

GCT Herb List 2022

Garden Club of Teaneck
www.gardenclubofteaneck.org



BASIL

Tender Annual, part shade to full sun
Ocimum basilicum

Varieties on sale: 'Devotion' (large-leaved), 'Lemon' (lemon taste), 'Thai' (peppery), 'Genovese' (most popular), 'Prospera' (compact).

Basil migrated from India to the Mediterranean basin. It is used in dishes all over the world

PLANT the small seeds 1/4" deep in warm, well-drained soil. If you are planning on cooking with the basil, don't plant near driveways or streets. Thin young plants to 10"-12" apart. Pinch the center of the basil to keep it from bolting. Basil's flavor oils are best in mid-summer.

COOK in numerous dishes. especially pesto and tomato sauces.

CHERVIL

Annual, part shade, early spring
Anthriscus cerefolium

Chervil grows easily in part-shade to full sun, in two seasons (early spring and fall).

PLANT: Sow seeds directly outside in early spring. Space seeds 6" apart in rich soil, thin 8-12" apart. It has a deep tap root- if you plant in pots, use a deep pot. It bolts in heat.

CHERVIL, cont'd

COOK: Add chervil to an omelette for a subtle taste. A chervil vinaigrette is a novel touch to a spring salad. You can even saute radishes in chervil-flavored butter for a savory spring dish.

CILANTRO

Annual, cool weather, full sun
Coriandrum sativum

Native to the Mediterranean area, cilantro's earliest use was in Israel. Cilantro is used extensively in Latin American and Asian cooking.

PLANT: Prepare the seeds (called coriander) by crushing the seeds to break the hard husks, then dry the seeds. Plant with 1/4" inch soil cover, thin to be 6" to 8" apart, rows 12" apart.

COOK: Recipes that pair cilantro with lime or oregano are popular (think "guacamole").

LAVENDER

Perennial, full sun
Lavandula angustifolia

This herb has been used in aromatherapy, dog shampoo, insecticides, landscaping—and cooking.

PLANT the small plants in well-drained soil in full sun, 12"-36" apart, depending on the species. Water young plants well; established plants are drought-tolerant. Harvest buds and leaves.

COOK: The popular *Herbes de Provence*, used in French cuisine, includes lavender, marjoram, Italian parsley, oregano, tarragon, and bay powder. You can make your own!

LEMONGRASS

Tender perennial, full sun
Cymbopogon citratus

Lemongrass has been cultivated for thousands of years in East Asian countries for both medicinal and culinary purposes.

PLANT: The GCT Sale offers potted lemongrass. You can also grow this plant in the ground, spaced at least 24" apart. But it will not survive New Jersey winters outdoors; bring it inside.

COOK: It is a common ingredient in Thai cooking and can also be found in dishes from Indonesia, Sri Lanka, and India. Fresh lemongrass is preferred to dried as it gives a better mix of bright and complex flavors. Stir-fries call for finely-diced fresh lemongrass.

OREGANO

Perennial, part-shade, sun
Origanum vulgare

PLANT: The herb is a part of the mint family and a four-season perennial, flourishing in full sun. But it will take root just about anywhere. Space rooted plants at least 8"-10" apart.. Oregano grows well even in clay, which Teaneck has in its soil.

COOK: Oregano is used in sauces and rubs. Make sure you strip the leaves from the bitter stem in your preparation.

Since it is a close cousin of marjoram and z'aatar, you can substitute it for them.

THYME

Perennial, part-sun to full sun
Thymus vulgaris:

Varieties at the Sale: English, French ('Narrow-leaved'), Summer, Lemon (*Thymus citriodorus*).

Thyme is a key ingredient in Fines Herbs and used in African-American dishes.

PLANT: Place thyme plants 12" to 24" apart. Harvest when leaves are visible

COOK: Lemon thyme is famous as fish seasoning. Irish Lamb Stew is often flavored with thyme. Remove the stems; they are bitter.

HERBS IN COOKBOOKS

Borrow the cookbooks from BCCLS. Selections have been used by Cookbook Clubs.

BASIL: Mimi Thorisson, *French Country Cooking: Meals and Moments from a Village in the Vineyard*

CHERVIL: Melissa Clark, *Dinner in French: My Recipes by Way of France*

CILANTRO: Patricia Catlin, *A Taste of Latin America: Culinary Traditions and Classic Recipes*

LEMONGRASS: Leemer Tan, *Lemongrass and Ginger Cookbook: Vibrant Asian Recipes*

OREGANO: Marcella Hazan, *Classics of Italian Cooking*

LAVENDER : Yotam Ottolenghi's *Plenty More: Vibrant Vegetable Cooking from London's Ottolenghi*

THYME: Toni Tipton-Martin, *Jubilee! Recipes from Two Centuries of African-American Cooking.*