Healthy Eating with Five Easy Herbs



Mary Nell Jackson

A Simple Guide for Growing Herbs

- Add compost to existing soil
- Well drained soil
- Mulch
- Fertilize
- Raised beds
- Make sure your shadow is in the garden!



Favorite Culinary Herbs



1.Cilantro
2. Mint
3. Parsley
4. Dill
5. Basil
6. Oregano
7. Rosemary
8. Chives
9. Sage
10. Savory
11.Thyme
12.Tarragon
13. Marjoram



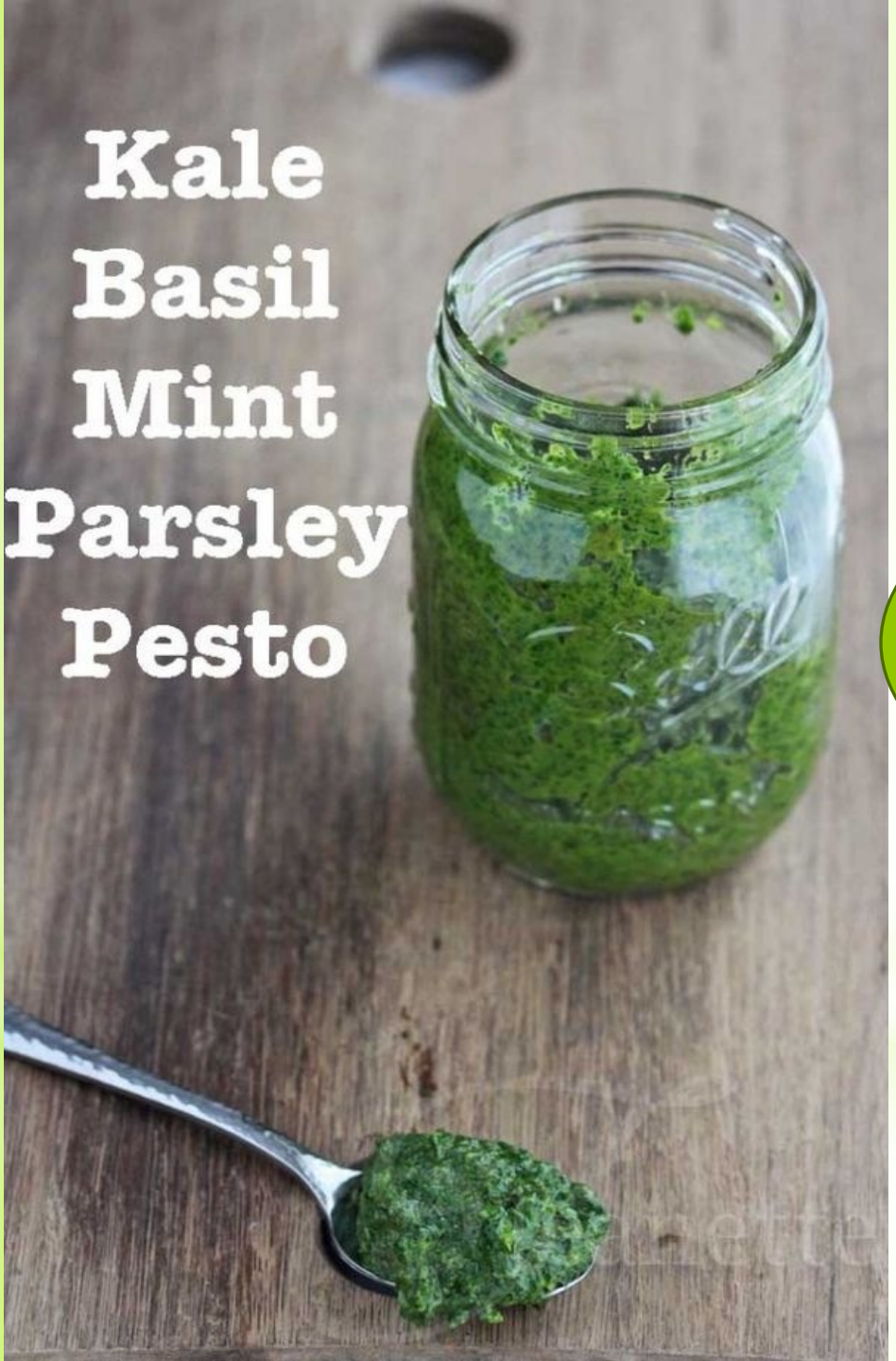
Basil

(Ocimum Basilicum)





- Annual
- Likes Hot/Dry Summers
- Needs Supplemental Water
- Can Grow in light shade
- Would be happy in a pot



Healthy
Herbal Pesto

Marinated Mozzarella with Basil





Basil Chicken Salad

Basil Mint Cake

Flavor comes from basil and mint steeped in milk .



