



GROW FLAVORFUL & NUTRITIOUS HERBS INDOORS



GROWING HERBS INDOORS

- Windowsill Herb Garden

LIGHT

- Often a limiting factor to success
- Most herbs need 6 to 8 hours of bright (direct light)
 - South facing window usually best
- Signs plants are not receiving sufficient light
 - Leggy growth
 - Trimming Overwintering Leggy Annuals
 - Pale leaves
 - Plant bending toward the light
- Supplement with artificial light
 - Selecting Artificial Lights for Indoor Gardens
 - Lights on 14-16 hours per day
 - Lights 6-12" above top of plants
 - Set plants on reflective surface to bounce light into bottom of plants
 - Extend day length for those growing in bright location
 - A few from Gardener's Supply shown during the webinar
 - Micro Grow Light Garden
 - Bamboo Mini LED Grow Light Garden

CONTAINERS

- Drainage holes
- Clay pots
 - Dry out faster
 - Good choice for those that overwater
 - Plain or decorative options
- Plastic
 - Hold moisture longer
 - Good choice for those that tend to underwater
 - More colorful and decorative options available

Utility-friendly Tree Planting Tips from We Energies

Trees growing too close to power lines can cause sparks, fires, power outages and shock hazards. To avoid these problems, plant trees that won't interfere with power lines when fully grown. Small ornamental trees or shrubs that will not exceed 15 feet in height such as serviceberry, dogwood and low-growing evergreens are best to plant around power lines. Trees such as maple, basswood, burr oak, white pine or spruce grow more than 40 feet high and should be planted more than 50 feet from any overhead power lines.

And don't forget to call 811 at least three days before planting to check the location of underground services.

Learn more utility-friendly planting tips at we-energies.com.



- Glazed - Ceramic
 - Hold moisture longer
 - Decorative
 - Heavy
- Herb gardens from Gardener's Supply shown during the webinar
 - **Galvanized Herb Planters with Rectangular Tray**
 - **Mini Cube Self-Watering Herb Planter**
 - **Viva Round Self-Watering Planter**
- DIY self-watering
 - Convert soda bottles into self watering pot
- Rectangular planter boxes for mixed plantings
- Vertical - wall planters
 - **Green Wall for Vertical Appeal**
 - Small amount of soil - monitor soil moisture frequently
 - Provide light to all plants
 - Catch water to avoid damaging floors and furniture
 - A few examples
 - Commercial - plastic
 - Wood wall planter
 - DIY shoe caddy
 - **Green Walls - Vertical / Wall Gardens**
- Recycle - repurpose for fun
 - Parsley in copper colander
 - **Uncommon Containers**
- Hanging baskets - not just for outdoors
 - Creeping (prostrate) Rosemary
 - Gardener's Supply Hanging Shelf

REDUCE MAINTENANCE AND INCREASE HUMIDITY (FOR THOSE HERBS THAT NEED IT)

- Gravel tray
 - Fill saucer or tray with pebbles
 - Water thoroughly and allow excess water to remain in pebbles
 - Pot elevated above the water on the pebbles
 - As water evaporates, it increases humidity around the plants

Landscaping Around We Energies Utilities

Plants and other landscaping features can interfere with utility equipment and cause safety risks. Remember to:

Maintain equipment visibility: Use techniques that camouflage rather than hide utility equipment. Hearty grasses and/or flowers are preferred. They provide aesthetic improvements and grow back quickly should equipment access be necessary.

Ensure easy access: When fencing is used, choose a split-rail type, which can be easily dismantled when equipment access is needed. Be sure fences are located more than 3 feet from transformer sides and no permanent fence post is located in front of transformer door.

Keep proper clearance: When woody shrubs or bushes are used, place them more than 3 feet from transformer sides and more than 10 feet from its door. Keep future growth in mind for the size of shrubs or bushes.

Learn more utility-friendly planting tips at we-energies.com.

