

GET GROWING

Becoming A Better Herb Gardener



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Don't Just Grow Them, Use Them!



INTRODUCTION TO THE GROWERS EXCHANGE

Herbs hold a special place in our hearts and minds, and their story is almost as old as the history of humanity itself. These fragrant and pretty plants have extraordinary characteristics that can be used for aromatic, medicinal or culinary purposes. They bring nuance to your flower beds, add flavor and aesthetic appeal to your favorite dishes and have impressive health benefits.

No garden or kitchen is complete without a carefully curated selection of herbs – just imagine how bland life would be without them!

About The Growers Exchange

The Growers Exchange operates using cutting-edge technology and an automated production line to deliver exceptional quality en masse. Vertical flow fans eliminate fungus growth by maintaining air flow and temperature within our canopies, and we've found an array of ways to minimize manual labor while continually finding ways to enhance our products.

Most importantly, we believe in the free exchange of information between us and our green-thumbed customers. Over the years, we've discovered that when people share their passions and hobbies as part of a community, they get the best results.

Are Our Herbs Organic?

Even though we are not organic we avoid chemicals. Our state-of-the-art greenhouses, we've developed an entire integrated pest management system. Avoiding chemicals and adhering to preventative controls helps us to minimize any risks posed to people and the planet.

Our IPM Program

Integrated pest management is a long-term strategy that relies on developing an ecosystem to actively work against pest populations and protect our precious herbs. Some examples of the techniques we use include:

- Biological controls: We make use of beneficial nematodes and mites, which are microscopic organisms that stop nasty pests from completing their life cycles. In the eventuality that something harmful manages to get through and start attacking the roots of our herbs, we use OMRI-listed biological chemical controls that don't harm our beneficial organisms. All of the pesticides we use are made

from naturally occurring substances to protect our team, our customers, and the planet.

- **Monitoring:** Every single one of our growers is as passionate about our greenhouse as we are. They painstakingly monitor each plant on a daily basis to ensure they remain disease- and pest-free.
- **Preventative cultures:** Setting a foundation for success starts with seeds planted inside a thoroughly sanitized greenhouse at the beginning of each season. Screens protect plants from the elements and larger pests, while beneficial bacteria and fungi promote healthy roots and reduce the amount of pesticides needed.
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THE GROWERS EXCHANGE GUARANTEE

Every plant that leaves our warehouse is inspected to ensure it meets our high standards. They're then carefully packed and delivered fresh and ready to flourish when transplanted into their new home soil. We include detailed instructions in each pack, and success is guaranteed provided you follow our guidance diligently. However, for peace of mind, we'll do our best to help you in the eventuality that the plants fail within 14 days of delivery.

We can't take responsibility in circumstances where you haven't given the herbs correct care, they've fallen victim to extreme weather or been planted contrary to our care instructions and hardiness zone information.

While we're unable to guarantee long-term survival as a result of the myriad of factors that affect your home environment, we do provide all the information necessary to plant a hardy and long-lived herb garden.

For advice, we encourage our customers to email: info@TheGrowers-Exchange.com

OUR LINE OF PLANTS

We understand that keen gardeners and cooks don't have access to rare or unusual herbs in grocery stores and run-of-the-mill garden centers. As such, we list over 175 varieties in our catalogue, including some you might not even have heard of before. Of course, we stock all of the go-to herbs you'd expect to see as well.

All of our herbs arrive at your door in a 3.25-inch square pot, but these little guys quickly outgrow their planters. Each specimen is root-ready, meaning it'll burst into life as soon as you plant it – so put it in a space that's large enough for the herb at full-size. Maturity might take a couple of seasons, but the fruits of your labor will make the whole process worthwhile.

You can get the following types of herbs here at The Grower's Exchange:

Perennial

Perennial herbs will last for more than two years in your garden, often going dormant during winter and then rejuvenating in the spring. In warm climates, tender perennials can grow just as the hardy ones do in colder climates - some may even skip dormancy and flourish year round.