Thyme
(Thymus vulgaris spp.)

- Hardy Perennial
- Small leaves
- Needs Good Drainage
- 4-6 hours Sun
- Important Culinary Herb
- Thyme is the major ingredient in Herbes de Provence





Thyme for Tuna Salad

Thyme Roasted Salmon





White Bean Hummus With Thyme & Basil

Thyme Pork Chops with Cherries





Oregano (*Origanum spp.*)

- Perennial
- 4-6 hours Sun
- Mediterranean Herb
- Likes well drained soil
- Pizza Herb

Marjoram (*Origanum majorana*)

- Cousin to Oregano
- Sweeter
- Similar Leaf Shape
- Tender Perennial
- Knotty Blooms



Tomato Oregano Soup



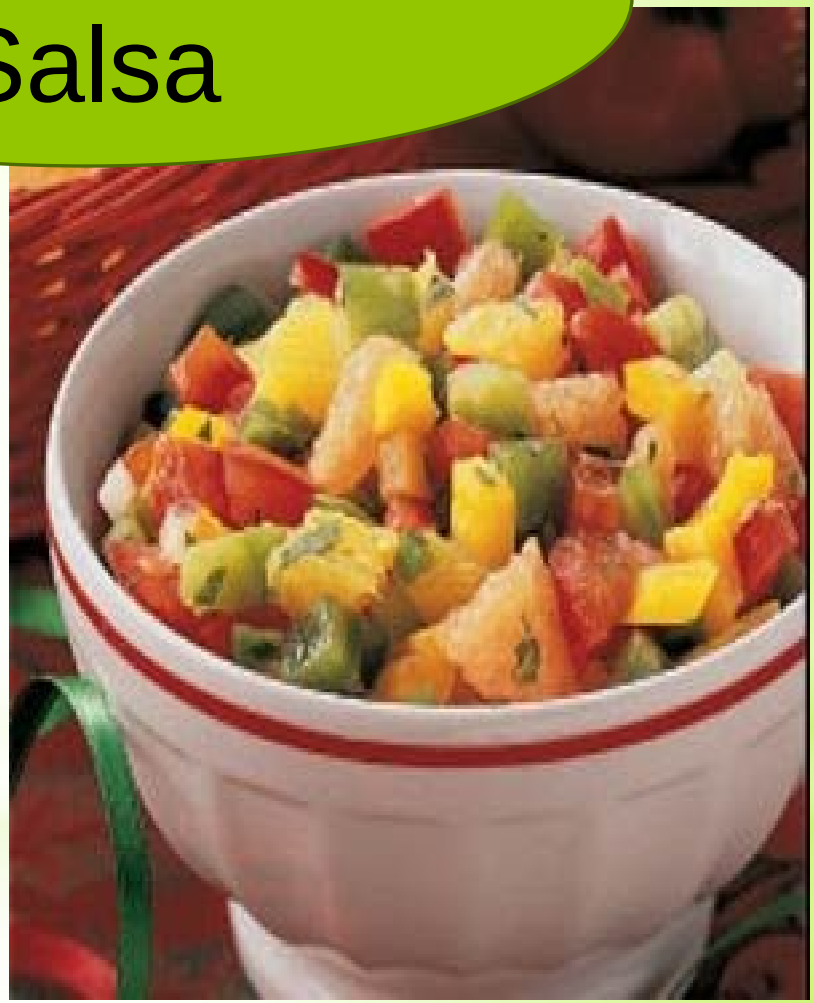


Herb Popcorn

- Oregano
- Lemon
- Popcorn

Tangy Texas Salsa

- Citrus Fruits
- Green, Red & Yellow Pepper
- Tomato
- Jalapeno
- Onion
- Oregano





