus, peppers, radish, oregano, eggplant and cucumbers. Repels thrips, aphids, asparagus beetles, mites, mosquitoes, white flies and houseflies. Opal basil deters tomato hornworms.	Do not plant near beans, sage, rue or rosemary.
Bee Balm	Tomatoes, Black-eyed Susans, coneflowers, daylilies and many other flowers. Attracts beneficial insects and pollinators.	
Borage	Good neighbor to most plants. Tomatoes, squash, cabbage, strawberries, cucumbers, beans, peas and zucchini. Attracts beneficial pollinators. Repels tomato hornworm, Colorado beetles and carrot flies. Attracts beneficial insects when flowering.	
Chamomile: The plant physician	Most herbs. Cabbages, onions, cucumbers, peas, dill, tomatoes, pumpkins and squash. Attracts hover flies, predatory wasps and robber flies. Increases oils in aromatic herbs.	
Chervil	Tomatoes, radishes, lettuce and broccoli. May repel aphids (lettuce) and slugs.	
Chives	Tomatoes, carrots, grapes, roses and apple trees. Repels aphids, Japanese beetles, cabbage loopers/moths and carrot rust flies. Chive tea may prevent powdery mildew on cucumbers.	Do not plant near peas or beans.
Cilantro/Coriander	Beans, spinach, radishes, asparagus, peas, potatoes, chervil anise, lettuce, tomatoes, basil, mint, tansy, caraway, eggplant, and peppers. Attracts beneficial pollinators-bees and humming birds. Attracts parasitoid wasps, hover flies, tachinid flies, ladybugs, swallowtail butterflies and lacewings. Repel aphids, spider mites, white flies and the Colorado potato beetles.	Do not plant near: Fennel-hinders seed formation. Dill-will cross pollinate.
Dill	Lettuce, onions, sweet corn, cucumbers, cabbage and other plants in Brassica family. Repels aphids, spider mites, cabbage moths/loopers and maybe squash bugs. Attracts pollinating insects. Attracts hoverflies, swallowtail butterflies and predatory wasps.	Do not plant near carrots, caraway, lavender or tomatoes. Caution! Conflicting info-Some sources say it deters hornworms, some say it attracts hornworms. Caution! Conflicting info related to planting by fennel.
Fennel	Attracts beneficial insects including ladybugs. Repels aphids, slugs and snails.	Plant by itself. Doesn't get along with anyone. Inhibits growth, may cross pollinate and causes bolting. Caution: Conflicting info related to planting by dill.
Garlic	Roses and most vegetables. Repels aphids, red spider mites, slugs, snails, Japanese beetles, cabbage loopers and possible lovers.	Stunts the growth of peas and beans and strawberries.

