Dig Your Dinner



Presented by:

Anthony Reardon

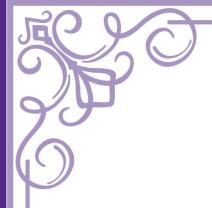
Horticulture - Small Farms Agent Johnson County Extension, KSRE



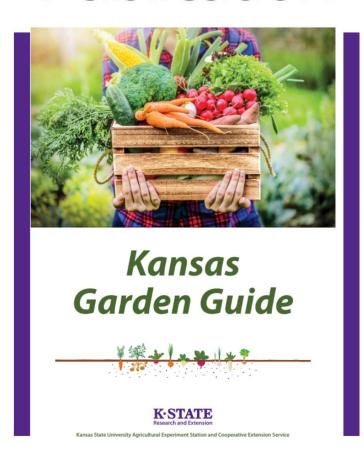


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Publication



https://bookstore.ksre.ksu.edu/pubs/S51.pdf Pgs. 123-127

Others



IOWA STATE UNIVERSITY Extension and Outreach Content by Category v News Encyclopedia Care and How-To Resources Publications FAQ Submit a Samp Growing Herbs Indoors Even while the weather is cold outside, it is still possible to enjoy fresh herbs for cooking. Taking advantage of a sunny window in your home can allow for herbs to thrive all year. Best Species for Indoors | Growing Conditions | Harvesting Indoor Herbs | More Information Best Herbs for Growing Indoors Just about any herb has the potential to be grown indoors. There are, however, a few species that do better with indoor growing conditions. These herbs tolerate the lower light levels, low humidity, and cooler temperatures found indoors, making them the best herbs to start with when growing herbs inside your Best Herbs for Indoors mint Basil, chives, and thyme growing indoors on a sunny windowsill chives basil oregand cilantro While still relatively easy to grow inside, rosemary, sage, lemon balm, marjoram, chervil, and bay laurel are good species to try next as they can be successful indoors but have higher than normal light requirements and/or significant pests (like spider mites) when grown indoors. **K-STATE** Kansas State University Agricultural Experiment Station and Cooperative Extension Service

https://extension.missouri.edu/media/wysiwyg/Extension - data/Pub/pdf/agguides/hort/g06470.pdf

extension missouri.edu > lawn and garden > vegetables > g6470

<u>https://hortnews.extension.ia-</u> <u>state.edu/growing-herbs-indoors</u>

What is an Herb?

- "A useful plant."
- "An herbaceous plant absent woody stems, which dies back to its crown." -Botanical.
- "A plant or plant part valued for its medicinal, savory, or aromatic qualities."
- Plant's oils + chemical compounds dictate their desirability
- Can be leaves, seeds, stalks, flowers, roots



Before Growing:

- Consider Individual Needs
 - What is your reason for growing indoor herbs?
 - Which plants can best achieve this?
- Allocating Indoor Space
 - Is there a realistic amount of room available for your vision?
 - Our How much natural light is available?
 - Our How close to a water source will they be?
- What about your life could hinder a successful indoor herb garden?
 - Have a cat? Curious children? Travel a lot?



Containers

Plants will follow the same guidelines as potted plants and houseplants.

Clay Pots

 Porous. Best for woody herb vegetation that needs to dry out between waterings.

Plastic Pots

 Retains moisture longer. Best for plants that need consistently moist soil.

Hanging Planters

Drainage



Soil and Water

- pH of 6.0-7.0 is best for most
 - Can potentially vary by plant
 - Ex. Rosemary 5.0-6.0
- Mixes available specifically for herbs
 - Consistently moist but not saturated
 - Adequate drainage
- Do NOT require frequent fertilizing
 - Excessive leaf growth with poor flavoring
 - Aim for slow & compact growth
 - Use a 5-10-5 or similar



Lighting

- Most herbs prefer full sun
 - 6-8 hours of direct sunlight a day
 - Improves development of plant oils
- Some can tolerate light shade
 - May become leggy and produce less
- South-facing sunny window is best
 - May be able to get by with east or west