- No need to pour off excess water
- **Keep Indoor Plants Healthy Over Winter**

PROTECT FURNITURE AND WINDOWSILLS

- Felt or cork mats
- Plastic tray
- Old waterproof placemats

QUALITY POTTING MIX

- Selecting the Best Potting Mix
- Holds moisture
- Drainage a must
- Include low nitrogen, slow-release fertilizer if none included in potting mix

HYDROPONICS

- DIY or purchase
- Takes the mystery out of watering

TEMPERATURE

- Most tolerate normal room temperature - if you're comfortable, plants are fine
- Cooler at night is okay
- Basil needs warm temperatures - avoid cold drafts

GETTING STARTED

- Purchase transplants
 - **Selecting Healthy Plants**
 - Garden Center
 - Produce department in grocery store is often only option in winter
 - Quicker results when starting with plant versus seeds
- Seeds
 - Starting Plants from Seeds
 - Greater selection
 - May be only option in winter



About Melinda

Nationally known gardening expert, TV/ radio host, author & columnist Melinda Myers has over 30 years of horticulture experience and has written over 20 gardening books, including *Can't Miss Small Space Gardening*, the *Midwest Gardener's Handbook*, and *Jackson and Perkins' Beautiful Roses Made Easy*. She hosts the nationally-syndicated "Melinda's Garden Moment" program airing on over 115 TV and radio stations throughout the U.S. Melinda also hosts the internationally distributed Great Courses "How to Grow Anything" DVD series, including the latest *Food Gardening for Everyone* DVD set. She is a columnist and contributing editor for *Birds & Blooms* magazine, writes the twice monthly "Gardeners' Questions" newspaper column and a nationally-distributed gardening column. She appears regularly as a guest expert on national and local television and radio shows.

Visit Melinda's website,
melindamyers.com

UPCOMING WEBINARS

January 27th

Low Maintenance Houseplants for Low Light Situations

February 3rd

Organic Control for Houseplant Pests

February 10th

Getting Started Growing Vegetable & Flower Gardens

February 17th

Growing Nutritious and Flavorful Edibles Indoors

February 24th

Low Maintenance Gardening for Loads of Beauty & Health Benefits

February 27th

Creating a Private Space: Design Strategies for Screening, Privacy and More

March 3rd

10 Ways to Spice Up Your Garden with Summer-Blooming Bulbs

- Takes longer
 - Several weeks to germinate
 - A month or more to reach size that can be harvested
 - Plant seeds in cell packs, peat pots or directly in their individual pots or planter
 - Keep potting mix moist and warm
 - Move to sunny window or under light as soon as green appears
 - **Pointers for Starting Plants from Seed**
- Cuttings
 - **New Herb Plants from Old**
 - Non-patented varieties
 - Short cuttings (3")
 - Root in vermiculite, perlite or potting mix
 - Keep rooting medium moist
 - Loosely cover with plastic bag
 - Place in warm, bright, indirectly lit location
 - Roots in about 2 weeks
 - Move to container with potting mix if needed

BRING POTTED PLANTS IN FOR WINTER

- **Moving Houseplants Indoors**
 - May suffer leaf drop during acclimation
 - Often bring insects in along with the plant
 - Monitor and use organic insecticides if needed

A FEW HERBS TO CONSIDER

- **BASIL**
 - Grow in sunny window with at least 6 hours of direct light
 - Moist, not soggy soil, don't allow to get too dry
 - Warm temperatures, no cold drafts
 - Bambino Purple - compact, smaller leaves
 - **Purple Leaf Basil Varieties**
 - AAS Winner **Sweet Dani Lemon Basil**
 - ◆ Strong lemon scent

- Harvesting and using basil
 - Use sharp kitchen scissors or pruner
 - Cut stem above set of leaves
 - Harvest just what you need, when you need it
 - Use to flavor beverages, as pizza topping, in sauces and more
 - ✦ **Grow Your Own Cocktail Herbs**
 - ✦ **Growing Basil Indoors**