Herb	Likes/Benefits	Dislikes
Hyssop	Grapes and cabbage family. Repels white cabbage moths and flea beetles. Planted nears beans repels black flies.	
Lavender	Most herbs, cabbage, and cauliflower. Will mask scent and confuse pests like aphids. Deters moths, whiteflies. Can deter codling moths near fruit trees. Attracts bees and butterflies.	Do not plant near dill.
Lemon Balm	Cabbage, broccoli, Brussels sprouts, cauliflower, turnips, tomatoes, beans, rutabagas, squash and pumpkin. Scent can disguise nearby edibles. Deters mosquitoes and squash bugs. Attracts bees.	Can become invasive. Plant in containers. Do not let seeds germinate if planted in garden.
Lovage	Is thought to improve the health of almost all plants. Beans, asparagus, beets, Brassica family, onions, leeks, peas, potatoes, lettuce, squash, zucchini, corn and tomatoes. Attracts beneficial wasps.	Do not plant near celery.
Marjoram	Plant anywhere in the garden-improves flavors. Asparagus, beets, Brassica family, cucumbers, lettuce, onion, peas, potatoes, radishes, squash, corn, tomatoes, sage, peppers, and zucchini. Attracts bees and butterflies when flowering.	
Mint	Cabbage, tomatoes and rosemary. Attracts predatory wasps, hover and robber flies. Repels black flea beetles and cabbage caterpillars. <u>Peppermint</u> repels white cabbage moth/loopers, whiteflies, flea beetles, aphids, red ants and squash bugs. Will repel bees. <u>Spearmint</u> repels white cabbage worms, ant, rodents, flea beetles and aphids.	Do not plant near cucumbers, parsley or beans. Invasive-plant in containers.
Oregano (aromatic repellent)	Most any plant. Beans, broccoli, cauliflower, cucumbers, cabbage, zucchini, squash and grapes. Repels cabbage butterfly and cucumber beetles. Attracts beneficial insects.	Do not plant near broccoli. Can become invasive.
Parsley	Corn, asparagus, roses, carrot, chives, onions and tomatoes. Attracts hoverflies and parasitic wasps. Believed to repel asparagus beetles.	Do not plant near lettuce or mint.
Rosemary (aromatic repellent)	Sage, carrots, cabbage and bean family. Repels cabbage moths, moths, carrot rust flies, house flies, slugs, black flea beetles, snails and Mexican bean beetles. Attracts pollinators.	Do not plant near basil or cucumbers.
Sage (aromatic repellent)	Cabbage, broccoli, cauliflower, tomatoes, carrots, marjoram, beets, strawberries and rosemary. Repels cabbage moths/loopers, maggot, carrot rust flies, flea beetles and slugs. Attracts honey bees.	Do not plant near onions, rue, basil or cucumbers.
Savory-Summer & Winter	Beans, onions, cabbage and other Brassicas. Repels Mexican bean beetles, cabbage moths and black aphids. Attracts beneficial insects-bees and other pollinators.	
Tansy	Plant near fruit trees/bushes (blackberries, raspberry), roses, squash and cucumbers. Repels flying insects, Japanese beetles, cucumber beetles, squash bug, Colorado potato beetles, flea beetles and ants.	Collards will wilt.
Tarragon-French	The scent and flavor of tarragon deters many pests which makes it a good companion plants for other vegetable and herbs.	
Thyme	Eggplant, potato, tomatoes, cabbage, broccoli and kale. Improves flavor of neighboring plants. Masks smells of other plants. Repels cabbage loopers, houseflies and whiteflies. Attracts bees when flowering. Attracts beneficial insects.	



Resources:

- ✓ "The Complete Guide to Companion Planting" by Dale Mayer
- ✓ "Rodale's Illustrated Encyclopedia of Herbs" by Kowalchik & Hylton
- ✓ "Companion Planting for the Kitchen Gardener" by Allison Greer
- ✓ "Your Backyard Herb Garden" by Miranda Smith
- ✓ "Growing & Using Herbs in the Midwest" by Rosemary Divock

When Can I Plant Herbs?

When...	What...
<p>Hardy</p> <p><u>Night time temps of 45 degrees</u></p> <p>Usually Early Spring-May 1st</p>	<p>All Mints Chamomile Chervil Chives French Sorrel French Tarragon Greek Oregano Lavender Lovage Sage Thyme Winter Savory</p>
<p><u>Night time temps of 55-60 degrees</u></p> <p>Usually between May 1st & May 15th</p>	<p>Borage Cilantro/Coriander Dill Fennel Lemon Balm Parsley Summer Savory Sweet Marjoram</p>
<p>Tender</p> <p>After last chance of frost</p> <p>Suggest planting in pots</p>	<p>Lemon Grass Lemon Verbena Pineapple sage Rosemary All Scented Geraniums</p>
<p><u>Night time temps of 65 degrees</u></p> <p>Late Spring-Memorial Day</p>	<p>Basil-last to plant</p>
<p>Early Summer</p>	<p>All of above</p>
<p>Mid to late Summer planting</p> <p>Shade plants for a few days</p>	<p>Sweet Basil</p> <p>Do not plant Coriander, Chervil, Parsley - easily bolts in hot weather</p>
<p>Herbs for Fall Seeding</p>	<p>Caraway Dill Garlic Parsley</p>

Recommended Resources:

“Growing Herbs from Seed, Cuttings & Root: An Adventure in Small Miracles” Thomas DeBaggio

“Growing and Using Herbs in the Midwest” Rosemary Divock

“Quick Reference Guide for Planting Herbs in Wisconsin” Robin Mittenthal, January 2009