Annual

Annual herbs live for just one year and must be harvested before frost arrives. If you allow certain herbs such as dill to flower during late summer, it may self-seed for next year.

Aromatic

Aromatic herbs are often used for their culinary or medicinal purposes, but their scent alone is enough to boost your wellbeing. You can dry them and make potpourri or scatter them strategically around your home or yard to reap the aromatherapy benefits.

Culinary

Culinary herbs add nuance and flavor to your dishes, bringing out different qualities depending on whether they're fresh or dried. Whether you prefer sweet or savory, herbs take your cooking to the next level.

Medicinal

Human beings are creative and resourceful, and we've been using various herbs as traditional medicine for thousands of years. They can be powerful, so make sure you conduct thorough research before using them for these purposes in case of interactions with other products.

Flowering

Flowering herbs produce delicately beautiful blooms that provide a feast for the eyes instead of the body. Most of them are inedible once they've flowered, so keep a separate plot for culinary herbs and use elegant flowering herbs to accent flower beds.

Shipping

We conduct all of our business virtually, which means we've invested in a great deal of resources to perfect this aspect of our craft. Every team member goes above and beyond to ensure herbs are treated with the utmost respect during the shipping process so that you receive happy, healthy and ready-to-flourish plants.

At The Growers Exchange, we've developed a sophisticated shipping system that guarantees herbs are sent to your location when it's that specific plant's ideal climate. You can search for your area's [Hardiness Zone](#) on our website to find out when we ship to you. While we do everything we can to ensure your herbs are sent out at the right time, it's still the customer's responsibility to make sure they plant herbs at the correct time of year.

WHAT DO OUR SYMBOLS MEAN?

Our product pages have a handy key that features 11 symbols to help you understand the various ways you can use each specimen.

 Culinary	These herbs have unique and delicious aromas that add depth of flavor to food, smoothies and desserts.
 Aroma	Aromatic herbs have high oil content and emit beautiful scents that can bring vibrancy to both your garden and your plate.
 Deer Resistant	Deer love chomping on certain herbs, so this is essential information if you live in certain areas.
 Pollinator	These herbs support the ecosystem, providing food for animals such as birds, bats, butterflies, bees, beetles and wasps.
 Medicinal	Medicinal herbs have been traditionally used to treat various ailments or deliver particular health benefits. Science now backs up many ancient claims about the healthful properties of herbs.
 Container	These plants grow best in a container as opposed to directly planted into soil.
 Native	Native herbs have been growing in the United States for thousands of years and are therefore uniquely adapted to its climate.
 Indoor	Indoors is the optimum environment for these types of plants.
 Cut	Cut flower herbs make delightful additions to bouquets and cut flower gardens.
 Butterfly	These herbs specifically produce pollen that butterflies feed from, supporting the local population of these essential creatures.
 Drought	Drought tolerant herbs are hardy and can withstand a small amount of water.



PLANT SELECTION - WHAT PLANTS SHOULD YOU GROW

Lots to Choose From

There are so many different herbs to choose from, it can be difficult to know where to start. The best thing to do is decide what type of garden you're going to plant. You can opt for:

1. Formal herb garden
2. Informal herb bed
3. In containers, such as window boxes, tubs, herb pots and baskets
4. Among other plants or vegetables for aesthetic or insect repelling reasons
5. Rock garden
6. Landscaping

Gardeners can choose practically any arrangement of plants that are suitable for their Hardiness Zone. However, if your plan is to carefully design the aesthetic of the finished garden, we've included a list of perfumed herbs and sorted some popular plants into color order in the 'Making a Plan' chapter. Of course, if your sole focus is to grow herbs for cooking and eating, you can pick them based on which recipes you use the most and climate.

