

ZZ400

Cultural Details: Herbs

Angelica (Biennial)

Sow in autumn. Keep moist and maintain a temperature of 18-20°C for the first 2-4 weeks, then reduce the temperature to between -4 and +4°C for another 4-6 weeks. After this, the seed can be kept at around 12-15°C and should begin to germinate. Plants will ultimately grow up to 2 metres tall. Useful for medicinal and confectionary purposes.

Anise (Annual)

Anise is best sown direct into its final container or outdoors from April onwards. It does not like being transplanted. Germinate at a temperature of 15°C. Seeds used in Liquors, cakes, soups and stews.

Balm (Perennial)

Sow in September/October at a temperature of 20°C. Lightly cover the seed and keep moist. The seed should germinate within 2 weeks. The fresh leaves can be used to flavour salads, soups and sauces.

Basil (Annual)

Sow February onwards. Germinate at 15-18°C. Temperatures lower than 13°C will reduce germination. Seed should be lightly covered and kept moist for optimum germination. Seedlings should emerge after approximately 10 days to 2 weeks. Basil is used mainly for seasoning and flavouring.

Borage (Annual)

Sow direct into the final container from February onwards, or direct outdoors at the end of April. Propagate at approximately 15°C. Germination should occur after approximately one week. The leaves are used to flavour drinks or chopped in salads. The flowering plants are very attractive to bees.

Burnet (Perennial)

Sow August/September. Keep at 20°C and maintain a constant level of moisture. Lightly cover the seed. Germination should occur approximately 7 to 10 days after sowing. The young cucumber flavoured leaves can be used in salads.

### Caraway (Biennial)

Sow in autumn and propagate at 15-18°C. Cover the seed and keep moist. Germination should take about two weeks. Autumn sowing is essential as seeds may not have time to ripen if spring sowings are made. Seeds can be used for flavouring in cakes, bread and soups. Young leaves can be added to salads.

### Chamomile (Perennial)

Can be sown in either autumn or spring. Sow the seed over the surface of the compost and cover lightly. Propagate at 15-20°C. Germination should take place after 7-10 days. Chamomile can be used in tea.

### Chervil (Annual)

Sow from February onwards. Cover the seed and keep moist at a temperature of 15-18°C. Germination should occur after 1-2 weeks. Chervil can also be sown direct outdoors from April onwards. The leaves can be added to salads or used in stuffing.

### Chives (Perennial)

Can be sown direct outdoors in spring. If sown in autumn, either sow into a plug tray (use several seeds per cell) or direct into the final container, avoid transplanting at the seedling stage. Cover the seed lightly and propagate at around 18°C. The seedlings should begin to emerge after 7-10 days. Chives are useful for flavouring soups and cheeses and also in salads.

### Coriander (Annual)

Sow in spring, either direct into the final container or out in open ground in April. If sowing under cover ensure the seed is well covered and kept moist. Propagate at 15-18°C. Sowings can be made from February onwards. The leaves can be used to flavour a variety of foods and the seeds can be used in curries and bakery products.

### Cumin (Annual)

Sow in spring either in to a plug tray for transplanting or into the final container. Can be sown direct outdoors in April. Indoor sowings can be made from February onwards. Ensure the seed is covered and kept moist. Propagate at 15-18°C. The seedlings should begin to emerge after 1-2 weeks. The seeds can be used for flavouring, and are extensively used in mixed spices.

### Dill (Annual)

Sow in spring either into a plug tray for transplanting or into the final container. Can be sown direct outdoors in April. Indoor sowings can be made from February onwards. Cover the seed and keep moist. Propagate at 15-18°C. Dill can be used in pickling and cooking.

### Fennel (Perennial)

Sow in August/September. Cover the seed very lightly and keep moist. Germinate at 15-20°C. Seedlings should begin to emerge after approximately 1-2 weeks. The leaves are used for flavouring, mainly in fish dishes.

### Feverfew (Perennial)

Sow in August/September. Cover the seed very lightly and keep moist. Multisow into plugs for transplanting or sow onto a seed tray and prick out in small clumps. The aromatic leaves are used for the relief of rheumatism and migraine.

### Hyssop (Perennial)

Sow in August/September. Cover the seed and keep moist. Propagate at 15-18°C. Germination should take place after a week to 10 days. The plants are very attractive to bees and the leaves have a strong bitter flavour.

### Lavender (Perennial)

Sow in August/September. Cover the seed, keep moist and propagate at 15-18°C. If germination does not occur within 3-4 weeks cool the seed down to 0-5°C, if possible for 2-4 weeks. Lavender is mainly grown as an aromatic ornamental which can be dried.

### Lovage (Perennial)

Sow in autumn. Cover the seed and keep moist. Propagate at around 15°C. The seed should begin to germinate after about 2 weeks. The young stems can be used as a vegetable and the leaves used for flavouring.

