

Information About Growing Herbs






In our diets, we eat not only grains, bread, vegetables and pulses but also different types of herbs. Herbs make food more tasty and can also help digestion, and act as medicines. So it's a good idea to learn how to grow appropriate new types of herb. In this booklet we learn about some new types of herb, and how to grow and use them for more benefits in our diet and garden.

How to read the information on new herb varieties ?

Species	Oregano	Nasturtium	Lemon balm	Sorrel	Comfrey
Species					
Drawing of the Plant					
Age	up to 1 metre	potential	potential	potential	potential
Planting Method	sow seed in a tray, cutting in a nursery, and transplant	sow direct or raise cuttings in a nursery, and transplant	sow seed in a tray, and transplant	sow direct, or raise in a nursery	from root cuttings
Function	<ul style="list-style-type: none"> • mix with vegetables • medicinal • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • mix with vegetables • medicinal • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • tea • medicinal • companion planting • bee food (nectar) • edge plant • liquid manure 	<ul style="list-style-type: none"> • vegetables • companion planting • bee food (nectar) • edge plant • liquid manure • mulch material 	


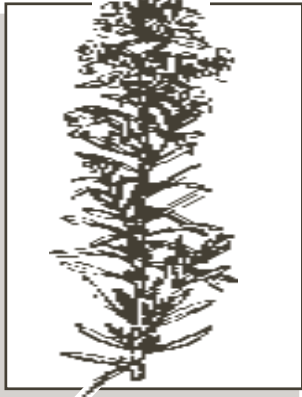



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Species	Balm	Basil		Borage	Chamomile	Lavender
Drawing of the Plant						
Height	1 metre	50 cm		50 cm	50 cm	50 cm
Age	perennial	annual		annual	perennial	perennial
Planting Method	sow direct, or raise in a nursery and transplant	sow direct, or raise in a nursery and transplant		sow direct, or raise in a nursery and transplant	sow direct, or raise in a nursery and transplant	raise in a nursery and transplant
Function	<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant • mulch material 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant • liquid manure 		<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant • liquid manure • mulch material 	<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant






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Species	Marjoram	Rosemary		Sage	Tansy	Thyme
Drawing of the Plant						
Height	50 cm	50 cm		up to 1 metre	1 metre	50 cm
Age	annual	perennial		perennial	annual	perennial
Planting Method	sow seed or plant cutting in a nursery, and transplant	sow seed or plant cutting in a nursery, and transplant		sow seed or plant cutting in a nursery, and transplant	sow seed or plant cutting in a nursery, and transplant	sow seed or plant cutting in a nursery, and transplant
Function	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant 		<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant • liquid manure 	<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant • liquid manure • mulch material 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant




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Species	Oregano	Nasturtium		Lemon Bergamot	Sorrel	Comfrey
Drawing of the Plant						
Height	50 cm	up to 1 metre		1 metre	25 cm	50 cm
Age	perennial	perennial		perennial	perennial	perennial
Planting Method	sow seed or plant cutting in a nursery, and transplant	sow direct or raise cuttings in a nursery, and transplant		sow seed in a nursery and transplant	sow direct, or raise in a nursery and transplant	from root cuttings
Function	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant 		<ul style="list-style-type: none"> • tea • medicine • companion planting • bee food (nectar) • edge plant • liquid manure 	<ul style="list-style-type: none"> • mix with vegetables • medicine • edge plant 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant • liquid manure • mulch material

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Species	Summer Savory	Feverfew	Parsley
Drawing of the Plant			
Height	50 cm	50 cm	30 cm
Age	annual	perennial	perennial
Planting Method	sow seed in a nursery and transplant	sow seed in a nursery and transplant	sow seed in a nursery and transplant
Function	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant 	<ul style="list-style-type: none"> • medicine • companion planting • bee food (nectar) • edge plant • liquid manure 	<ul style="list-style-type: none"> • mix with vegetables • medicine • companion planting • bee food (nectar) • edge plant