You should be careful to purchase herbs that are suitable for your local climate and soil. In particular, some plants do better than others in various conditions, including:

- Frost hardy: lavender, rosemary, wormwood,
- Seaside planting: Sage, chamomile, lavender, wormwood, lamb's ears, rosemary, catmint, geranium
- Shade-loving: chervil, sorrel, most mint, foxgloves, lamb's ears, lemon balm

If your yard is prone to any of the above conditions, you can still procure a beautiful herb garden. Just be careful to choose the right plants for your Hardiness Zone.

Annuals & Perennials

Annual herbs start as a seed, grow to be an adult plant, then they flower and return to seed in a single season. Dill and basil are examples of annual culinary herbs and it's essential that you harvest the leaves before the herb goes to seed. Once the seeds are hardened, you must dry them completely prior to storing them.

Perennial herbs tend to grow continually in warm areas and return each year around spring after the frost subsides in colder climates. Mint is a good example of a perennial herb that returns and spreads each year. The majority of mint plants can grow in Hardiness Zones four to nine and are tolerant to drought and heavy sunlight when they're established.



Understanding Your Zone

[The Hardiness Zone](#) provides gardeners with knowledge about which plants can grow in their gardens based on the lowest average temperature in their city. While it's not an exact science, because temperatures can fall below the recorded averages, it's the most accurate way to decide which plants are best-suited to your specific yard.

It's vital that any herb you plant in your garden is able to withstand the lowest temperatures in your area. Additionally, elevation, rainfall, humidity and wind can play a role as well.

MAKING A PLAN

While it's tempting to jump straight in and order your favorite herbs or the ones you've seen on TV, it's not the most effective way of designing a herb garden. Using the Hardiness Zone and this list of colors, you can make a beautiful and practical plot that'll be the envy of neighbors and friends alike.

- **Variegated foliage:** Tricolor sage, silver thyme, golden thyme,
- **Grey foliage:** Wormwood, lavender, thyme, horehound, sage,

- **White flowers:** Feverfew, anise, chamomile, marjoram, basil,
- **Yellow flowers:** dill, fennel
- **Red flowers:** Lobelia, Gomphrena, Lantana
- **Blue flowers:** Rosemary, hyssop, some lavender, borage
- **Pink flowers:** some mint, valerian, thyme
- **Purple flowers:** Lavender, comfrey, sage, clary sage, pennyroyal, chives

Tips for Planning a Herb Garden

We'd always recommend drawing up a plan before taking out the shovel and getting to work. Play around with several ideas until you get your heart set on something special. Here are some tips to help guide you through this process:

- Consider the way you spread your herbs across the yard carefully, paying close attention to whether they're annual or perennial to account for gaps that may appear throughout the year.
- Think about using fragrant hedges of rosemary and lavender along pathways to create a herbal walk. Add pockets of oregano and thyme for maximum effect.
- Use loose edges to create a rustic, cottagecore effect to your informal herb garden
- Square or rectangular flower beds are more formal, whereas rounded or scattered beds are more informal
- You can utilize clipped hedges to add definition to formal herb garden
- Add a centerpiece to your herb garden for a truly professional finish. Bird baths, sundials, bay trees and statues are all excellent choices
- Plant herbs nearby the areas you use to entertain friends and family. The aromas will enhance your day-to-day enjoyment of the garden and delight guests
- Keep cooking herbs as near to the kitchen as possible. Even with the best intentions, you're more likely to use them if they're close compared to if you plant them at the other end of the yard



GROWING HERBS

Indoors/Outdoors

Baskets, pots, tubs and practically any type of container can be an eye-catching and practical way of growing herbs. For example, if you live in a colder climate but love perennial herbs, you can bring potted plants outdoors in summer and protect it from the frost by bringing it inside for winter.

Even if you don't fancy switching the plants between indoors and outdoors, you can rearrange and redesign potted herbs with ease – which is an attractive prospect for anyone who loves tinkering with their designs. It's easy to bring the herbs to the forefront of your garden when they're at their best and swap them out with better ones when they start to deteriorate.

