

Organo - use for meat, pizza, aromatic tea.  
Parsley - salads, mayonnaise, sauces.  
Rocket - add to green salads, sauces.  
Sage - stuffing, pork, duck, blend into cheeses.  
Sorrel - seasoning for beef, veggie soup, pork.  
Tarragon - chicken and stuffing, herb butter.  
Thyme - stock, marinade, stuffing, sauces, soups.

## Medicinal Herbs for common ailments:

Colic - give a teaspoon of dill water before feeding.  
Colds and fevers - eat a raw clove of garlic three times a day. Drink hot lemon and honey.  
Insomnia - Chamomile or catnip tea.  
Nausea - freshly grated ginger or powdered cinnamon bark tea.  
Sunburn - rub the juice of Aloe vera directly on to the skin.  
Teething - use a brew of Chamomile tea.

Happy Gardening!

## Contact details:

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# Herbs

An expert guide to the planting and care of Herbs



**GardenCare**



## An introduction to Herbs

Herbs have been used since ancient times and today they are still an essential part of any garden. Originally, herbs were cultivated for medicinal and magical properties but we now use them for cooking, potpourris, insecticides and essential oils.

## Positioning of herbs

Ideally herbs like to be planted in the full sun, although a few plants such as Angelica, various Mint, Parsley, Chervil and Sorrel will tolerate a little shade. The soil need not be very rich but it must be well drained. Herbs such as Thyme, Marjoram and Sage do much better if they are grown in poor soil. Herbs can be planted in a variety of ways, the most attractive being in the old style Knot garden, but they also look good planted in pots, hanging baskets, window boxes or in the ground. Herbs will grow on a windowsill if there is enough sunlight.

## Soil preparation

If you are planting herbs into the ground, the soil should be loosened and Bonemeal or Superphosphate added to the soil. Add about 200g per m<sup>2</sup>. At the same time add 80g of 2:3:2 and 1/2 a bag compost per m<sup>2</sup>.

The plants should then be planted and watered well. Mint and Tarragon should be planted with enough space surrounding them, as they are very vigorous. Alternatively, plant them into containers that have had the bottoms removed and sink them into the soil.

## Planting in containers

The important thing about planting in containers is the drainage. If the container does not have holes, add a layer of croc (broken pottery) and some charcoal to the bottom. If the container has holes, then place a pot pal in the bottom. Fill the container with potting soil.

## Watering

Herbs do not like to be over watered, nor do they like under watering. Water only when the top 1cm of soil has dried out. Herbs in pots need slightly more water especially in hot windy weather.

## Fertilising

It is best to feed with an organic food such as Nitrosol or Seagro. Feed from spring through until autumn. Organic fertiliser is an easy and effective way of feeding. It is also beneficial to keep the beds mulched with compost.

## Pests and diseases

All insect problems should be treated with an organic remedy or try insect repelling plants planted in between. Use plants like Penny Royal, Rue, Tansy, Artemesia, Catnip, Catmint and Pyrethrum.

Pyrethrum is used to make a natural insecticide. Steep pyrethrum in water and use it to spray infected plants. If you are spraying edible crops, wait 2 days to harvest and wash them well before eating or cooking them.

For off the shelf remedy - Agrevo has a trigger pack specially formulated for edible crops.

## Herbs and their uses

Common cooking herbs:

- Sweet Basil - use in pesto and Mediterranean food.
- Dark Opal Basil - add to vinegar, tomato dishes.
- Bay - soups, stews, marinades, fish, curries.
- Borage - cook as spinach, add to ravioli, salads.
- Caraway - add to salads and soups.
- Chervil - add to chicken, white fish, sauces.
- Chives - use in salads and stir-fries.
- Coriander - add to curries, stews and sauces.
- Dill - add to soups, salads, cream cheese & meat.
- Fennel - use with cooked veggies, soups, fish.
- Marjoram - stuffing for haddock, meat dishes.