

# Growing Fresh Herbs Indoors

There's nothing like fresh herbs to add flavour and fragrance to your favourite recipes. Packaged herbs can be quite costly to buy and quite often don't compare to the flavour of freshly snipped herbs. No matter what the season, potted herbs will bring colour and texture to any windowsill.

## Helpful Tips for Growing Herbs Indoors

Place potted herbs in a brightly lit window; if you require supplemental light try our **LiteStik**; this stake can be inserted into any indoor pot to provide additional light to plants.

Check plants often for moisture; plants with woody stems such as Thyme and Oregano can stay on the dry side, however soft stemmed plants such as Basil and Dill should not be allowed to dry out extensively.

Fertilize every two weeks to encourage new growth. Use a water soluble fertilizer such as liquid kelp (Seaweed Plant Food). This organic fertilizer has a good balance of essential nutrients. For Basil, use Epsom Salts (magnesium sulphate). Basil loves magnesium!! Pinch regularly (and use for cooking!) to encourage new growth and give plants a well rounded shape.

## Varieties

There are several varieties to choose from, here are some great choices for growing indoors:

### Basil

A very popular herb for cooking, Basil is the perfect herb to stir into pasta sauces, meat recipes, and many other dishes. It's one of the few herbs whose flavour increases once cooked. Provide bright light, do not overwater.



### Lavender

A popular fragrance in soaps and sachets, lavender will grow well indoors in winter, but enjoys a break outdoors once spring arrives. The most fragrant of all herbs, lavender can be allowed to dry out well between waterings.



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### Mint

So many choices! Beyond spearmint - chocolate, grapefruit, lemon and so many more mint varieties are available. One of the easiest herbs to grow indoors or out, do not allow mint to dry out extensively, and pinch often for busy growth. Excellent for tea!

### Oregano

The most popular Oregano for cooking is Greek, however sweet, spicy, golden and more are available. Dubbed the “pizza herb” Oregano is excellent for flavouring meat sauces, and virtually any Italian recipe! Pinch back often, and take care not to overwater.



### Rosemary

This slow growing herb is powerful and a little goes a long way. Use the tender tips for cooking and the older leaves for potpourri or sachets. Use stronger, older stems as skewers for barbecuing meat and chicken.

### Sage

Popular for flavouring poultry and dressings, sage reminds everyone of Thanksgiving and Christmas. This strong herb prefers to stay on the dry side and requires frequent pinching to promote the most flavourful tender growth.



### Thyme

The underlying flavour in countless dishes, thyme can be used for soups, sauces, rubs - anything! Also one of the easiest herbs to grow.

Greenland also carries a wide selection of unique herbs such as Stevia, variegated Basil, Sorrel and much more. For current availability call 780-467-7557 or email [sharla@greenlandgarden.com](mailto:sharla@greenlandgarden.com)



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