Container gardening is a great way to add dimension and atmosphere to your yard, but it can be excellent for entry-level gardeners. There is some important information to know about containers:

- You'll need to water potted plants more frequently because the soil dries out faster
- Root growth is restricted, so you'll need to repot them annually
- The wind can dry potted plants out quickly, especially if they're in baskets
- Fertilizer is important because frequent watering dilutes nutrients in the soil

It's easier for potted herbs to lose form than plants that are living in the ground. The most effective way to counteract this is to regularly clip plants to use them, keeping them compact and looking their best. That said, it's crucial that you never remove more than a fifth of the herb's foliage in one go.

Herbs can be excellent indoor plants, but temperature is still vitally important. If temperatures get high and there's a lack of ventilation, your carefully nurtured plants can wither quickly. HVAC systems can also wreak havoc with an indoor herb garden. Fluctuations in temperature are perhaps the biggest killer of

indoor herbs, so moving them out of a cold room at night is advisable.

Every now and again, indoor plants should be taken outside to restore the carbohydrate supplies that instigate growth. This should only be done during good weather.



Sunlight

Every herb has its own unique preferences and reacts differently to the elements and atmosphere. Some prefer direct sunlight whereas others need partially shady areas that are out of the direct heat of the sun for some of the day. Most herbs require a minimum of six to eight hours of sunlight, which helps them to grow and produce the rich and varied oils that produce delicious aromas and flavors.



Watering

If your herbs are planted in the ground, watering isn't always such a big deal. However, in hot weather, it's essential that you keep the soil nice and moist, but never wet. If the soil is dry when you scratch an inch down into the soil, you'll need to moisten it. During the height of the growing season, herbs like basil, parsley and chervil require daily watering. Other plants, including lavender, rosemary and thyme, are perfectly content with dry conditions.

The best way to water potted herbs is by standing the pot in a bowl of water until the surface of the soil is dampened. If you allow the plant to become completely dry, there's a high risk that you'll damage them when you do water them again. It's better to use a spray to water hanging baskets because caking the soil puts the herb in danger.



Soil

Most herbs are highly adaptable and happy to live in a wide range of soils, but some still

have preferences for higher or lower PH levels. Most herbs prefer soil to be neutral or slightly alkaline. Calcium carbonate can help to rebalance the PH of acidic soil. If the soil is too alkaline or the herb prefers acidic soil, you can get acidic fertilizers like ammonia or sulphate to address the balance. Here's a guide to popular herbs and the soil they prefer:

- **Alkaline soil:** Summer savory, salad burnet, rosemary, marjoram, lavender, juniper, hyssop, catnip
- **Sandy soil:** Winter savory, thyme, tarragon, marjoram, lavender, fennel, evening primrose, cumin, coriander, borage, anise, chamomile
- **Clay soil:** Comfrey, wormwood, mint, bergamot
- **Loam soil:** Thyme, tansy, sage, rue, geraniums, rosemary, parsley, lovage, fennel, dill, coriander, chives, chervil, catnip, caraway, bay, basil

A fantastic way to enhance your soil is by using compost you've made yourself, which you can simply add to the earth or use as mulch. Well-decomposed household waste, animal manure, lawn clippings, leaf mold, sawdust and plant matter are all excellent additions to your herb beds. All you need to do to make compost is add the materials to a pile in a shaded area in your backyard, and turn it around every few weeks. For the best results, you'll need to make sure the light, temperature and moisture conditions are [just right for composting](#).

If your soil is heavy and doesn't have the best drainage, coarse material such as sand mixed with organic matter like compost can help keep it aerated. On the other hand, if your soil drains too readily, compost alone can help it to retain moisture. Poorly structured or compacted soil responds well to the addition to coarse materials, compost and lime. Clay soils may require gypsum or specially formulated soil conditioners. No matter what type of soil you have, aside from pests, the addition of well-decomposed materials can help to balance it so it's well-structured for herb growing



Planting

While herbs are some of the easiest plants to look after, it's not the case that you can plant them and not give them a second thought. They come from many different species, so there's no one-size-fits-all when it comes to finding the right soil for them. There is one thing that all herbs do have in common, however, and that's a scent or flavor. In most cases, a sunny position in the yard is required to ensure the aromatic chemicals and oils develop fully.