Owner/Creator: Susan Obyr

Culinary Uses for Herbs-Dish Sorted

Beef	Basil, Bay, Chives, Garlic, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme
Breads	Anise, Caraway, Coriander, Dill (seeds), Marjoram, Oregano, Rosemary, Thyme
Cheese	Basil, Chervil, Chives, Dill, Fennel, Garlic, Marjoram, Oregano, Rosemary, Sage, Tarragon, Thyme
Desserts	Basil, Borage, Fennel, Lavender, Lemon Balm, Mint, Rosemary
Eggs/Egg Dishes	Anise, Basil, Chervil, Chives, Coriander, Dill, Garlic, Marjoram, Oregano, Parsley, Rosemary, Saffron, Sage, Salad Burnett, Savory, Tarragon, Thyme
Fish	Anise, Basil, Bay, Borage, Chervil, Chives, Dill (salmon/herring), Fennel, French Tarragon, Garlic, Lemon Balm, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Lemon Thyme, Thyme
Fruit	Anise, Ground Coriander, Lavender, Lemon Balm, Lemon Verbena, Mint, Rosemary
Jams/Jellies	Lemon Balm, Lavender, Mint, Rosemary,
Lamb	Basil, Bay, Coriander, Dill, Garlic, Lemon Balm, Marjoram, Mint, Oregano, Onion, Parsley, Rosemary, Saffron, Sage, Tarragon, Thyme
Pork	Basil, Chives, Coriander, Dill, Garlic, Marjoram, Oregano, Rosemary, Saffron, Sage, Thyme
Poultry	Basil, Bay, Borage, Chervil, Chives, Coriander, Dill, Garlic, Lovage, Marjoram, Parsley, Oregano, Rosemary, Saffron, Sage, Savory, Tarragon, Thyme
Rice	Basil, Dill (seeds), Fennel, Lavender, Lovage, Saffron, Tarragon, Thyme
Salads/Dressings	Basil, Borage, Burnet, Chervil, Chives (stems & flowers), Cilantro, Dill, Fennel, French Tarragon, Marjoram, Parsley, Oregano, Rosemary, Summer Savory
Sauces	Basil, Bay (pasta), Chervil, Dill, Parsley, Sage, Savory (creamed based), Tarragon (good in mustard sauces), Thyme
Shellfish	Basil, Chives, Dill, Marjoram, Oregano, Parsley, Thyme
Soups, Stews	Bay, Chervil (cream based soups), Chives, Cilantro, Fennel, French Tarragon, Garlic, Lovage, Marjoram, Oregano, Parsley, Savory, Rosemary, Thyme
Stuffing	Bay, Garlic, Marjoram, Onion, Parsley, Rosemary, Sage, Thyme
Veal	Basil, Bay, Chervil, Chives, Dill, Marjoram, Mint, Onion, Parsley, Rosemary, Sage, Savory, Thyme
Vegetables	<p>Asparagus- Chives, Lemon Balm, Sage, Savory, Tarragon, Thyme</p> <p>Broccoli- Basil, Dill, Garlic, Lemon Balm, Marjoram, Oregano, Tarragon, Thyme</p> <p>Cabbage- Basil, Dill, Fennel, Marjoram, Sage, Savory</p> <p>Carrots- Basil, Chervil, Chives, Dill, Marjoram, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme</p> <p>Cauliflower- Basil, Chives, Dill, Garlic, Marjoram, Parsley, Rosemary, Savory, Tarragon</p> <p>Corn- Chervil, Chives, Lemon Balm, Garlic, Onion, Parsley, Sage, Saffron, Thyme</p> <p>Eggplant- Basil, Dill, Garlic, Marjoram, Mint, Onion, Oregano, Parsley, Sage, Savory, Thyme</p> <p>Green Beans- Basil, Caraway, Dill, Marjoram, Mint, Oregano, Sage, Tarragon, Thyme</p> <p>Mushrooms- Basil, Coriander, Marjoram, Oregano, Rosemary, Tarragon, Thyme</p> <p>Peas- Chervil, Chives, Dill, Marjoram, Onion, Parsley, Rosemary, Sage, Tarragon, Thyme</p> <p>Potatoes- Basil, Chives, Coriander, Dill, Fennel, Garlic, Lovage, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme</p> <p>Spinach- Basil, Chervil, Chives, Dill, Garlic, Marjoram, Rosemary, Tarragon, Thyme</p> <p>Squash- Summer- Basil, Dill, Marjoram, Oregano, Rosemary, Sage, Savory Winter- Oregano, Rosemary, Sage, Savory Onion, Tarragon</p> <p>Tomatoes- Basil, Bay, Chives, Coriander, Dill, Garlic, Marjoram, Onion, Oregano, Parsley, Rosemary, Sage, Savory, Tarragon, Thyme</p>

