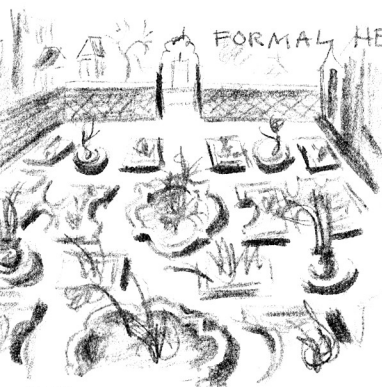


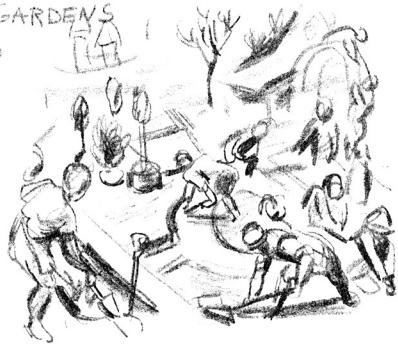


BY PHOEBE TAYLOR



FORMAL HERB GARDENS

1570



"The garden shall be divided into two equal parts. The one shall containe the hearbes and flowers used to make nosegayes and garlands ... the other part shall have all the sweet-smelling hearbes, whether they be such as beare no flowers"

"Maison Rustique" 1600

Most herbs (pronounced 'erb or herb) originated from the shores of the Mediterranean and eastward to India where it is hot and sunny. Most herbs therefore, must require a well drained, sunny place.




SWEET BASIL
(Bazz'-il)
the royal herb
Sacred in India



Cut 6" above roots
or pull up by roots,
dry in darkened,
airy place


Sweet Basil about 18" high
Purple Basil - reddish purple
foliage - much stronger flavor
than Sweet Basil.



After
a few
weeks
Crush.

Its fragrance repels
flies and mosquitoes

Folklore: Comforts the heart
and expels melancholy

 grow with tomato, egg plant
repels flea beetle.

$\frac{1}{2}$ tsp. dried = 1 TBL
fresh



Steep leaves
in vinegar for
Salads.

CHERVIL (Chur-vil)

use in: Seafood dishes, Omelets, soups, Sauces, potato salad.



Hardy annual,
Sometimes like
a perennial



sow seed in part shade,
does best in cool weather

grows 18 in. high



Plant with radishes to improve
flavor

CHERVIL SALAD

fern like, licorice
flavored leaves.



- 1/2 c. fresh chervil leaves
- 3 qts lettuce (Such as Romaine)
- 1-2 tbsp. chopped chives
- toss
- Just before serving add oil and lemon (in 3-1 proportions)
- coarse salt and pepper.

4



CHIVES

Hardy perennial 1 ft.

lovely lavender pompon
flowers.

grows best in full sun
and should never dry
out.



rich in sulfur

use chopped for
mild onion flavor

in:

soups, fish,
eggs, meat,
vegetables, cheese,
jellied soup.



with scissors, snip
foliage over soup,
etc., just before
serving.

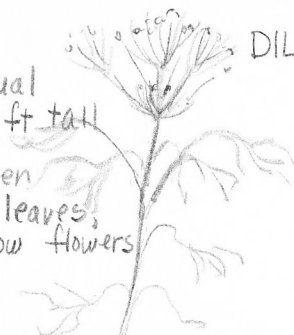


plant in
alternate rows
with carrots

DILL

Hardy annual
grows 2-3 ft tall

bluish, green
feathery leaves,
tiny yellow flowers



Plant as companion
to cabbage - improves
growth and flavor.



seeds used
in pickling

Leaves chopped in
Sauces, Salads,
Tomatoes, Cottage cheese,
lamb, all seafoods



make successive sowings

DILL SAUCE

1 c. sour cream
pinch sugar

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ c. dill leaves and stems

1 Tbsp lemon juice

BLEND
IN BLENDER

for baked
potatoes
and
fish



6



FENNEL

Used for:
 sea food, salads;
 seeds, flavor
 apple desserts,
 breads, cookies,
 cheeses.
 (seeds have a
 licorice taste.)

Biennial (perennial
 in some climates)

Best grown as annual
 grows to 5 feet.
 (needs support)



plant where
 it is to grow

Folklore:

fennel is the symbol
 of strength and valor.



Bulb can be eaten
 raw or boiled




stem eaten
 like celery



LAVENDER

Perennial
grows about 2ft.
flowers are light
lavender - blue

Flowers are dried
and used to impart
their perfume to
linens.

 also used to
repel moths.



Romans put the
leaves and flowers

in the water

when they bathed

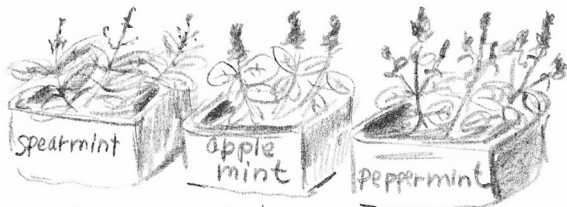
HERB GARDEN

"Speak gently lest thee disturbs

The garden of my herbs
where bloweth softly sweet

their fragrance most discreet."