Ideal herb conditions are similar to those of vegetables: raised beds, well-drained but moist and mulched soil and full sun for at least a portion of the day. It's also important that they're not overexposed to wind and frost and get to languish in weed-free, generally fertile soil.

There are various ways to plant herbs, but this is the best for cuttings with roots:

1. Dig a hole in the ground that's around one and a half times the size of the herb's root ball
2. Check the drainage by filling the hole with water. If there's an issue, use one of the above methods to fix it
3. Remove the plant from its container and gently loosen the roots
4. Place it into the hole and surround it with soil
5. Add an amount of water that's equivalent to the size of the hole it's in

Most herbs are very fast-growing, so they require fertile soil to reach their maximum potential. They respond well to regular feeds during the growing season — but it'll go to waste if you add fertilizer while they're dormant. Avoid high nitrogen fertilizers, which risks encouraging sap growth and can spoil the flavor and aroma of herbs. Low nitrogen fertilizers are best if you plan on using and eating the herbs.



COMMON PESTS AND DISEASES

Pests

Compared to many other plants, herbs are relatively hardy and don't tend to fall victim to many pests or diseases. In fact, some of them are so good at repelling certain insects that they make great companion plants. That's not to say that herbs are immune to infestations – for example, parsley is susceptible to greenflies in dry conditions and rust can attack mint.

Provided you conduct regular inspections of your herb beds, you should be able to catch small issues before they become big problems. You can remove most early infections by hand, including insects and damaged leaves or stems. Always be careful to thoroughly wash your hands after contact with infested herbs – or avoid touching anything else if you're wearing gloves. The last thing you'd want to do is accidentally spread diseases or fungal spores inadvertently.

Encourage natural predators, such as birds, in your yard to naturally remove certain pests. They are the best way to keep creepy crawlies under control, so be sure to include bird feeders, baths, perches and play areas. Ponds and pools are also excellent ways of attracting birds to your garden. That said, even with all these natural protections in place, you might need to enlist the help of sprays or introduce positive parasites. For example, there are parasitic bacteria, spiders and mites that attack particular pests. There are also sprays which are based on naturally occurring substances like garlic, eucalyptus and pyrethrum – or substances like liquid soaps, mineral oils and sodium bicarbonate.

COMMON PESTS TO LOOK OUT FOR

While the fragrance produced by most herbs' oils is repellant to many species of pests, some creepy crawlies can break through these defenses. In most cases, they're more of a nuisance than a deadly threat — but it's still vital that you perform regular check ups and remove any problematic critters that appear. Here's a quick guide to certain pests and ideas for how to deal with them.

Aphids

Aphids are a gardener's worst enemy, and they particularly love herbs' tender new stems and leaves. The result of aphid infestation is honeydew secretion, which might attract ants and create sooty mold. You're likely to find them among fast-growing and crowded herb beds, and neem oil and horticultural soaps are excellent deterrents.



Parsley Worms

The black swallowtail butterfly starts life as a green, yellow and black caterpillar that loves to munch on parsley, dill and fennel. Many gardeners elect to refrain from using chemicals to eliminate these majestic creatures. One or two in the yard each year is unlikely to disrupt a large, well-developed herb plant.



Spider Mites

If you live in a dry, hot part of the country, spider mites could pose a significant threat to your tenderly-grown herbs. You'll find these on the underside of herbs' leaves, and regular irrigation and a strong jet of water is usually enough to eradicate this particular pest. Should they persist, neem or horticultural soaps do the trick.



Whiteflies

Whiteflies are attracted to herbs like basil and they leave a sticky honeydew residue on the plants they land on. In addition to attracting ants and making the herb susceptible to issues like viruses — whitefly suck the sap from the plants they land on, draining the plant juices within. To get rid of them, remove all flies, their eggs and larvae; seal them in a plastic bag and dispose of them. Then spray the underside of the leaves with a powerful jet of water and add sticky traps around the herb bed.



