

Culinary Herbs

In The Kitchen

Fresh herbs should be added last, when the dish has been removed from the oven, stove top or other heat source.

Dried herbs should be added early in the cooking process to give them time to re-hydrate.

In The Garden

Annual herbs will die off after a single growing season. However, self-seeding annuals may re-plant themselves.

Perennial herbs do not need to be replanted every year!

Basil



In the Garden: Annual

In the Kitchen: Best used fresh. Use Italian basil for pasta, pesto and pizza. Try Thai basil in Asian dishes.

Hydroponics: Transplant small plants into soil pots to give away or sell.

Recipe Suggestion: [Basil Pesto](#)

Oregano



In the Garden: Perennial

In the Kitchen: Best used dried.

Pairs well with tomato or olive oil dishes, such as pasta or pizza.

Hydroponics: How long will it live?

Recipe Suggestion: [Pizza Roll-Ups](#)

Parsley



In the Garden: Annual

In the Kitchen: Use fresh for best flavour. It's versatile and rich in iron.

Hydroponics: It grows bushy, so plan accordingly

Recipe Suggestion: [Falafel](#)

Sage



In the Garden: Perennial

In the Kitchen: Often used dried. Popular in Thanksgiving dishes, roasted vegetables, meats and cheeses.

Hydroponics: Has very soft leaves.

Recipe Suggestion: [Roasted Vegetables](#)

Rosemary



In the Garden: Perennial (indoors)

In the Kitchen: Use fresh or dried. Great for stews, soups, vegetables, bread and biscuits.

Hydroponics: Tricky! Use rockwool.

Recipe Suggestion: [Tomato Sauce](#)

Dill



In the Garden: Annual (self-seeding)

In the Kitchen: Best when used fresh. Tastes great with creamy sauces, seafood and pickled or roasted veggies.

Hydroponics: Will you let it flower?

Recipe Suggestion: [Fermenting](#)

Thyme



In the Garden: Perennial

In the Kitchen: Can be used fresh or dried. Adds flavour to chowder, soups, sauces, lamb, fish, chicken and beef.

Hydroponics: Try seed saving!

Recipe Suggestion: [NS Hodgepodge](#)

Cilantro



In the Garden: Annual (self-seeding)

In the Kitchen: Should be used fresh. Pairs well with spicy dishes. It is the most popular herb worldwide!

Hydroponics: For fresh salsa, pair with hydroponics cherry tomatoes

Recipe Suggestion: [Moroccan Stew](#)

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For recipes and more information about herbs:
[Storage, Preparation and Cooking Tips](#)

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Rosemary



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