



FACEBOOK LIVE SEMINAR

Creating a Kitchen Garden with Herbs

Herbs create a beautiful aroma to your space in the home as well as being a tasty addition to any home-cooked meal. Starting your own herb garden in your home is not only simple, but enjoyable to put together. For the best tips and tricks to achieve the perfect sill-sized herb garden, Mike Westphal takes us through herb care and planting herbs in containers.

THE IN'S AND OUT'S OF HERBS

Herb gardening is deceptively simple and fun to maintain. Whether you are cooking for one or ten, Having fresh herbs at your disposal can change any culinary creation in seconds.

Versatility in Herb Gardening –

- You can plant herbs in numerous places and ways, making it extremely easy to keep up.
- Either start from seed or starter plant to have herbs all season.
- Can be grown indoors and outdoors.
- Always have fresh herbs at your disposal for any cooking or drink-mixing activity.
- Fun to maintain with your housemates or family.

Pro Tip: Make sure to plant herbs that you enjoy and love to eat. Spending time and care on herbs that you use often will help them produce more for you to pick from throughout the growing season.

INDOOR KITCHEN GARDENS

Kitchen gardens are designed to be indoor spaces that promote the fresh use of herbs or veggies. Drying herbs for the winter is also possible, but that is more when planting large amounts of herbs outdoors. For the sill-sized herb garden, you will want to pick some of your favorites to grow at your disposal while cooking.

Indoor Light Requirements –

Sun is essential to any plant growth, but especially with herbs indoors. Finding a sunny spot to place your herbs in is key.

- South-facing windows generally get sun most of the day, if there are no obstructions by the window. This would be the best spot to grow herbs indoors due to it being the most amount of light indoors.
- If you don't have a south-facing window, thyme, parsley, and mint are generally easier to grow and can be placed in a west facing window.
- If you have no sun at all, don't worry! You are still able to achieve an herb garden with grow lights. These are artificial lightings that provide a full UV spectrum for plants, as if they were growing under the sun. Check out our seminar on grow lights [here](#) if you would like to learn more.

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Containing Herbs Indoors –

Creating an herb garden in your home requires you to pot your herbs in some type of container. When buying starter plants, you may receive them in a plastic pot. This container is mostly temporary and will need to be changed out.

- Terracotta or pots with lots of drainage, is a good place to start with herbs. Making sure that the water filters all the way through the plant and out the bottom of the pot is key to a healthy root system.
- Keeping trays underneath your plants to protect your indoor surfaces is a great idea. When watering, make sure that there is no water sitting in these trays when they have filtered through the plant.
- Check out our seminar [here](#) on all the types of containers we encourage and use here at McDonald Garden Center.

Indoor Temperatures –

Most herbs don't mind a warm day and cool night, but some will like a consistent temperature. Thankfully, the temperatures that we like indoors are also liked by plants. Generally, herbs like temperatures between 65-75 degrees indoors.

- Keep in mind, when placing your indoor herb garden in windows, that windows fluctuate in temperature. So, if you are growing a plant like sweet basil, you will want to make sure that it is not touching the window or feeling those temperature changes.

Pro Tip: Touch the leaves of your plants to feel for temperature. If the plant leaves feel cold, the plant may be too cold!

TYPES OF HERBS FOR INDOOR GARDENING

- Parsley
- Thyme
- Oregano
- Chives
- Basil
- Cilantro
- Camomile
- Lemon Balm
- Rosemary
- Mint
- Sage

OUTDOOR KITCHEN GARDENS

Creating an herb garden in the land surrounding your home can also be considered a kitchen garden. A common practice from the French, brought over by colonists, outdoor kitchen gardens are to aid in fresh cooking. Outdoor kitchen gardens will be tended to more often than some of your other outdoor gardens and can have a design element to it to match your outdoor decor. These gardens are oftentimes smaller than your veggie garden.

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Outdoor Light Requirements –

Herbs don't necessarily need as much sun as veggies do, however, herbs outdoors need at least 4-6 hours of full sun everyday to grow efficiently.

Containing Herbs Outdoors –

Growing herbs outdoors is extremely versatile. You can plant them in the ground, raised beds, and even containers like indoor herbs.

Pro Tip: Consider the design of your garden when planting herbs. Make it fun with pretty containers, hanging baskets, or outdoor window baskets. Obelisks, trellises, and edible flowers are also fun ideas for adding flare to your herb garden.

TYPES OF HERBS, FRUIT, AND VEGGIES FOR OUTDOOR GARDENING

- Marigold
- Strawberries
- Dwarf Tomatoes (*various Chef Jeff varieties - Sweet Meat Cherry Red, Better Bush, Husky Red Cherry, Tidy Rose*)
- Peppers (*various Chef Jeff varieties - Jalapeño, Basket of Fire, Jericho, carmen pepper, sweet peppers*)
- Eggplant
- Dwarf, Pickle, or Bush Cucumbers
- Zucchini
- Squash
- Lettuce

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