FUNGAL DISEASES

Plant fungus is one of the most aggressive and debilitating problems you can run into with your herb garden. Luckily there are plenty of ways for diligent gardeners to eradicate fungus and keep their herbs healthy and fungus-free.

- **Wilt:** Wilt is a common problem for many gardeners and it affects a wide array of plants, from potatoes to chrysanthemum. This issue manifests as wilting brown or yellow leaves, which you need to remove carefully. To avoid this, make sure you avoid fertilizer with high nitrogen content and use liquid plant food to encourage your herbs to grow strong and healthy.
- **Rust:** Rust is easy to recognize because it looks as if a layer of oxidation has appeared on the surface of your plants. Unfortunately, removing it isn't as simple if the fungus has managed to take hold. You'll need to start by removing the infected area and destroying them. Moving forward, drastically reduce the amount of high-nitrogen feeds and use high potash food to strengthen the leaves. You might also need to use a fungicide to stop rust from forming or returning.
- **Downey mildew:** Young, unhealthy or stressed plants are the most likely to fall victim to downey mildew. It thrives in damp, cool and moist conditions and attacks any part of the herb plant that grows above ground. The only way to eradicate this disease and prevent it spreading is to destroy the entire infected plant, root to stem.

PREVENTION IS THE KEY

It's not always possible to remove the threat of pests and disease entirely, but prevention and preparation stop them from becoming terminal problems. Here are eight general tips to help you reduce the risk of infestation:

1. Poor soil conditions, inadequate light, lacking ventilation, inconsistent watering regimes and insufficient nutrients are all major causes of pests and fungus. The best way to prevent them is by taking expert care of every plant in your yard.
2. In most instances, natural predators can aid your natural defenses against creepy crawlies. Lacewings and ladybugs eat aphids, which can be a lifesaver for preventing the spread across your entire yard.
3. If you need to resort to using chemicals, always read the label and carefully follow the instructions. Make sure you spray on a dry, wind-free day and avoid spraying any other habitat than the one the chemical is intended for. Where possible, look for sprays that use as many natural ingredients as possible — particularly if you plan on eating your herbs!

4. Ensuring that your garden tools, garden and greenhouse are perfectly clean prevents diseases from spreading.
5. Regular inspection should help you to find and remove infestations before they become a significant problem.
6. Most infestations are specific to the plants you choose to grow. By conducting thorough research into the risks for the herbs you plant, you're ready for any eventuality.
7. Physically adding fleece or cages to your herb beds is the best way to defend against larger pests.

CULINARY

Fresh herbs add incredible dimensions to your cooking, transforming the healthiest foods into delicious treats. In addition to bringing flavor and aroma to dishes, they also provide their own unique nutritional qualities. There's something of an art to using herbs as part of your food preparation, because different ones combine well with specific foods. Some of them have high-strength oils that can be overwhelming when using even a tiny amount more than necessary. Adding others in small quantities or at the wrong point during the cooking process will result in little to no flavor at all.

Just like anything when it comes to making great food, balance is everything. These are the main considerations you need to make when cooking with herbs:

- How much moisture is in the dish
- How long you cook it for
- The level of heat required
- How long the herb is cooking
- Which point of the year you've harvested the herb
- Which part of the herb plant you use, e.g. stem, leaves
- The maturity of the plant at the time of harvest

