

Answers & Low Prices Down Every Aisle SM

Your guide to HERB GARDENING

Add a fresh touch to meals in the kitchen with your own home-grown herbs. By creating a suitable environment you can grow herbs indoors any time of the year.

There's no need to buy expensive containers for your herb garden. Common household items - such as mason jars or water bottles - work great for herbs. Keep in mind, when growing herbs indoors you will probably have limited space. Plus, if you're using sunlight as your light source you will need to choose containers that will fit on a window sill.

You may want to put your containers in tray to keep the humidity high. Your herb garden will thrive in warm, moist conditions. However, watch closely for mold or mildew. If

mold becomes a problem, spread the herbs apart to allow for better air circulation. A small fan would also be helpful.

The soil you use is an essential part of successful herb gardening. Your soil should have exceptional draining, never leaving your herbs sitting in water. Miracle-Gro Moisture Control Potting Mix is an excellent choice. Most herbs grow best in drier soil. If you notice the soil is completely dry, it's time to water.

Indoor plants will also need fertilizer. Feed your herbs every week with a liquid fertilizer such as Miracle-Gro Water Soluble All Purpose Plant Food.

Proper sunlight is also vital to keeping your herbs healthy. In winter months when daylight is less available, you may need to supplement with a full spectrum fluorescent or halide light.

So, which herbs are right for you? See page 2 for our handy Herb Selection Guide.

Did you KNOW?

- Herbs contain antioxidants and vitamins that help your body fight germs.
- Flies and mosquitoes are repelled by the aroma of basil.
- Hiding mint leaves in your cabinets will deter ants.
- Parsley is a natural breath freshener.



Your guide to HERB SELECTION

ROSEMARY

A Mediterranean evergreen shrub, likes hot, dry, sunny spots. Quick-draining soil is the key to good growth. Drought-tolerant. Keep the soil moist but never wet when grown indoors. Gather leaves and sprigs as needed for use with vegetables or in lamb, poultry, and tomato dishes; breads and custards; soups and stews.



THYME

A perennial, grows 12 to 18 inches tall in well-drained soil and full sun to part shade. Harvest the tops of the plants when they are in full leaf. Use the leaves, fresh or dried, in casseroles, stews, soups, and with fish, potatoes, green vegetables and eggs.



BASIL

An annual, a beloved Italian herb. Grows best in full sun and fertile, moist soil. Once the root system is established, about six weeks after sowing, it tolerates short periods of drought. A good companion with Parsley, Thyme and other herbs when grown in a pot that holds at least 5 gallons of soil. For small containers, choose a compact variety such as Spicy Bush. Use in pasta, vegetables, soups, salads, oils and vinegars.



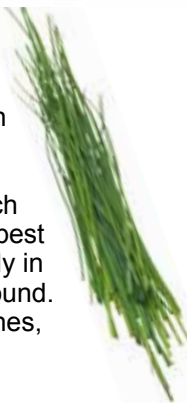
PARSLEY

A biennial, grows 12 to 30 inches tall in part shade. Leaves can be curly or flat, depending on the variety. Cut or pinch the leaves as needed. Use fresh in soups, salads and sauces, or as a garnish for anything.



CHIVES

Grassy, clump-forming perennials with hollow leaves. Essentially tiny onions, chives are grown for their leaves and blooms rather than their bulbs. Their pink-purple spring flowers are also edible. Plant in well-drained potting soil that's rich with organic matter. Tolerate light shade but do best in full sun. Grow well in container gardens. Hardy in zones 3-10, so they can be left outdoors year-round. Use in rice, cheese dishes, eggs, vegetable dishes, dressings, sauces and dips.



SAGE

A favorite for seasoning poultry. Best grown in full sun and moist, well-drained potting mix, sage is perfect for adding structure to container gardens. Pick the leaves as needed for use in soups, salads, stuffing, cheese dishes, and pickles. Its strong flavor makes it excellent for salt-free cooking.



CILANTRO

Also known as Coriander, can be used for its tangy leaves or its dried, ground seeds. Plant this annual herb in well-drained soil. Cilantro grows best in sun, although it tolerates some shade. Because it has a long taproot, place in a container garden that is at least 12 inches deep. Use leaves and flowers raw in salads and cold vegetable dishes, and the seeds in pastries, custards, confections and meat dishes.



DILL

An annual or biennial, grows 2 to 3 feet tall. Harvest the leaves when the flowers begin to open; collect the seed heads when they are dry and brown. Use the leaves with soups, seafood, salads, green beans, potato dishes, cheese and sauces, and the seeds for pickles.



MINT

A vigorous plant that will become invasive unless it is confined in a pot. Grows in full sun or part shade, and in many soil types and degrees of sunlight. Produces best leaves in rich soil. Mint is a perennial, but its hardiness varies by variety. Use fresh or dry leaves and stems with roast lamb or fish, and in salads, jellies or teas.



OREGANO

An essential ingredient in Mediterranean cuisines, Oregano is a shrubby perennial that does best in full sun and well-drained potting mix. The more sun it receives, the more pungent the flavor of the leaves. Does not tolerate wet soil. Try it with beans, mushroom dishes, potatoes, and summer squashes, or in a marinade for lamb or game.

