



Zziggysgal

12 ORGANIC HERB SEEDS SET

USES & BENEFITS OF EACH HERB

EASY-TO-FOLLOW

GROWING INSTRUCTIONS



What's the big deal about herbs?

Herbs are considered the friendliest, most adaptable of all plants. They can be grown all year long, inside or outdoors and fresh herbs have a very high nutritional value as well as flavoring for your food.

"If you've never started seeds don't worry too much about it. Remember, nature has designed them to want to grow. You and the garden seeds have exactly the same goal; what could be more reassuring?"

~ Ruth Page

Best way to store seeds?

Do NOT freeze them - each seed contains a tiny droplet of water at its core to be used upon germination. When water freezes; it expands, damaging/compromising the cell structure, rendering it non-viable. Store seeds in refrigerator in glass Mason jar with a desiccant or uncooked rice in a dark cabinet or drawer in a place that does not have extreme fluctuation in temperatures.

What is the best way to harvest?

When harvesting herbs, pinch out or prune the plant at the same time, removing unwanted shoots, encouraging bushiness. Using scissors, do not break, bend or tear off the branches. You can start snipping plants once they are about 6" tall. Snip down to a new set of leaves - in the case of plants that grow from the soil line, snip the whole leaf. Leave enough foliage so plant can rejuvenate and your herb garden will thrive.

What kind of fertilizer do I need?

Always use organic fertilizer. Use a balanced fertilizer with 3 major macro-nutrients: nitrogen, phosphorous and potassium mixed in a 2:3:2 ratio - use only HALF the dosage given on the packaging because if herbs get too much fertilizer they grow scraggly and are more susceptible to pests /diseases.



How much should I water them?

Water newly planted herbs regularly, but once established, they are naturally drought resistant. Watering and drainage goes hand-in-hand. It's better to give your herbs too little than too much water.

Water the container just until some water drains out the bottom, allowing excess water to drain away and the soil to dry off. Water only when the surface of the soil seems dry to you. The key is to water your herbs thoroughly, but less often.

How much light do I need?

Indoors herbs need direct exposure to light every day.. At least 8-9 hours of sunlight is extremely essential for the healthy growth of any herb plant. If the sunlight is low, you can supplement your herb's growth with grow lights, which differ from regular light bulbs because they shine with the full spectrum light that plants require.

GERMINATING USING THE PEAT POT METHOD

Peat pots are made from sphagnum peat moss and wood pulp - these all natural, biodegradable pots can be used to start virtually any plant.

Potting mix is 3 basic ingredients: peat moss, pine bark, and either perlite or vermiculite to provide sufficient air space. Follow potting mix directions - pour just enough water to moisten. Use a large spoon to fill the peat pots no more than $\frac{3}{4}$ full with the moistened mix. Poke holes into each peat pot. Pour seeds into your palm; carefully add 3-4 seeds to each peat pot. Space them out so that they don't crowd. Cover lightly with the moist mix. Spray top of soil with water spray bottle. Don't over-water or let the pots dry out during germination stage. Put a cover on the tray and place in a warm sunny room, in indirect/direct sunlight. When seeds begin to germinate, uncover slightly to allow air circulation. Move to a sunny window until they are ready to plant in a permanent spot.

INDOOR GROWING INSTRUCTIONS

INDOOR – Use pots or containers, at least 6" size. You can plant an entire herb garden in 1 large container, but they are easier to care for if separated.

SOIL - Herbs like the soil to drain fast. Its essential to have pots with holes in bottom. Herbs grown in containers dry out more quickly. When the soil feels dry to the touch, it is time to water. Don't be tempted to over-water. When growing herbs indoors, you need to have containers with holes in the bottom. Add small stones or an inch of perlite at bottom of each container when you transplant.

LIGHT - Keep herbs healthy by providing 14-16 hours of artificial light or 6-8 hours of natural light.



INDOOR GROWING INSTRUCTIONS cont.

"Don't grumble that roses have thorns; be thankful that thorns have roses."

~ Author Unknown

WATER - Pay careful attention to watering. Even if your herb likes extra moisture or dry a condition, sitting in water is not good. A good rule of thumb is to use the finger test before you water your herbs. Poke your finger into the top inch or so of soil. If it feels dry all the way down, it's time to water. Herbs don't like wet feet and can die from over watering.

TEMPERATURE - Keep indoor garden temperatures constant, between 60-70 degrees is optimal.



INDOOR GROWING INSTRUCTIONS cont.

AIR CIRCULATION - Good airflow keeps bacteria and pests at bay. Keep the air moving with a rotating fan.

