



HERBS	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Basil				—**						
Bergamot		**							
Borage							
Caraway						
Catnip			
Chamomile					
Chervil				
Chives		**		
Cilantro					
Culantro						
Cumin		*						
Dill						
Epazote						
Florence Fennel				
Lavender		
Lemon Balm		**			
Lemongrass				
Liquorice				
Lovage		**						
Mexican Tarragon				
Mint				
Mountain Mint				
Oregano				
Parsley						
Peruvian Black Mint					
Rosemary			
Sage			
Savory			**			
Shiso			**			
Stevia					
Sweet Marjoram				
Thyme				

First average frost date: November 2nd. Last average frost date: March 28th (Lower Mainland BC)

From the windowsill of a high-rise apartment to the country farm, herbs are easy to grow from seed, and useful in the kitchen almost every day. They are also easy to preserve for use throughout the winter months. Some herbs are winter hardy, so they will continue to grow for fresh kitchen use twelve months of the year. Nearly all herbs we sell are open pollinated, so their seeds can be saved from year to year. Many are perennial, so plant them once, and enjoy them for years to come.

GROWING HERBS • Herbs are fairly low maintenance plants. If grown in containers, they will need regular watering and occasional feeding. Otherwise, trimming herbs will keep them bushy and flush with new leaves. Cut back perennial herbs in the spring to encourage new growth.

Sun: Generally speaking, herbs do best in full sun, in a sheltered spot, in soil with good drainage. If full sun (six to eight hours a day), is not available, try growing leafy herbs like chervil, chives, parsley, lemon balm, and mint. These plants should get by in the partial shade of a north facing location. Herbs grown for flowers like bergamot, chamomile, and lavender need full sun to bloom well.

Soil: Aim for a neutral to slightly alkaline soil pH. Most herbs will tolerate a slightly acidic soil, but if soil is very acidic, mix some dolomite lime into the planting mix or growing area. Some of the woody herbs like lavender, rosemary, sage, and thyme are really tough plants, and will perform well in coastal gardens.

Harvest: Pick leaves from the outside of herb plants, allowing new growth to emerge from the centre.

Avoid removing more than one third of the foliage at a time. Harvest herbs early in the morning, before any essential oils evaporate.

Harvest as needed throughout the summer. In the autumn, it's a good idea to leave dead foliage on herbs to protect them from harsh weather. Once shrubby herbs like lavender, sage, and thyme have finished flowering, deadhead the plants by clipping back all the spent flower stalks. This will keep them tidy and encourage new foliar growth.

Oil-rich herbs like lavender, rosemary, and thyme are the best candidates for drying. But many herbs keep better if frozen. Freeze whole sprigs of parsley, cilantro, mint, and basil in freezer bags, or chop them and freeze them in water in ice cube trays. Winter hardy herbs like sage, rosemary, and thyme can be picked fresh year round in most coastal gardens.