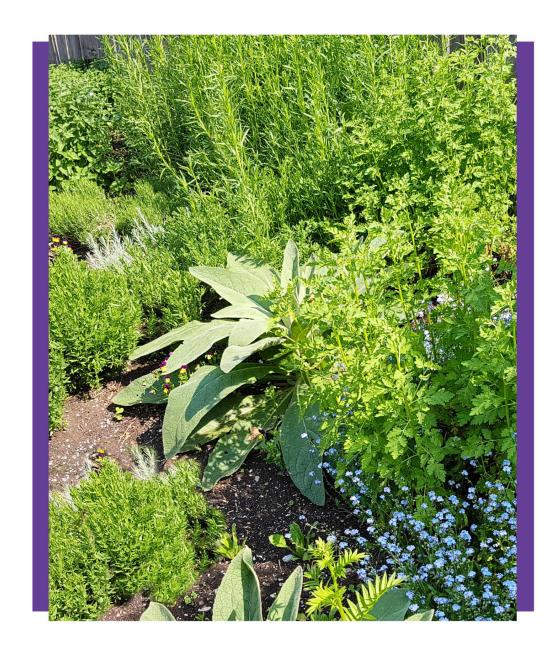
Grow lights or fluorescent supplementation may be necessary

Common Herbs to Kansas Gardens



- Basil
- Bay
- Chives
- Coriander/Cilantro
- Dill
- Fennel
- Lavendar
- Lemon Balm

- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Savory
- Tarragon
- Thyme



Herbs Commonly Grown Indoors

- Basil
- Chives
- Mint
- Oregano
- Parsley

- Rosemary
- Sage
- Thyme
- Cilantro
- Dill
- Higher tolerance for lower light, less humidity, and cooler temperatures



Basil

- Numerous varieties available
 - Select based on the herbs' ultimate purpose
 - Spicy/sweet/lemon
 - Seasoning/fragrance/looks
- Pruning essential during maintenance
 - Instigates new fresh growth
 - Prevents woody stems and bitter flowering
- Will eventually flower and die annual plant



Chives

- Very light dependent
 - May die back some in the winter months
- Harvest by snipping leaves at the base
- Remove flower stalks for more leaves
 - Conserve energy bulb plant



Mint

- Container growing is best
 - Aggressive in the garden
- Pinch tips of the plant regularly
 - Promotes fuller growth; discourages leggy-ness
- Remove blooms to preserve potency
 - Reallocates nutrients
- Periodically cut back to control woodiness
 - Around 2" from soil



Oregano

- Numerous varieties available
 - Upright, prostrate, mounding
 - Select appropriate pot size for variety
- Pinch top growth to encourage fullness
- Remove flowers to retain best flavor
- Never remove more than 1/3rd of plant



Parsley

- Performs best in sunny locations
- Direct seeding very successful
 - Germination may take up to 5 weeks
- Remove flowers to conserve energy
- Harvest stalks from the outside inward
- Biennial. 2nd year will be more bitter.



Rosemary

- Plan for repotting every couple of years
 - Woody shrub. Gets large.
- Drought tolerant once established
- Dwarf varieties available
- Keep it warm not cold hardy
 - Will benefit from extra sunlight



Sage

- Seed growth is slow
 - Better to propagate from cuttings
- Be prepared to repot
 - Large woody shrub
- Should be hard pruned in the spring
 - Remove dead a woody stems
 - Leave new growth



Thyme

- Outdoor hardy if it's healthy
 - Zones 5-9
 - Commonly an evergreen depending on variety
- Needs good air circulation
 - Prone to fungal diseases
- Prefers ample sunlight
- The more you prune, the faster it grows
 - Stimulates new growth



Cilantro

- Prefers afternoon shade if hot out
- Direct seeding may require husk removal
- Remove flowers to conserve energy
 - Allow flowers to grow coriander seeds
 - Will eventually bolt and die
- Harvest stalks from the outside inward
- Long taproot. Will not transplant well
 - Deep and wide pot



Dill

- Long stalks
 - Stake. Will be taller indoors
 - Lower light availability
 - Protect from wind/breezes
- Deep taproot. Will not transplant well
 - Deep and wide pot
- Flowers and seeds are also edible
- Harvest as needed reserving 2/3rds of plant



Good drainage +

6 - 8 hours of direct sunlight



Pest/Disease Issues

Insects

- Neem Oil
 - May cause damage to herbs. Use carefully
- Insecticidal Soap

Fungal Problems

- Remove infested leaves and adjust watering
- May use a labeled fungicide depending on disease

Always follow label instructions







Questions?

