



HOW TO START AN HERB GARDEN

Why Grow Herbs?

- Less space needed.
- Easy to grow in containers.
- Saves money, fresh herbs are expensive.
- If you can grow vegetables, you can grow herbs.

How to Grow Herbs:

- Consider fertility and drainage.
- Which variety do you want to grow?
- Keep perennial and annual herbs separate.
- Nearly all herbs can be grown from seeds.
- Cutting and division are also useful in propagating certain herbs.
- Although rust infects mints, very few diseases or insects attack herbs.

Let's focus on Mint:

- **Growing conditions:** Rich moist soil, shade or partial sun
- **Propagate from cuttings**
- **Varieties:** spearmint, peppermint, chocolate, apple, orange, etc.
- **Uses:** culinary: middle eastern cuisine, drinks (mojito, mint juleps)
- **Medicinal:** tea for stomach problems



Greek Cucumber Salad:



Recipe:

- 1/2 cup plain Greek yogurt
- 1/2 cup cucumber, peeled, seeded, grated, and squeezed to drain
- 1 clove garlic, grated
- 1 tablespoon fresh mint, chopped
- 2 tablespoons lemon juice (~1/2 lemon)
- Salt and pepper to taste
- Mix everything and let chill in the fridge for an hour

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