### Marigold Pot (Annual)

This is best sown outdoors in April/May onwards, or into its final container. Cover the seed well, keep moist and germinate at 15-20°C. Germination should occur in 7-10 days. The flower petals have a bittersweet salty taste and can be used as a substitute for Saffron in some cooking. The petals can be eaten in fresh salads.

### Marjoram Pot (Perennial)

Sow in August/September. Propagate at 15-20°C. Cover the seed and keep moist. Germination should occur within 2 weeks. The leaves can be used as flavouring fresh or dried.

### Mint (Perennial)

Sow in August/September. Do not cover the seed. Keep moist and propagate at 18-20°C. Germination can be very erratic and continue over a number of weeks. The leaves can be used to flavour cold drinks and salads.

### Parsley (Perennial)

Sow in autumn or make successional sowings in spring. It is possible to sow direct outdoors in April/May or earlier under cover. Can be multisown into plugs trays to eliminate the pricking out stage, because the seedlings may not transplant very well. Cover the seed lightly and keep moist. Propagate at 15-18°C. Parsley is used mainly as a garnish and for flavouring.

### Purslane (Annual)

Sow from February onwards under cover or outdoors in April/May. Cover the seed and keep moist. Propagate at 15-18°C. The young leaves can be eaten in salads or cooked.

### Rocket (Perennial)

Best sown direct outdoors in April/May. The seed can also be sown into the final container, covered, kept moist and propagated at 15°C. The young leaves are used in salads.

### Rosemary (Perennial)

Sow in Autumn. Germination can sometimes be a bit erratic and occur over a long period of time, so seed trays should not be thrown out prematurely. Cover the seed and maintain a constant level of moisture. Rosemary benefits from lower temperatures and will germinate at around 5°C. The leaves can be used fresh or dried for flavouring.

### Rue (Perennial)

Sow in August/September. Cover the seed and keep moist. The seed should germinate relatively quickly at a temperature of 15-20°C. Seedlings should emerge after 1-2 weeks. The finely chopped leaves can be added to salads.

### Sage (Perennial)

Sow in August/September. Cover the seed and keep moist. Germination should begin after about 2 weeks. The leaves are used extensively for seasoning.

### Savoury Summer (Annual)

Sow February onwards under cover or direct outdoors in April/May. Cover the seed and keep moist. Propagate at 15-18°C. Germination should begin after about 2 weeks. The young leaves and young shoots are useful for flavouring.

### Savoury Winter (Perennial)

Sow in the Autumn. Cover the seed and keep moist. Propagate at 15-18°C. Seedlings should emerge after about 2 weeks. This herb has a stronger flavour than Summer Savoury.

### Sorrel (Perennial)

Sow in August/September. Cover the seed and keep moist. Propagate at 15-18°C. Seedlings should emerge after about 2 weeks. Can be used in salads and as a vegetable.

### Spearmint (Perennial)

Sow in autumn. Do not cover the seed for germination. Keep moist and at a temperature of 15-20°C. Germination may be slow and erratic. Commonly used for mint sauce, herbal teas and iced drinks.

### Sweet Cicely (Perennial)

Sow the end of September/October. Keep moist and maintain a temperature of 18-20°C for 2-4 weeks. After this the temperature must be lowered, preferably to between -4 and +4°C for 4-6 weeks. After this the temperature can be raised again to 15°C and germination should then occur. However the whole process does take some weeks, and sowing made in cold frames may not germinate until the following spring. The leaves can be used to sweeten fruit or be eaten raw in salads.

### Tansy (Perennial)

Sow in August/September at 15-18°C. Keep moist and cover the seed. Germination should occur after approximately 2 weeks after sowing. The dried leaves are used in Pot Pourri.

### Tarragon (Perennial)

Sow in August/September at 15-18°C. Keep moist and cover the seed. Germination should occur after approximately 2 weeks. The leaves can be used for seasoning salads and sauces.

### Thyme (Perennial)

Sow in August/September at 15-20°C. Keep moist and lightly cover the seed. Germination should occur within 2 weeks. Thyme could be multisown onto a plug tray to avoid the pricking out stage. Thyme is used extensively for seasoning.

### Welsh Onion (Perennial)

Sow either indoors in autumn or direct in open ground in spring. Cover the seed and keep moist. Propagate at 15-18°C. Can be multiseeded into a plug tray, so eliminating the pricking out stage as they may not transplant very well. Similar to Chives with the same uses.

### Wormwood (Perennial)

Sow in August/September. Lightly cover the seed and keep moist. Propagate at 15-18°C. Germination should occur after approximately 2 weeks. Very bitter taste, mainly used for medicinal purposes.

*Information provided for guidance only, as cultural practices and climatic circumstances vary.*