FOOD	COMPLIMENTARY HERB
Beef	Thyme, rosemary, parsley, oregano, marjoram, paprika, mustard seed, dill, chili, bay
Pork	Sage, thyme, cloves, basil, cardamom, mustard, oregano, rosemary, parsley, marjoram, paprika
Lamb	Mint, basil, mace, rosemary, thyme, turmeric, oregano
Poultry	Tarragon, thyme, dill, ginger, nutmeg, oregano, bay, parsley, anise, paprika, sage
Fish	Parsley, marjoram, anise, tarragon, fennel, ginger, oregano, chives, thyme, bay
Fruit	Anise, nutmeg, cinnamon, mint, mace
Beans	Oregano, dill, nutmeg, marjoram
Beets	Nutmeg
Broccoli	Sage and nutmeg
Carrots	Tarragon, parsley, rosemary, thyme, dill
Cucumbers	Parsley, dill, basil
Eggplant	Parsley, oregano
Mushrooms	Sage, parsley, thyme
Peas	Mint, marjoram
Potatoes	Chives, dill, fennel, cumin, tarragon, rosemary
Tomatoes	Basil, cloves, fennel, oregano, cloves, marjoram

HERBAL TEAS

People from all over the world have enjoyed the delights of herbal tea for thousands of years. If you're someone who enjoys tea, the herbs in your garden can add depth and nuance to your favorite brews. Herbal teas are wonderful because they bridge the gap between an herbal and medicinal use for these awesome plants. Some of the ones people enjoy the most include:



- Lemon balm tea
- Bergamot tea
- Lemon verbena tea
- Chamomile tea
- Peppermint tea

MEDICINAL

People have used herbs for medicinal purposes for more than 5,000 years, and herbal remedies are often gentle ways to treat ailments with few to no side effects. Getting the right results from medicinal herbs requires strict adherence to correct handling and harvesting practices. Specifically, you need to pick them at the exact right time of day and year for them to be clean and pure enough for their allotted purpose.

Leaves

You must collect leaves on days when it isn't raining, after the morning dew – ideally just as the plant is beginning to flower. Most biennial plants aren't good for these purposes in the first year of planting, with best results coming from herbs collected in the second year of growth.

Flowers

You should collect flowers immediately after they blossom and only keep the ones that retain their original color after the drying process.

Bark

In most cases, the inner bark is used for medicinal purposes, and it's best to harvest in the fall or spring.

Seeds

Gather seeds as soon as they ripen and only use the biggest, most developed ones.

Roots

When the leaves of the plant die in the fall, immediately collect the roots

TRADITIONAL HERBAL MEDICINES

While the doctor should be the first port of call for all medical emergencies, herbal remedies are based on thousands of years of wisdom and can be useful supplements in many instances. There are various types of medicinal herbs, read on to discover explanations of the different types and some examples.

- **Astringents:** An astringent makes the skin tauter, cleanses the skin and dries out oil. Examples of strong astringents are sage and agrimony; milder ones include rose petals and rue.
- **Bitters:** Bitter tonics can help to cure loss of appetite by stimulating digestive fluids in the stomach. Chamomile, hops and dandelion are good examples.

- **Carminatives:** Carminatives promote movement in the digestive system, particularly reducing gas. Examples include peppermint, caraway seeds and angelica seeds.
- **CNS relaxants:** Relaxants like chamomile and valerian root stimulate the parasympathetic nervous system to help you calm down.
- **Diuretics:** Diuretics promote urination, helping to purge toxins from the body.
- **Emollients:** An emollient, like quince seed or comfrey root, softens and soothes the skin.
- **Expectorants:** Expectorants such as comfrey root, mullein and licorice can help people loosen phlegm in the respiratory system.
- **Respiratory stimulants:** Stimulants bring vigor to the circulatory system, but they're best used for these purposes on an empty stomach. Summer savory, peppermint, pennyroyal, cloves, nutmeg, cinnamon and mustard are good examples, but none of them are effective for people who consume alcohol on a frequent basis.

Toothaches

There are several herbal remedies that people have used for centuries to soothe toothache:

1. Chewing ginger root
2. Chewing oregano leaves
3. Applying oil of clove to the affected area
4. Chewing Toothache Plant

AROMATIC

The stunning scent of herbs has delighted people throughout history, and we've developed some pretty nifty ways of making the most of these properties. You don't need to be a professional or spend lots of money to enjoy aromatics at home. Herbs can be used to scent potpourri, candles, soaps, bath salts, pomanders and so much more.

