

Tips for Growing an Indoor Herb Garden



- **Choose year-round herbs.** Enjoy fresh herbs in your cooking all year long! Great ones to start with are: oregano, chives, thyme, parsley, basil, rosemary, sage and tarragon.
- **Give them sun.** Ideally, 8 hours of sun a day — if you have a southern facing window, that works well!
- **Soil choice matters.** Opt for *potting mix* , which is more likely than potting soil to be composed of organic matter with good drainage. Plant them in slightly acidic soil; you can add a soil mixture that is good for azaleas and roses, for example.
- **Give them breathing room.** To keep things simple, I like to plant the herbs in individual pots, as long as they have room to grow and wiggle their roots! But of course, they can share containers – just be sure to give them space and room to grow.
- **Water, but don't overwater!** I like to keep the little tags that come with my plants since I can never remember how much water to give my plants. The rule of thumb is to let the herbs dry out before watering.

Oregano (Greek)

This herb has small and flavorful leaves. It requires full sunshine and lots of drainage. Greek oregano is also a tender perennial that you'll have to bring inside during winter months.

Chives

Are a low maintenance, easy to grow perennial herb, grown for their onion-scented tasting leaves. These are a delicious addition to salads, and can be added to many other savoury dishes.

Thyme

This herb has heavily scented leaves and prefers less water. You do need to give thyme exposure to full sunlight and well-drained soil.

Parsley (flat-leaved)

Chefs prefer flat-leaved parsley over curly since it has more flavour. Parsley does best in moist, well-drained soil and can grow in partially shaded areas.

Basil

Relatively easy to grow, basil prefers sunny locations. It also does best in rich soil that's well-watered.

Rosemary

The resinous leaves of rosemary are highly aromatic. The herb requires cool climates with plenty of sun and moist (not wet) soil. It's also best to bring rosemary indoors for the winter.

Sage

Famed as part of a double act alongside onion in the famous sage and onion stuffing, sage is a strongly-scented herb that can be used to flavour many vegetable or meat dishes. Fresh or dried leaves are used to make teas. Sage loves a warm, sunny and sheltered spot - and is attractive enough to be grown alongside other ornamental plants.

Tarragon

The strongly aromatic, slightly aniseed flavoured leaves of perennial tarragon are ideal chopped and added to salads, fish, egg and chicken dishes.