- **CHIVES**

- Bright light
- Tolerate normal room temperatures
 - AAS **Geisha Garlic Chives** - mild garlic flavor
- Overwinter potted chives in sunny window or unheated garage
- Harvest
 - Cut a few leaves back to 2" above the soil surface
 - Use to flavor baked potatoes, salads, butter and any dish where mild onion flavor is desired

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- **CILANTRO**

- Cool temperatures delay flowering
- **Regular harvesting**
 - AAS **Delfino** - finely dissected leaves, more heat tolerant
 - Slo Bolt Cilantro
- Flowers are edible - seeds are coriander

• **LEMON BALM**

- Strong light
 - Water when soil surface just dries
 - Harvest and use
 - Fragrance and lemon flavor
 - Beverages, poultry, fish and desserts
- ✦ **Grow Some Calming Mood Busting Lemon Balm**

• **MARJORAM**

- Strong light
- Water when soil surface just dries
- Harvest and use
 - Mild oregano flavor, used in sausage, turkey stuffing, soups, lamb, veal, stews and vegetable dishes

• **MINT**

- Strong light
- Water when soil surface is dry - don't let dry out
- Cool temperature tolerant
 - **Chocolate Mint**
- Harvest leaves and stems as needed
 - Dress up desserts, flavor beverages, tea and more

• **OREGANO**

- Moderate to strong light
- Water when soil surface is dry - don't let dry out
- Cool temperature tolerant
 - Humile - compact, creeping growth habit
 - Variegated oregano - ornamental and edible
- Harvest leaves and use
 - Sauces, soups and stews, Italian, Mexican, Central American and Middle Eastern cuisine

• **PARSLEY**

- Grow in deep pot
- Strong light
- Moist, well-drained organic soil
- Harvest leaves and use
 - Garnish, breath freshener, cilantro substitute, pesto, stuffing, soups, salads and vegetable dishes



- **SAGE**

- Strong light
- Well-drained soil
- Place on pebble tray
- Harvest and use

- **Sage, a Holiday Herbal Favorite**

- **STEVIA**

- Bright light
- Well-drained soil
- Harvest and use
 - Nature's sweetener; drinks, sauces, or to manage sweet craving

- **Sweeten Your Garden and Meals - Stevia**

- **THYME**

- Sunny window
- Well-drained potting mix
- Warm temperatures
 - Lemon thyme - attractive leaves, lemon fragrance and flavor
 - ◆ Best used fresh and at end of cooking process or it loses flavor
- Harvest leaves and use
 - Used in a variety of cuisines

- **LAVENDER**

- **Growing Lavender Indoors**
- Strong light
- Cool spot
- Water when top inch of soil is dry
 - French lavender
 - 2020 National Garden Bureau Year of Lavender
- Harvest leaves and use
 - Baked goods, beverages, aromatherapy and more
 - **Preserving and Using Fragrant Lavender**

• **ROSEMARY**

◦ **Growing Rosemary Indoors**

- Strong light
- Moist soil - do not let it dry out
- Cool temperatures
- Find the location that works best for you and the plant

■ **Overwintering Rosemary is Wilting and Dying**

- Harvest leaves and use
 - Meat dishes, soups, sauces, potato dishes, beverages, aromatherapy

• **BAY**

- Bright light (east or west facing)
 - Well-drained potting mix
 - Allow soil to dry slightly
 - Good air circulation to prevent mildew
 - Watch for scale - organic Summit Year-Round Spray Oil
 - Bay Leaf Plant Has Sticky Leaves with Black Spots
 - Harvest and use leaves
 - Oldest leaves have strongest flavor
 - Soups, stews, ratatouille
- ✦ **Garden Fresh Recipe: Ratatouille**

HARVESTING TIPS

- **Harvesting, Using and Preserving Herbs**
- Sharp scissors
- Harvest just what you need for freshest flavor
- Fresh herbs are less potent than equal size of dried

ADD TO THE TABLE

- Let everyone season their own dishes

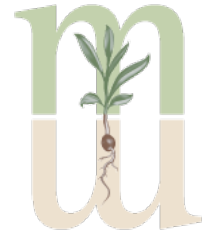


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