



HERBS CARE GUIDE

The Plains of Abraham Great Celebration of Nature

May 26, 2019

W inter thyme (*Thymus vulgaris*)

Winter thyme has very small, dark green, elongated oval leaves. It has many culinary and medicinal uses. Soil that is too rich will result in very rapid growth, producing a weakened plant with less flavour.

- 🌿 **Planting:** garden, pot or planter box.
- 🌿 **Soil:** superior yield if cultivated on slanted, poor, rocky areas.
- 🌿 **Exposure:** direct sunlight.
- 🌿 **Watering:** tolerates dryness.
- 🌿 **Blooming:** small flowers from light purple to lilac.



Source: W. H Perron. *Thym d'hiver*. <https://www.whperron.com/fr/9220-thym-d-hiver.html>.

C urled parsley (*Petroselinum crispum* var. *crispum*)

Biennial herbaceous plant originating from Western Asia used primarily to garnish/season your favourite foods.

- 🌿 **Planting:** garden, pot or planter box. Parsley can grow up to 30 cm tall.
- 🌿 **Soil:** cool, light and humus-rich.
- 🌿 **Exposure:** semi-shade.
- 🌿 **Watering:** normal.
- 🌿 **Blooming:** in summer, tiny white star-shaped flowers dot the plant. The flowers then fall, leaving small brown oval seeds that can be harvested for seeding later.



Source: Au jardin.info. *Persil fris *. <https://www.aujardin.info/plantes/persil.php>.

Red basil (*Ocimum basilicum*)

Red basil is ideal to add flavour to rice and pasta or even for making red pesto... did you know that it can also help relieve coughing? Its stems are square-shaped and can measure from 40 to 60 cm.

- 🌿 **Planting:** outdoors, it is best to wait until mid-May. Choose a location sheltered from strong wind and rain.
- 🌿 **Soil:** moist and well-drained.
- 🌿 **Exposure:** thrives in the sun and heat. Wait until the temperature reaches 15 degrees Celsius outdoors.
- 🌿 **Watering:** always ensure sufficient water.
- 🌿 **Blooming:** produces tiny, slightly rose-coloured, fragrant flowers. They should be cut off to obtain more leaves for use.



Source: Allégrow. *Basilic Rouge*. <http://www.allegrow.be/fr/basilic-rouge-341.htm>.

Coriander (*Coriandrum sativum*)

Coriander is great for hanging baskets and planter boxes outdoors. It is a tasty, fragrant, aromatic plant that can be used fresh or dried.

- 🌿 **Planting:** sow outdoors at the end of spring, spacing the plants 20 to 25 cm apart and the seeds 6 mm deep.
- 🌿 **Soil:** well-drained.
- 🌿 **Exposure:** warm sunlit location.
- 🌿 **Watering:** do not overwater, but do not let the soil dry out.
- 🌿 **Blooming:** blossoms after 60 days, in high temperatures.



Source: Semis Urbains. *Coriandre – Santo*. <https://www.semisurbains.com/produit/coriandre-santo>.

Basil (*Ocimum basilicum*)

This plant can be planted in a planter box, directly outdoors or indoors to obtain a stockier plant. It grows quickly.

- 🌿 **Planting:** when the risk of ground frost is over.
- 🌿 **Soil:** light and well-drained; not too moist, but not dry either.
- 🌿 **Exposure:** sunlight, mid-shade. Sensitive to sun and wind.
- 🌿 **Watering:** regularly.
- 🌿 **Blooming:** in May (during the first frosts). Pick off head flowers often to avoid blossoming and encourage foliage production.



Source: Pépinière Aiken. *Basilic Eowyn*. <http://www.pepiniereaiken.com/nos-vegetaux/fines-herbes/basilic-eowyn>.