

# CULINARY HERBS



Culinary herbs are different from spices. Generally, culinary herbs are fresh or dried leaves while spices are seeds, roots, fruits, flowers, and bark. Culinary herbs usually have a mild flavor while spices tend to have a stronger, pungent flavor.

Most herbs are relatively easy to grow. They require little care and space, have few insect and disease problems, and generally require only moderate fertility levels. Many herbs do very well in containers such as basil, chives, and thyme.

Listed below are some of the most popular culinary herbs that do well in Kansas. There are many others, however, that can be grown in Kansas.

HERB	HOW TO GROW	HARVESTING
<b>Annuals</b>		
<b>Basil</b>	Plant after all danger of frost has passed; space 10-12 inches apart; do well in containers; bring a pot indoors throughout the winter months	For fresh use, harvest the leaves six weeks after planting; for drying, harvest before flowering
<b>Dill</b>	Grow in full sun in a well-drained soil; space 8-10 inches apart; self-seeds readily	Cut flower heads when in full bloom and allow to dry; seed can be collected about 2-3 weeks after flowering
<b>Parsley</b>	Soak seed in water for 24 hours before planting; can tolerate partial shade; space 8 inches apart	Leaves can be snipped anytime during the growing season

HERB	HOW TO GROW	HARVESTING
<b>Perennials</b>		
<b>Chives</b>	Can plant seed or bulbs similar to onion sets; divide established plants every 2-3 years; do well in containers and indoors for the winter months	Snip leaves throughout the growing season; may be used fresh, dry, or frozen
<b>Lavender</b>	Plant in sunny, well-drained site; mulch in winter	Cut flower spikes as blossoms begin to open
<b>Mint</b>	Rather aggressive so plant in containers or a separate garden bed; will grow in full sun to partial shade; space 2 feet apart	Just prior to flowering, cut stems one inch above the soil
<b>Oregano</b>	Plant in full sun and well-drained soil; space 10-12 inches apart; mulch in winter	Snip leaves as needed; for best flavor, harvest leaves just as flower buds form
<b>Rosemary</b>	Plant in full sun and well-drained soil; space 12 inches apart; do well in containers and indoors	Prune stems as needed
<b>Sage</b>	Plant in full sun and well-drained soil; space 15-18 inches apart	Leaves can be harvested before blooming begins
<b>Thyme</b>	Plant in full sun and well-drained soil; can become woody so replace every 3-4 years	During full bloom, cut 5-6 inch stems and allow them to air dry

Prepared by Candice A. Shoemaker, Ph.D., Associate Professor, Department of Horticulture, Forestry, and Recreation Resources. September 2003. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider & employer. This material was funded by USDA's Food Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**