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Master Gardener Hotline

garden.help@jocogov.org 913-715-7000



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<u>Disclaimer:</u>

Health statements about herbs have not been evaluated by the FDA.

Information presented is not intended to diagnose, treat, cure, or prevent any disease or condition. If you have a health concern or condition, consult a physician or health care professional.



When Do I Add Herbs in the Cooking Process?

Delicate Herbs

- Add a minute or two before end of cooking
- Sprinkle on food before serving
- Examples include parsley, basil, cilantro, chives, mint, dill leaves

Less Delicate Herbs

- Add early in cooking process or last 20 minutes of cooking
- Examples include rosemary, tarragon, thyme, and dill seeds

Some foods, like breads and batters, may need fresh herbs added at the beginning of cooking no matter the type of herb.

For uncooked foods, like dips and spreads, fresh and dried herbs should be added several hours before serving to allow flavors to blend.



NOTE: When doubling a recipe do NOT double spices and herbs. Increase amounts by 1 to 1.5x, then taste and add more if needed.

Keys to Keeping Dried Herbs Fresh

- Avoid moisture, light, heat, and air.
- Store completely dry herbs in airtight containers in a cool and dark place.
- Store as whole leaf or see to retain more flavor. Crush or grind before use.
- Properly stored dried herbs last about 6 months to 1 year.
- To check for freshness, rub small amount in your hand. If aroma is fresh, rich and immediate it can still flavor foods.



Drying

- Dehydrator drying is a fast and easy way to dry high quality herbs because temperature and air circulation can be controlled.
- Less Tender Herbs Tie into small bundles and hang them to air dry.
 - Better color and flavor retention usually results from drying indoors vs outdoors.
- Tender-Leaf Herbs Hang tender-leaf herbs or those with seeds inside paper bags to dry.
 - Tear or punch holes in the sides of the bag. Suspend a small bunch of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bag.



Drying

- Another method, especially nice for mint, sage or bay leaf, is to dry the leaves separately. In areas of high humidity, it will work better than air drying whole stems.
 - Remove the best leaves from the stems.
 - Lay the leaves on a paper towel, without allowing leaves to touch. Cover with another towel and layer of leaves.
 - Five layers may be dried at one time using this method. Dry in a very cool oven. .



Freezing

Freeze in oil or water

- Chop or use sprigs and leaves
- Place in ice cube trays in amounts that are normally used in a recipe (1 tablespoon).
- Cover with oil or water
- Add directly into cooked food or during the cooking process.



Freeze

- Place on a tray and cover lightly with plastic wrap, freeze overnight.
- Place in a ziploc or vacuum seal bag with date and name.
- Works best for hearty herbs.

Herb Seasoning Mixes

- Herb Salt
- Herb Sugar
- Homemade seasoning mixes



Tea Infusions

- Steeping herbs in boiling water (also known as infusing) will produce the strongest tea.
- Herbs should be steeped for at least 15 minutes and then strained out.
- In general, making tea with fresh herbs requires three times as much as with dried herbs.
- Most teas are made using 1 teaspoon dried primary herb and ½ teaspoon dried secondary herb per cup.



Herb Infused Oils & Vinegars

- Can be made but MUST follow specific guidelines when making and storing to ensure safety
- Herb Infused Oils
 <u>https://hgic.clemson.edu/factsheet/herb-infused-oils/</u>
- Herb Infused Vinegars
 https://hgic.clemson.edu/factsheet/flavored-vinegars/



Herb Butters and Jellies

- Use 1 stick of butter (1/2 cup) to 1/4 cup chopped fresh herbs.
- For jellies, used approved and tested recipes from reputable sources.