Shield herb seeds/plants from extreme temperatures - in hot climates, shade during the hottest periods, in very cold climates, keep away from cold glass panes.

If the air inside is too dry during the winter; additional moisture needs to be provided by misting or placing the herb's pot onto a tray full of pebbles with water poured into it.

While the tray water evaporates, it adds humidity around the plant.



INDOOR GROWING INSTRUCTIONS cont.

**"The best place to seek God is in a garden.
You can dig for him there."**

~ George Bernard Shaw

COMMON CAUSES OF SEEDLING LOSS -

Damping off due to poor air circulation and overwatering, drying out or burning due to placing in full sun or exposure to outdoor conditions too quickly.

Herbs are used for consumption, so if you have issues with insects, always use an organic spray for the leaves, underneath the leaves and stems.

The solution won't harm the plant - re-apply as needed.



Garlic Chives

Garlic chives are high in dietary fiber and protein; they have high amounts of Vitamin C and carotene, and are a good source of calcium, Vitamin B1, Vitamin B2 and sulphur.

In ancient times, chives were used to heal wounds. Garlic chives have edible flowers that bloom in summer. The garlic flavor is subtle and perfect for use in uncooked dishes where raw garlic might be too spicy. Add to stir-fry and egg dishes.

Sweet Marjoram

Marjoram contains very high levels of beta-carotene, vitamin A, cryptoxanthin, lutein and zeaxanthin. Its powerful flavonoid anti-oxidants act as protective scavengers against oxygen-derived free radicals. Marjoram is often found in a 'Bouquet Garni', which is a classic combination used to flavor soups, stews and sauces comprised of parsley, thyme, bay, peppercorns, allspice and tarragon tucked between celery stalks tied together, tied to the pot handle for easy removal.

Basil

Basil is an annual herb. It gives off a strong, spicy odor and great paired with tomatoes. A member of the Mint family; it is mainly used for its digestive and anti-gas properties. Herbalists also recommend it for stomach cramps, constipation, headaches and even anxiety. Basil is usually made into a tea to aid the digestive process and has somewhat of a sedative effect, so drink some tea after stressful days for relaxation purposes.






Mustard

Mustard has a stronger flavor than Bok Choy. Excellent in stir-fries and salad mixes. Rich in calcium, its oils have 2 chemical compounds: myrosin & sinigrin. When added to water, it forms a volatile oil, which can cause severe burning if applied directly to the skin or mucous membranes. The diluted oil acts as an anti-irritant reducing the pain messages transmitted to the brain via peripheral nerves, making it a good pain remedy. The Greeks made Mustard plasters; the oils irritate the skin, drawing blood to the surface, relieving inflammations.

A decorative border on the left side of the page features several tulips. From top to bottom, there is a red tulip, a yellow tulip, a purple tulip, and another red tulip. The stems and green leaves of the flowers extend downwards. The background of the entire page is a light green gradient.

Dill Bouquet

Dill is used as a stomach soother and anti-gas remedy. Dill can be made into a tea, and sweetened with honey. Take 1-2 cups per day. It increases mother's milk and help treat breast congestion from nursing. It's a lovely herb that adds a refreshing flavor to any recipe - a sprig of dill will perk up almost any dish! Used to pickle fresh vegetables, flavor fish dishes or sauces that are to be served with fish and to add more depth to soups, simple potato dishes and breads.