Potpourri

Potpourri is a classic way of using natural ingredients as an air freshener around the home, in draws, cabinets and cupboards. Some even have the added benefit of having medicinal or insect repellent properties. A colorful concoction of dried flowers and herbs adds cottagecore charm to any room in any household. Potpourri is easy to make and just contains three ingredients:

- The dried stems, herbs and flowers of your herbs
- A fixatives
- Additionally oil to reinvigorate older potpourris

Fixatives

One teaspoon of fixative is usually enough for most potpourri bowls, and some of the most effective substances include:

- Sandalwood
- Citrus peel
- Orris root
- Calamus root
- Clary sage
- Cedar wood chips

Herbs for Potpourri

You'll need to be careful when creating potpourri, as some scents complement one another, while others can overpower. Start off with one or two strongly scented materials and add and takeaway as necessary to get the balance right. These are the traditional ways of using herbs for potpourri:

- Basil leaves add a mildly spiced scent
- Cardamom is a highly aromatic addition
- Patchouli leaves provide earthy warmth
- Clary sage is stronger and more powerful than regular sage
- Lavender is a classic, powerful aromatic
- Lemon verbena has a very mild and delicate lemon scent
- Marjoram stems, flowers and leaves add depth of scent and visual appeal
- Mint must be used very sparingly due to its strength
- Tansy is a great insect repellent

LANDSCAPING

You can use herbs to accent your favorite features in the yard, where they'll add visual and scent appeal.

Pathways

Stone structures like pathways pavers work so well in your yard because they add a natural contrast to the colorful lawn and flower beds. Additionally, it adds dimension and nuance to your landscaping designs by mixing up textures and colors.

A wonderful way to enhance these areas is by planting ground hugging herbs in between and around stone pathways and pavers. Elfin & Wooly Thyme emit a beautiful scent when pressure is added to them — so every time someone walks along that pathway, they'll be met with a delightful herbal scent.

Ornaments

Well-placed statues and ornaments make your yard truly unique and full of character. When viewed against the backdrop of greenery, they draw the eye and act as a distraction for less-populated areas or act as a centerpiece in your favorite areas. Weather vanes, bird baths, sundials and other popular backyard ornaments were originally used to decorate the huge grounds of stately homes. When selecting statues and similar objects, make sure they're in proportion to the size of your yard. Overcrowding can dampen the visual appeal.

A water feature is another classic example of a beautiful ornamental addition. One popular trend is to create a secret garden in a secluded part of your yard and add calming, soothing accoutrements. Delicately scented herbs, a water feature, a bench and plenty of shady cover are must-haves for this type of area. It can act as a getaway for anyone in the family when they want to get a moment of calm or focus on a quiet task like reading or crafts.

Arches, Walls and Gates

Adding an archway to your garden design adds a hint of mystery and can act as a partition between one part of the yard and another. Plant herbs at the base of the arch or intertwine them throughout the structure for a truly impressive finished look and smell. Jasmine, passionflower and creeping nasturtiums are perfect vines to climb and cascade.

Pergolas

Pergolas, gazebos, decked areas and beach huts can be wonderful focal points for your yard, with pathways leading between them and your home. Make sure you plant some fragrant herbs nearby to these structures so anyone using them gets to delight in the various scents and sights they produce.

Seating Areas

Timber lattice and wrought iron look particularly impressive in the midst of an herb garden, whether it's formal or informal. Your furniture plays a vital role in defining the character of your yard, so choose tables and chairs carefully. Consider how the garden will become less populated during winter and think about getting furniture and ornaments you can move around to fill in any gaps that appear.

Herbs have so many functions and uses, both externally and within the body, that we think everyone should have their own herb garden. Adding them to your cuisine transforms the dishes you cook, while using them for medicinal purposes can bring homemade relief to minor maladies. Take a look at the amazing, comprehensive troupe of [herbs](#) we sell.