Grilled Herb Shrimp

Sweet Marjoram



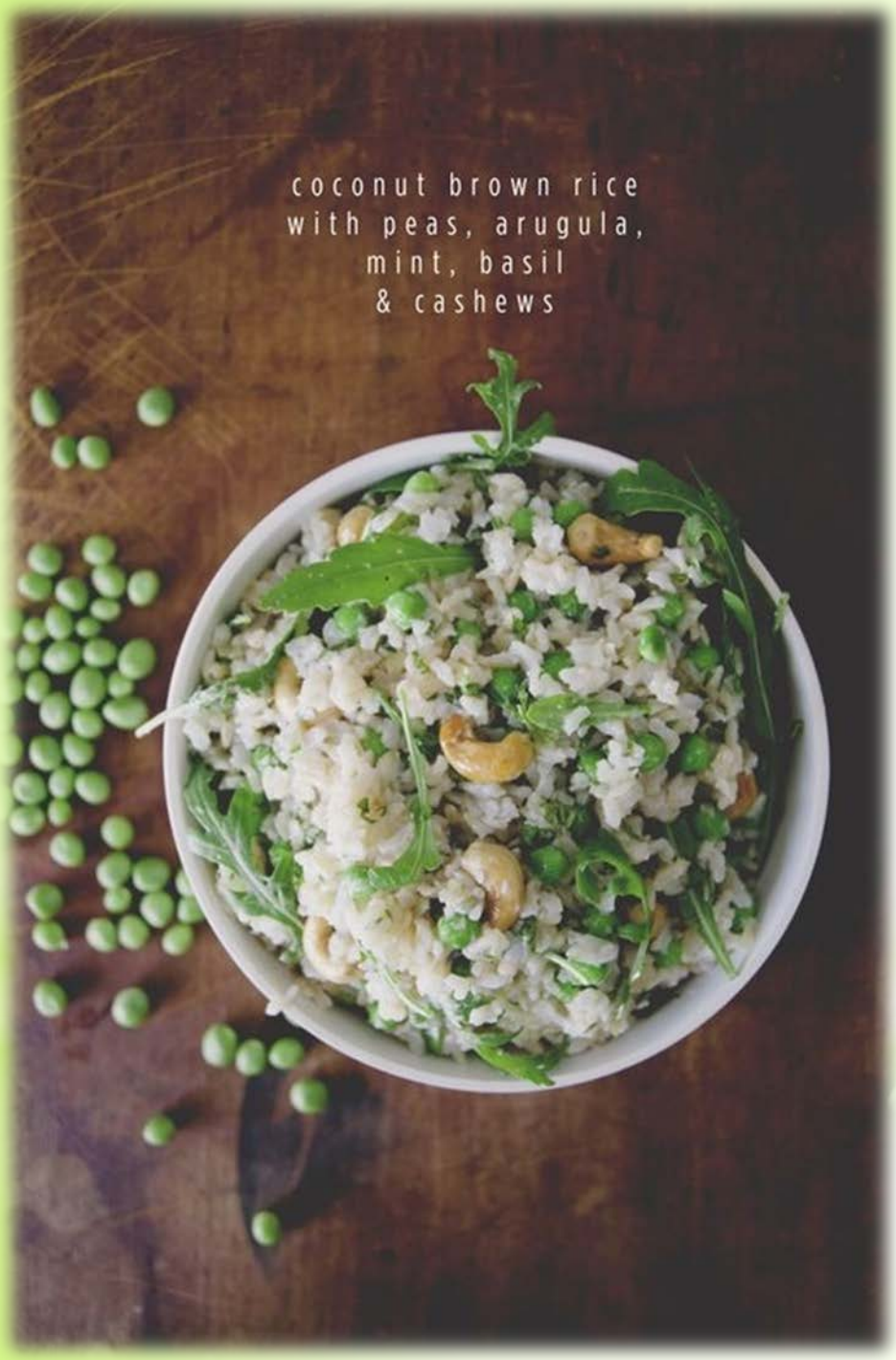
Sweet Marjoram Knotty blooms!



Mint
(Mentha Spp.)



- Perennial
- Invasive
- Known for its refreshing scent
- Very versatile herb
- Should be in every herb garden



Coconut Mint Rice Quick Dish

- Rice
- Peas
- Arugula
- Cashews
- Mint
- Basil



‘The Greenie’ Smoothie

apple, pear, spinach, mint, grapes, cinnamon, lime juice & stevia





Spa Water

- Lemon
- Cucumber
- Mint

Mint Ice Cubes



- Butter
- Olives
- Spearmint



Mint Butter with Kalamata Olives

Rosemary
(Rosmarinus officinalis)





- Perennial
- Demands good drainage
- Pungent needlelike leaves
- Herb of Remembrance





Rosemary Pancakes

Rosemary Roasted Almonds





Rosemary Skewers With Potatoes





Slow Cooker Rosemary Chicken

Easy Zucchini & Rosemary Frittata





Bibliography

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