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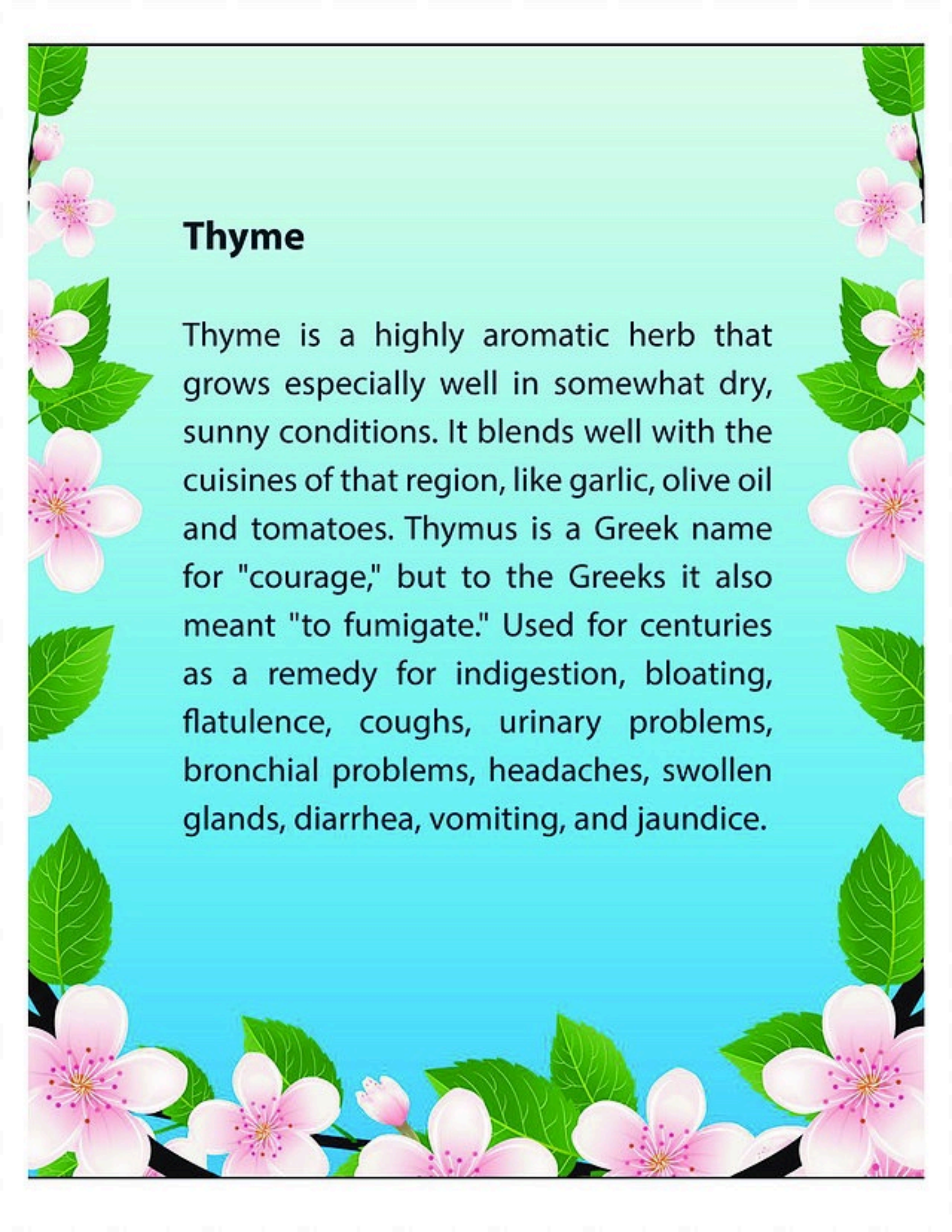


Cilantro

Cilantro seeds prefer to be planted directly into the soil instead of a germination cell. Also known as coriander, it's been used for over 3,000 years as an appetite stimulant by aiding in the secretion of gastric juices. The essential oils of the leaves contain antibacterial properties. It is rich in vitamin C and antioxidants, which helps prevent spoilage of food. Mix chopped cilantro into sour cream, as a topping for chili, tacos, salsas and bean dips.

Oregano

Oregano is one of the few herbs that are stronger when dried than when fresh. It also matches well with different foods such as; artichokes, beans, eggplant, fish, pork, potatoes, sausages, pizza, lasagna, zucchini. Oregano has been used medicinally for thousands of years. Oregano leaves can be pounded into a paste with small amounts of hot water or tea to reach the desired consistency and used for itching, aching muscles, indigestion, bloating and flatulence.

The page features a decorative border of pink cherry blossoms and green leaves. The flowers are five-petaled with visible stamens, and the leaves are serrated and vibrant green. The background is a light blue gradient.

Thyme

Thyme is a highly aromatic herb that grows especially well in somewhat dry, sunny conditions. It blends well with the cuisines of that region, like garlic, olive oil and tomatoes. Thymus is a Greek name for "courage," but to the Greeks it also meant "to fumigate." Used for centuries as a remedy for indigestion, bloating, flatulence, coughs, urinary problems, bronchial problems, headaches, swollen glands, diarrhea, vomiting, and jaundice.



Chives

Chives can be divided and moved as your garden evolves over time. Chives keep their lovely green color when cooked. They are a part of the onion family and grow from small bulbs. They are high in vitamin C, folic acid and potassium. The tangy aromatic taste comes from its high concentration of sulfur compounds and other essential oils which are also partly responsible for its healing properties. Ointment made out of onion is said to prevent infection in wounds and burns.

