



# Herb Information

**"HARDENING OFF" TRANSPLANTS** – The plants you have just purchased have been growing in a greenhouse environment. They will need to be "hardened off" before transplanting outdoors. That means exposing them slowly to the outside world, so they can acclimate. Plants that are not hardened off can suffer from sunburn, wind burn, drying out of foliage, and broken stems. Start on a warm day by placing them in a shady, protected location for a few hours. For the next week, slowly increase their daily time outside, while gradually moving them into more and more sun and breeze. A gentle breeze promotes strong stems.

**TRANSPLANT GENTLY** – After the "hardening off" period, the plants are ready to be transplanted. When transplanting, care should be taken to not disturb the roots, especially Borage, Chervil, Cilantro, Dill, Fennel, and Parsley.

## **BASIL**

- To prevent a chilling injury do not transplant basil into a spring garden until the day and nighttime temperatures are reliably above 54°. Basil is a warmth-loving plant that does not tolerate cool temperatures.
- Basil needs to be consistently moist, but not wet.
- Basil can also be damaged by heat stress which will cause it to "bolt". When handling basil, take care not to bruise its tender leaves.
- Basil will turn black if stored in refrigerator or freezer.

**"BOLTING"** - Some annual and biennial herbs flower in a "bolting" manner – Flowering with a sudden growth spurt as the herb puts all its energy into forming flowers and seed for survival. For these plants, when bolting occurs, leaf flavor quickly diminishes and often becomes quite bitter. The trigger can be hot temperatures for cool season plants or just the end of growing season. Delay bolting by growing susceptible plants in a cool location, avoiding hot late day sun, harvesting often, and snipping off developing flower buds as soon as discovered. When bolting does occur, consider leaving the plant to flower, as herb flowers are very popular with pollinators.

Herbs susceptible to bolting: Arugula, Basil, Cilantro, Parsley, Sorrel

Look for "slow bolting" or "late flowering" varieties.

**HARVESTING** – Harvest herbs in the morning after the dew dries when temperatures are still cool. Tender leaves will be less likely to wilt. Harvest entire plant before first frost.

## **Recommended Websites:**

[Cooking with Fresh Herbs](#)

[Mixed-Herb-Pesto](#)

[Food Herb Spice Pairing](#)



## Rabbit and Deer Resistant\* Herbs

\*Rabbits and deer will eat anything if they are hungry.

### MINT FAMILY (LAMIACEAE)

|            |          |
|------------|----------|
| Mints      | Oregano  |
| Catnip     | Sage     |
| Catmint    | Lavender |
| Lemon Balm | Bee Balm |
| Thyme      | Hyssop   |

### ONION GENUS (ALLIUM)

|        |        |
|--------|--------|
| Chives | Garlic |
|--------|--------|

### ANYTHING LEMONY

|             |               |
|-------------|---------------|
| Lemon Balm  | Lemon Thyme   |
| Lemon Basil | Lemon Verbena |
| Lemongrass  |               |

### ALSO

|        |              |
|--------|--------------|
| Sorrel | Anise Hyssop |
|--------|--------------|

## DROUGHT TOLERANT Herbs (once established)

|                    |                |
|--------------------|----------------|
| African Blue Basil | Anise Hyssop   |
| Borage             | Calendula      |
| Catmint            | Chives         |
| Fennel             | Garlic Chives  |
| Lavender           | Lemon Balm     |
| Lemon Verbena      | Mint           |
| Nasturtiums        | Oregano        |
| Sage               | Savory         |
| Sorrel             | Sweet Marjoram |
| Rosemary           | Tarragon       |
| Thyme              |                |

## MODERATELY DROUGHT TOLERANT Herbs (once established)

|       |          |
|-------|----------|
| Basil | Cilantro |
|-------|----------|



## No Cook Summer Tomato Sauce

*Recipe provided by Bob Brancale, Master Gardener*

### INGREDIENTS:

- 3 cups washed, chopped garden tomatoes (3-6 tomatoes depending on size)
- ½ cup extra virgin olive oil
- 2 cloves garlic, minced
- ½ cup fresh basil leaves, chopped
- ½ teaspoon of salt and ¼ teaspoon of black pepper or to taste
- 1 pound of your favorite pasta
- grated parmesan or Romano cheese

### DIRECTIONS:

1. Chop tomatoes and place in a large non-reactive bowl.
2. Add olive oil, garlic, basil, salt and pepper and toss. Let stand at room temperature for at least 30 minutes.
3. Cook pasta according to directions and when al dente drain and add to bowl with tomatoes and toss. Serve immediately with the fresh grated Romano or Parmesan cheese.

### TIPS:

- ☞ Tomatoes may be skinned and seeded before chopping if desired.
- ☞ Reduce oil to 1/3 cup to lower calories and fat.
- ☞ Adding salt to the tomatoes draws out moisture and provides more liquid to the sauce. Adjust salt and pepper after the 30 minute wait time if needed, then toss with pasta.
- ☞ Add chopped Kalamata olives and/or cubes of fresh mozzarella cheese if desired.