Basil

 Pairs well with apricots, bell peppers (red), broccoli, blueberries, carrots, cheeses, compound butters, corn, peaches, peas, pesto potatoes, marinades, rice, tomatoes, white beans, zucchini.

 Complementary herb and spice pairings: chives, cilantro, garlic, oregano, mint, parsley, rosemary, thyme

Contains essential nutrients like calcium and vitamin K

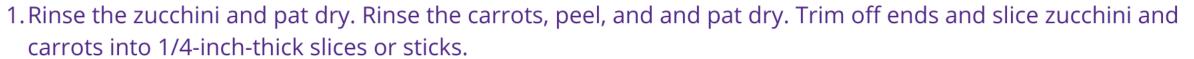
Taste: sweet

Avoid tarragon!



Zucchini with Herbs

- 1.5-pounds zucchini and carrots
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon butter
- 1 teaspoon garlic clove, minced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh dill, chopped
- 2 teaspoons fresh chives, chopped
- 1/2 teaspoon fresh tarragon, chopped



- 2. Heat olive oil in a large skillet over medium-high to high heat. Add zucchini, salt and pepper.
- 3. Cook zucchini and carrots while shaking and stirring the skillet, turning occasionally with a spatula, for about 8 minutes. Add carrots first and cook for a few minutes if you prefer not as soft zucchini.
- 4. Add butter to the skillet and stir gently until melted.
- 5. Sprinkle zucchini with garlic and herbs. Toss and serve.



Chive

- Pairs well with avocados, egg dishes, fish, potatoes, salmon, root vegetables, zucchini
- Complementary herb and spice pairings: basil, cilantro, fennel, parsley, tarragon
- May help lower blood pressure
- Related to garlic, leeks, onion, shallots
- Always use fresh, not cooked



Cucumber and Herb Dressing

- 1 small cucumber, peeled, seeded and chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon nonfat or low-fat plain yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 1/2 teaspoon salt

1. Puree cucumber, oil, vinegar, chives, parsley, yogurt, mustard, sugar and salt in a blender until smooth.

Cilantro

 Pairs well with avocado, bell pepper, coconut milk, corn, cucumber, dressings, eggs salads, salsas, sauces, soup, rice, figs, yogurt,

- Complementary herb and spice pairings: basil, chives, dill, garlic, ginger, lemon grass, mint, parsley
- May support heart health.
- Taste: sweet, sour (lemonly and floral qualities)
- Always use fresh, or add at the very last minute
- Use cilantro to add cooling note to chile pepper-spiced dishes



Cilantro Lime Chicken

2 tablespoon olive oil
4 cloves garlic, minced
1/2 teaspoon cumin
1/2 teaspoon salt
Black pepper, to taste
2 limes, divided
1/2 bunch cilantro, divided
6 boneless, skinless chicken thighs (about 1.5 pounds)



- 1. Combine the olive oil, minced garlic, cumin, salt, and some black pepper in a small bowl.
- 2.Zest one lime and juice it until you have 2-3 tablespoons juice. If needed, juice half of the second lime. C the remaining lime into wedges to garnish the chicken once cooked.
- 3. Roughly chop the cilantro. Add 1 teaspoon of the lime zest and lime juice, and half of the chopped cilantro to the marinade. Stir to combine.
- 4. Place the chicken thighs in a large zip top bag. Add the marinade and toss the chicken to coat and marinate for 30 minutes or up to 8 hours (refrigerated),
- 5. When ready to cook the chicken, heat a large skillet over medium-high heat. Cook for 5-7 minutes on each side, or until well browned and cooked through.
- 6. Top the cooked chicken with more fresh cilantro and a squeeze of fresh lime juice. Serve with any extra lime wedges.