Culinary Sage

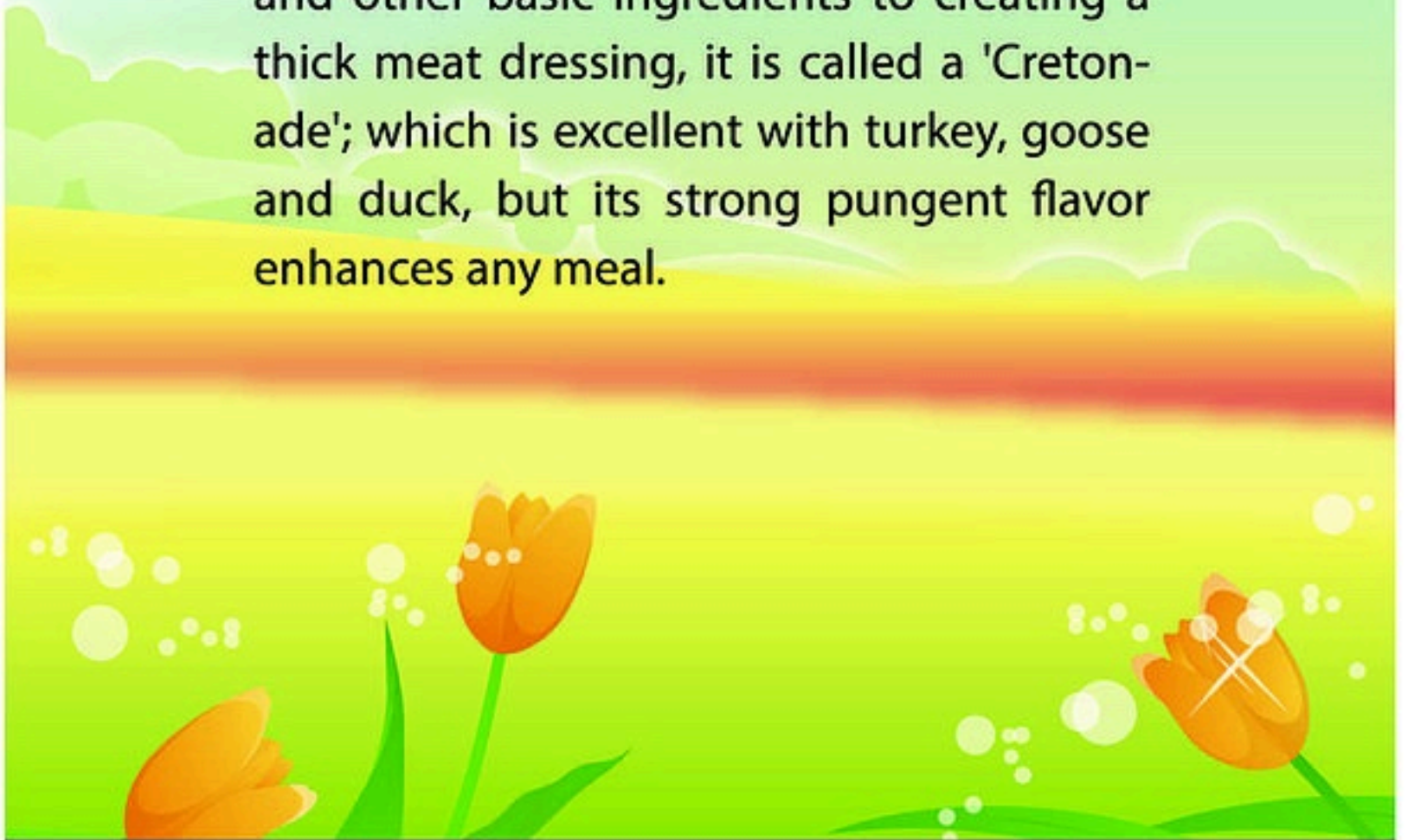
Sage belongs to the Mint family and is an aromatic herb. It also has antiseptic properties and can be used as a mouthwash, skin cleanser or as an anti-fungal agent for athlete's foot. Scientists at England's Newcastle and Northumbria University found that Sage oil extracts in capsule improve memory function. It protects a key chemical destroyed in the brain by Alzheimer's disease.

