Herbs
Growing, Harvesting, and Preparation

Kathleen Cue, Nebraska Extension Educator
David Lott, Nebraska Extension Educator

Why Grow Herbs?
• Pack a nutritional punch
  https://go.unl.edu/freshherbshealthy
• Easy to grow
• Herbs vs. spices
• Annual, Perennial, Biennial, Tender Perennial
• Pollinators

Growing Requirements
• 6 hours of direct uninterrupted sunlight daily
  • Indoors 14 hours total of sunlight/supplemental light
• Well draining soil
  • Dense soil + overwatering = crown rot
  • Drainage holes in pots/Amend clay soil
• In pots: Need about 1 gallon of soil per plant

Growing Requirements
• Water Needs
  • Tepid is best
  • 1 inch of water per week
  • In pots, evenly moist
• Fertilization
  • Slow Release Granular
  • ¼ Strength Water Soluble
• https://go.unl.edu/growingherbs
Lifespan of Herbs

<table>
<thead>
<tr>
<th>Annual</th>
<th>Biennial</th>
<th>Tender Perennial</th>
<th>Perennial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Flat Leaf Italian Parsley</td>
<td>Rosemary</td>
<td>Oregano</td>
</tr>
<tr>
<td>Dill</td>
<td>Curly Leaf Parsley</td>
<td>Bay</td>
<td>Thyme</td>
</tr>
<tr>
<td>Cilantro</td>
<td></td>
<td></td>
<td>Sage</td>
</tr>
<tr>
<td>Cutting Celery</td>
<td></td>
<td></td>
<td>Chives</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mint</td>
</tr>
</tbody>
</table>

Things To Do Now

- Harvesting-Morning, after dew has dried
- Freezing/Drying/Roasting
- Dividing Plants
- Bring in Tender Plants
- Plant Garlic in October

Dill Plant Parts & Stages

Dill Weed  Immature Dill Seed  Mature Dill Seed

Container Herb Gardening

- Starting and Growing Indoors
- Growing in Winter
- Highly Portable
- “Themed” Herb Containers
- Control Invasive Herbs
**Indoor Herb Gardening**

- Various Container Size
- Design Herb Combinations
- Moist Soil and Plastic Wrap
- Inexpensive Indoor Lighting
- Temperature Needs – 75F

**Herb Gardening with Children**

- Fast Growing
- Portable
- “Forgiving” Plants
- Non-Toxic Material
- Easy Introduction to Nature!

**Questions?**

- Kathleen Cue
  - Dodge County Extension
  - 1206 W. 23rd
  - Fremont, NE 68025
  - (402) 727-2775
  - kcue2@unl.edu

- David Lott
  - Lincoln-Logan-McPherson Extension
  - 348 W. State Farm Road
  - North Platte, NE 69101
  - (308) 532-2683
  - dlott2@unl.edu