

Contact details

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.

For more information, visit any of our Info centres or email us at info@gardenshop.co.za

For details and further information, visit GardenShop's friendly Information Centre at any of our branches or call our Contact Centre on **0861 G-A-R-D-E-N (427336)**. Alternatively, e-mail us at info@gardenshop.co.za or log on to gardenshop.co.za.

GardenShop Broadacres

Broadacres Lifestyle Centre
Cnr Cedar & Valley Roads, Broadacres
Tel: 011 465 4216 Fax: 011 467 1309
info.bds@gardenshop.co.za
Co-ordinates 26° 00' 02" S / 27° 58' 56" E

GardenShop Bryanston

Cnr Main Road & Halifax Street, Bryanston
Tel: 011 463 5773 Fax: 011 463 5775
info.btn@gardenshop.co.za
Co-ordinates 26° 04' 31" S / 28° 00' 47" E

GardenShop Edenvale

Stoneridge Shopping Centre
Cnr Modderfontein & Hereford Roads, Edenvale
Tel: 011 524 0257 Fax: 011 524 0617
info.edv@gardenshop.co.za
Co-ordinates 26° 06' 56.88" S / 28° 08' 42.73" E

GardenShop FloraFam

Cnr North Rand & Trichardts Roads, Boksburg
Tel: 011 894 2377/8 Fax: 011 918 5852
info.ff@gardenshop.co.za
Co-ordinates 26° 10' 42.95" S / 28° 15' 12.04" E

GardenShop Menlo Park

Greenlyn Village Centre
Cnr Mackenzie & 13th Streets, Menlo Park
Tel: 012 460 5137 Fax: 012 460 4725
info.mlo@gardenshop.co.za
Co-ordinates 25° 46' 09" S / 28° 15' 29" E

GardenShop Parktown North

Cnr Jan Smuts Avenue & Chester Road, Parktown North
Tel: 011 447 2368 Fax: 011 880 1640
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Co-ordinates 26° 08' 55" S / 28° 08' 03" E



Herbs

GardenShop's guide to the planting and care of Herbs

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.

Position

Ideally herbs like to be planted in the full sun, although a few plants such as Angelica, Mints, 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. 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 m². At the same time add 80g of 2:3:2 fertiliser and 1/2 a bag compost per m².

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 coc and some charcoal to the bottom. Fill the container with potting soil.

Watering

Herbs do not like to be over watered, nor do they like under watering. A balance is to water 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. An 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.

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 and meat.

Fennel - use with cooked veggies, soups, fish.

Marjoram - stuffing for haddock, meat dishes.

Organo - use for meat, pizza, aromatic tea.