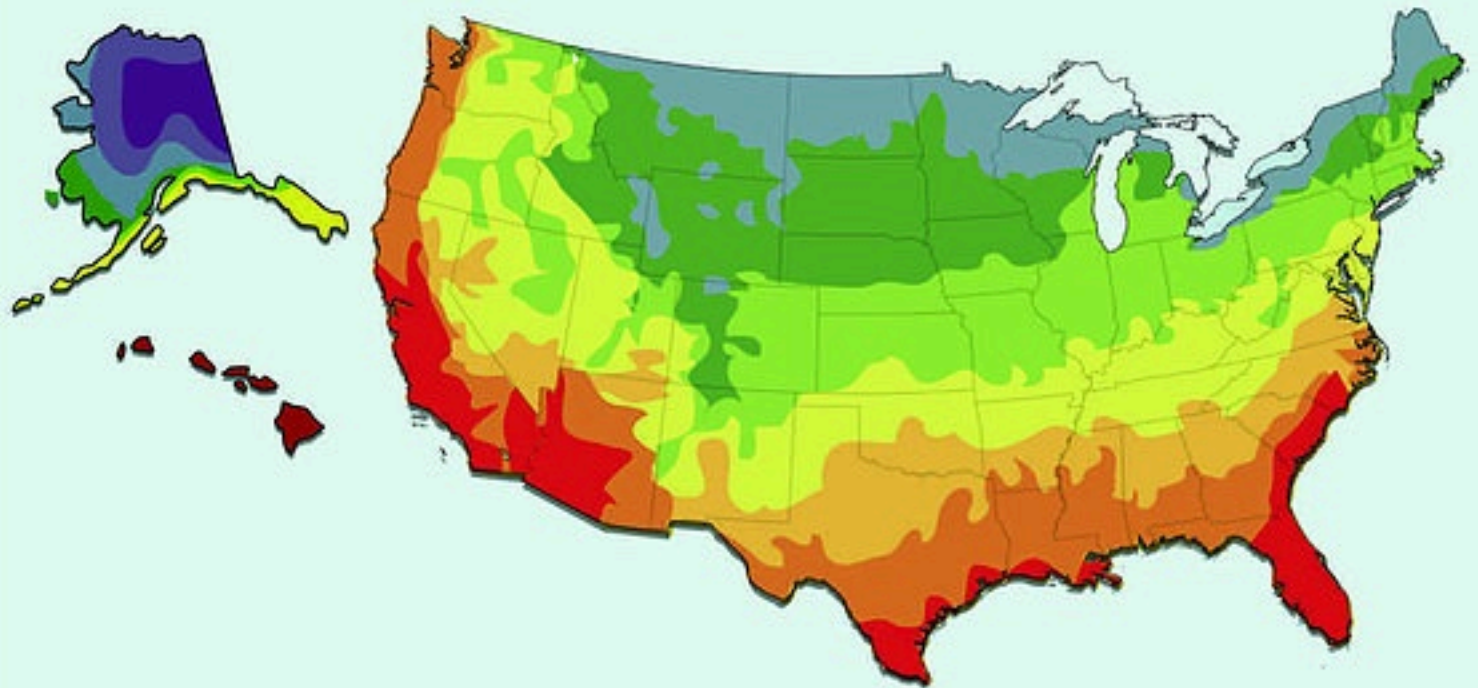
Parsley

Believe it or not, Parsley contains more vitamin C than is found in citrus fruits. It is considered a nutrient powerhouse and should be a staple in every medicinal garden. It contains high levels of beta carotene, vitamin B12, folate, chlorophyll, calcium and vitamin C. Parsley is often used as garnish for food plates, which comes in handy because it contains large amounts of chlorophyll - a natural breath sweetener. Simply eat the leaves right off the plant to combat breath odors.

Summer Savory

Summer Savory has oils and tannins that have mild astringent/antiseptic properties useful for occasional diarrhea, indigestion; flatulence, upset stomachs and mild sore throats. Rubbing a poultice of Savory on wasp or bee stings provides instant relief. When savory is mixed with ground pork and other basic ingredients to creating a thick meat dressing, it is called a 'Cretonade'; which is excellent with turkey, goose and duck, but its strong pungent flavor enhances any meal.





	Zone 1	below -50°	below -46°		
	Zone 2	-50° to -40°	-46° to -40°		Zone 7 -0° to -10° -18° to -12°
	Zone 3	-40° to -30°	-40° to -34°		Zone 8 -10° to -20° -12° to -7°
	Zone 4	-30° to -20°	-34° to -29°		Zone 9 20° to 30° -7° to -1°
	Zone 5	-20° to -10°	-29° to -23°		Zone 10 30° to 40° -1° to 4°
	Zone 6	-10° to -0°	-23° to -18°		Zone 11 above 40° above 4°

Gardeners Notes





ORGANIC SEEDS

Garlic Chives, Basil,
Thyme, Dill Bouquet,
Mustard, Italian
Parsley, Sweet
Marjoram, Chives,
Culinary Sage,
Cilantro, Oregano &
Summer Savory