Owner/creator: Susan Obry

Culinary Uses for Herbs: Herb Sorted

Anise	Use leaves and seeds in salads, cookies, breads and cakes.
Basil	An essential herb for Italian cooking, especially eggs, tomatoes, pasta, chicken, beef, cheese, desserts, fish and shellfish.
Bay	Use in a bouquet garni. Good for meats, soups, stews and pot-roasts.
Borage	Flowers can be eaten in desserts, salads and in tea. Use leaves as garnish.
Bouquet Garni- Combination of parsley, bay, thyme, basil, and savory	Soup, stocks, beef dishes and stews. Remove before serving.
Chamomile	Flowers used for sweet-tasting tea.
Chervil	Use in green salads, with fish, shellfish, chicken, eggs, cream dishes, cheese, peas, string beans and tomatoes. Ingredient for fines herbs.
Chives	Use leaves on baked potatoes, cheese baked fish and shellfish. Used in cream soups and sauces, beef, cheese and eggs.
Cilantro/Coriander	(Cilantro) Use in Mexican dishes and salsas, Latin American and Asian recipes, salads, fish, beans, poultry, breads, desserts and vegetables.
Dill	Use leaves and seeds in fish recipes, breads, vinegars and pickles; In egg, cheese, tomato, potato and cucumber dishes.
Fennel	Seeds and leaves used in breads, cheese, desserts, fish, soups, salads and dressings.
Fines Herbs-combination- Parsley, chives, chervil, tarragon, sometimes basil, thyme and rosemary. Pronounced-feenz erbs	Use <u>fresh</u> herbs in roasted or baked fish and chicken dishes, omelets, potatoes, soups and vinaigrettes.
Garlic	Use whole, minced or roasted in sauces, stir fry's, poultry, and meats. Most everything. Maybe not desserts!
Lavender	Use in desserts, Meats, most fruits, rabbit, stews, teas and drinks, baked goods, poultry and game birds, pork, honey, potatoes, nuts
Lemon Balm	Use in teas, soups, salads, desserts and vinegars.
Lemongrass	Use dried stalks for teas, use stalk bottoms in Asian dishes, fish and chicken.
Lemon Verbena	Leaves used in teas, baked goods and vinegars.
Lovage	Can be used in place of celery in soups and sauces.
Marjoram	Used in place of oregano in egg, cheese, breads, meat and poultry dishes.
Mint	Use in salads, jellies, desserts, teas, some vegetable dishes and Middle Eastern dishes.
Oregano	Use in Italian cooking, tomatoes, mushrooms, peppers, squash, eggplant, meat, fish, vegetable soups, poultry, beans, cheese and eggs.
Parsley	Leaves used fresh or dried in soups, sauces, eggs, tomato dishes, meats, fish and vegetables.
Rosemary	Use fresh or dried to season meats, poultry, fish, desserts, cheese, potatoes, eggs, sauces and breads.
Sage	Use in poultry, eggs, beef, sausage, stuffing, cheese dishes, soups/stew.
Savory	Leaves used fresh or dried for teas, herb butters, vinegars, eggs, sausage, beef, wild game, poultry, vegetables, cheeses and tomato dishes.
Tarragon	Cook with chicken, beef, fish, eggs and cheese dishes. Use in salad dressings and vinegars.
Thyme	Ingredient in bouquet garni, used with beef, fish, poultry, beans, sausage, breads, cheese, eggs and potatoes. Note: thyme does better in any slowly cooked dishes, stews, soups or baked vegetables. Can use as rub.