Mint

- Sweet, spicy aroma
- Pairs well with asparagus, beans, carrots, chocolate, cucumbers, eggplant, fruit, jellies, lamb, peas, potatoes, tea, tomatoes, yogurt
- Complementary herb and spice pairings: basil, clove, cumin, dill, ginger, , parsley, thyme
- May aid in digestion and have antimicrobial properties
- Avoid oregano (some say)
- Peppermint is use more often in sweet dishes



Green Beans with Lemon-Mint Dressing

- 1-pound green beans
- 2 tablespoons finely chopped fresh mint leaves
- 1 tablespoon minced shallot
- 2 tablespoons fresh lemon juice
- 1-1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
 - 1. Wash beans and trim; leave whole or cut.
 - 2. Set a steamer basket in a medium to large saucepan filled with 2-inches of water. Put the beans in the basket, above the water.
 - 3. Bring the water to boil over high heat, then reduce heat to medium.
 - 4. Cover and steam for 7 to 8 minutes, depending on how tender or crisp you like your beans.
 - 5. Meanwhile, combine the mint and remaining ingredients in a large bowl, and stir with a whisk.
 - 6. Drain green beans, discarding the liquid; add to bowl, and toss to coat.



Rosemary

- Pairs well with apricots, beans, bell peppers, cabbage, eggs, eggplant, fish, lamb, lentils, marinades peas, pork, potatoes, poultry, soups, stews, tomatoes, winter squash
- Complementary herb and spice pairings: bay, chives, garlic, lavender, mint, oregano, parsley, sage, thyme
- Contains antioxidants and may support cognitive health
- Has a strong flavor
- Avoid corn, middle eastern cuisine, salads, zucchini (some say)



Fresh Rosemary Shortbread Cookie

1 cup butter, softened1/2 cup confectioners' sugar2 cups all-purpose flour2 tablespoons minced fresh rosemary1/2 teaspoon sea salt



- 1. In a large bowl, cream butter and confectioners' sugar until light and fluffy, 5-7 minutes. Combine the flour, rosemary and salt; gradually add to creamed mixture and mix well.
- 2. Shape into two 8-1/4-in. rolls; securely wrap each roll. Refrigerate overnight. Cut into 1/4-in. slices. Place 2 in. apart on ungreased baking sheet.
- 3. Bake at 350° for 11-13 minutes or until edges begin to brown. Cool for 1 minute before removing from pans to wire racks. Store in an airtight container.

Sage

 Pairs well with asparagus, beans, cherries, fatty meats, oily fish, goose, liver, pasta, poultry, potatoes, soups, stews, stuffing, tomatoes

 Complementary herb and spice pairings: bay, caraway, ginger, paprika, parsley, thyme

 May support cognitive health, antioxidants, and has antimicrobial effects

• Taste: sweet, bitter, sour

 Always use cooked, never raw, add near end of cooking process



Pork Chops with Apple, Fennel and Sage

8 boneless, thin-cut pork chops (1-1/2 pounds)

1/8 teaspoon Kosher salt

1/8 teaspoon freshly ground pepper

1 tablespoon extra-virgin olive oil

2 tablespoons unsalted butter

1 leek, white and light green parts only, thinly sliced

1 fennel bulb, halved lengthwise, cored and thinly sliced crosswise

1 Fuji apple, halved lengthwise, cored and thinly sliced

8 small sage leaves, coarsely chopped

1 cup apple juice

- 1. Season pork chops with salt and pepper. In a very large skillet over high eat, add oil and add pork chops, Cook for about 3 minutes per side, until browned and cooked to 145 degrees Fahrenheit. Set aside.
- 2. In the same skillet, melt the butter. Add the leek and cook over moderate heat until tender, about 3 minutes. Add the fennel and apple and cook, stirring occasionally, until softened, about 4 minutes. Add the sage and cook until fragrant, about 30 seconds. Season again with salt and pepper and transfer to a platter to keep warm.
- 3. Pour the apple juice and any accumulated pork juices into the skillet and boil over high heat until thickened, about 4 minutes. Set the pork on top of the fennel and apples, pour the sauce over the pork and serve at once.

Questions?

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