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Use to:
 flavor drinks,
 mint jelly,
 mint vinegar.

Perennials
 In growth they
 vary from a few
 inches to 3 ft.

MINT

Buy plants.
 many send out
 abundant runners
 (can be planted in
 cans with ends out)

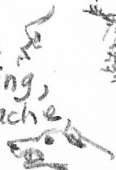


MINT SAUCE for
 Lamb:
 Cut up several
 handfuls of spearmint,
 put in glass, add
 1 Tbl. honey, $\frac{2}{3}$ c. vinegar,
 refrigerate more than hour



Folklore:

mint syrup remedy
 for nose bleed, fortifies
 the blood, restrains vomiting,
 hiccoughs, head ache, ear ache,
 biting of mad dogs.



MINT branches placed
 on kitchen shelves
 keep MICE away.

Mint grown along
 foundation outside kitchen
 rids room of little red ants



OREGANO (or-ay'-guh-no)

use in:
spaghetti sauce,
pizza, in
Spanish, Mexican
and Middle
Eastern dishes.

Sow seeds
or buy plants

Hardy perennial
grows to 2 ft.

dark green foliage,
dense stand of
bloom spikes with
pink or lilac flowers



useful as ground cover
(it can be kept mowed)



"Oh subtle art of flavor
That haunts and makes thee savor
Thy kitchen's plainest fare
As vittles wondrous rare."

10



PARSLEY

Biennial
grows to 2ft.
Sow seed annually,
both the flat and
curly-leaved are
handsome
dries and freezes well

Vitamin
A and C

innumerable
uses

Salads
soups
Casseroles
Omelets
Sauces
vegetables



Faktor
Prevents baldness
sprinkle seeds
on head



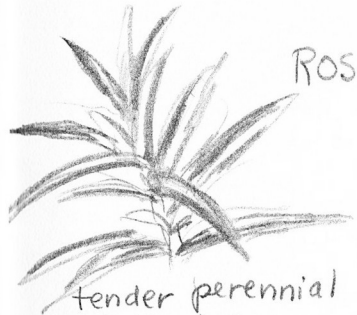
1846:

Gather sprigs, wash,
shake off water. Lay into
a jar handful of
parsley, handful of
salt. When used throw
into water to
freshen and remove
salt.

YOUNG HOUSEKEEPER'S
FRIEND

ROSEMARY

Use (judiciously)
on lamb, pork,
veal, chicken



tender perennial
winter indoors
except in warmest
areas.

Can grow 6 ft. but
is easily kept smaller



Can be trained
to grow into
a miniature tree

PLANT

with cabbage and
beans, near carrots
(deters cabbage
moth, bean beetles,
carrot fly.)



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SAGE

"Sage grows where woman rules"

most useful of aromatic herbs

Soups

Salads



meat dishes



tea

mainly perennial, can be grown from seed

2 1/2 - 3 ft. (1')

Showy blue or lavender flowers



when plant has 4 sets of leaves use for salad



FOLKLORE

Good especially for the head, brain, memory and dimness of sight.



Plant near Cabbage and Carrot

For sore throat;

1 cup boiling vinegar over handful of sage leaves.

Inhale vapor



Bees love it. ♀



SAVORY

(mint family)

Good blending herb.
Use as flavor reiver with fresh or dried beans or peas, eggs, stews, fish

Annual

grows 1 ft.

Also perennial winter Savory, almost evergreen. Buy plants

tiny pale lavender flowers



Bees like it

Plant near onions and beans

Folklore:

Poultice of Savory and wheat flour relieved aching limbs



Mix 3 TBL Savory to 1/2 lb butter for biscuits



Brew of summer Savory relieves wasp or bee sting.

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SWEET MARJORAM

"joy of the mountains"

Use sparingly to flavor: soup, eggs, meats,
Salads, fish, peas
onions, tomatoes

Tender Perennial
best grown from seed
as an annual

1-foot high



Gather to dry
just before it flowers



Newly married couples
in ancient Greece wore
wreaths of Marjoram
because it was
believed to bring
great peace.

use fresh or dried



THYME

perennial
sow seed or
buy plants

one of the
most useful herbs
for cooking.
with: fish, meat,
cheese, vegetables,
soup, salads,
stuffing, herb
bread



1 tsp thyme in a
cup of boiling water
relieves headache,



Dried flowers add
sweet aroma to
sachets, potpourris,



$\frac{1}{2}$ Tsp of thyme leaves
blended in $\frac{1}{4}$ lb butter
on steak (before broiled)



Folklore -
said to
strengthen
the brain

"Never forceth seasoning
 Remember in thy reasoning
 Suggest, nare overwhelm
 And thou shalt rule thy realm."



DRYING - where leaves are used they have the best flavor when harvested just before the flowers open. Harvest on a clear morning when leaves are no longer wet with dew. Wash, shake, dry on wire or cheese cloth frames or tie in bunches in airy, dark place in attic.



When thoroughly dry, strip leaves from stems, place in air tight containers - keep away from light.



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