



## Cathy's Herbs and Botanicals Growing Herbs In SW Florida

### Herbs -- Spices -- Botanicals -- What are they??

- Herbs are defined as any plant used for medicinal or culinary use.
- Spices are plants including herbs that flavor food.
- Botanicals are plants—including herb and spices that are used for cosmetics, and natural healing.



## Certified Organic

Organic is the most heavily regulated and closely monitored system in the U.S.

Unlike other eco-labels, the organic label is backed by a set of rigorous federal production and processing standards. These standards require that products bearing the USDA organic label be grown and processed without the use of toxic and synthetic pesticides and fertilizers, genetic engineering, antibiotics, synthetic growth hormones, artificial flavors, colors, preservatives, sewage sludge and irradiation.



### Growing Hints for Herbs

- Fall and Winter are great times to grow herbs in Southwest FL.
- Herbs need a rich mixture of sandy soil, and addition of some organic matter—manure or compost. I mix peat moss for a looser soil. Good drainage is key to healthy plants.
- Herbs may be started from seed, or by transplanting young plants. Allow at least 6 filtered hours of sunlight a day for healthy plants.
- A bright spot in the shade is a choice for hot summers.

Our Growing Zone is 10 A

Hardiness growing zones range from 1-13



### Annual and Perennial Herbs

- Many Culinary Herbs can be grown in containers or in the ground. Mixing annual and perennial plants can work nicely in a gardening box or planter.



## Earth Box or Clay or Plastic Pots

- 1 • Add drainage stones
- 2 • Grown from seed or local starter plants
- 3 • Organic Fertilizer

Annual Herbs have one growing cycle. This group includes: Basil, Cilantro, Dill, and Savory. I prefer planting annual herbs in plastic or clay pots, with good drainage. One of my favorite containers is the Earth Box. This planter box can hold up to 8 full sized herbs. They run around \$70.00 and can be found at earthbox.com.



**time to grow**  
Refresh and renew your garden... All it needs is the **replant kit** to continue growing fresh and healthy vegetables and herbs!

Perennial Herbs may be planted in larger pots, or directly in the ground. These plants often have woody stems, and will endure hot as well as cold weather. I fertilize in the spring, and early summer. Perennials *may* live only a year, if they must deal with adverse conditions such as insufficient irrigation. Most aren't cold hardy, though they usually bounce back from a normal winter's cold snaps.

## Potting Soil VS Garden Soil

- For Potted Herbs I use Compost or potting soil
- I also use peat moss mixed in



Fertilizer( I like Fish Emulsion)

## NPK

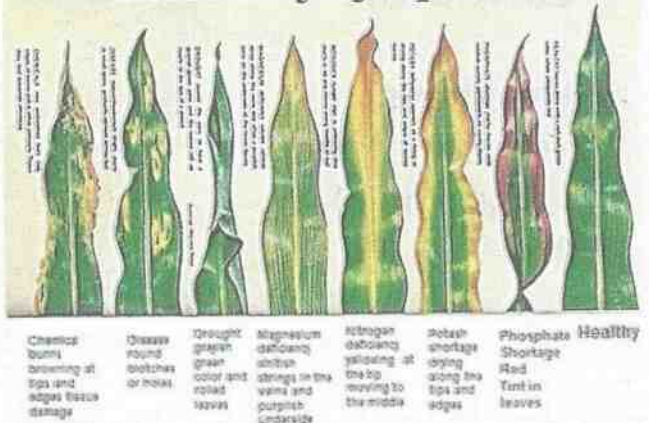
Nitrogen 5 (Rapid green leaf growth)

Phosphorus 1 (Root Growth)

Potassium 1 (Vitality)

A balanced fertilizer 5-5-5 may be used

## Guide to Nutrient Deficiency Symptoms





## Organic Materials Review Institute



## Fennel

*Foeniculum vulgare* is a member of the Celery Family of Plants. It is a perennial herb that thrives in our Zone 10-A. All parts of the fennel plant are edible. Florence Fennel is the variety grown for its large bulb.



## Basils

### • *Ocimum basilicum*

Basil is an annual plant that thrives in Southwest Florida. Basil needs 6-8 hours of bright sun a day to thrive. Basil prefers afternoon shade.

Basil likes rich-well drained soil with a pH of 6-7. Basil can be grown in pots, or in the garden. Space plants about 9 inches apart. Because Basil is harvested for its leaves, it needs little fertilizer.

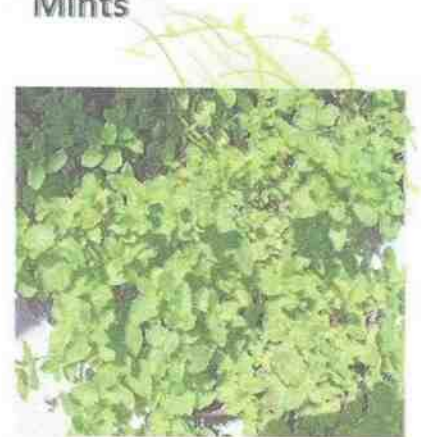
Water your plants, only when the soil feels dry to the touch.

Some varieties or cultivars of Basil include: Genovese, Spicy Globe, Purple, Thai Lemon, and Cinnamon.



## Mints

Mentha genus has as many as 18 hybrids and cultivars. Once established, mints can be very prolific, and are usually grown in containers. Mint likes a rich soil with pH in the 6-7 range. Good draining and lots of space will help with growing success.



## Chives

### *Allium schoenoprasum*

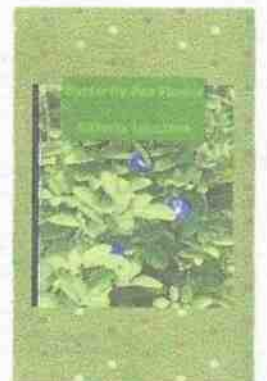
Chives are members of the lily family grown for their leaves and flowers, which are equally popular in the garden and in the kitchen. Both onion and garlic chives are grown and used in a similar fashion. Some gardeners use onion and garlic chives as a perennial edging or border plant in a flower border or an herb garden. They also grow well in containers, both alone and in combination with other long-lived herbs such as rosemary. Garlic chives (*Allium tuberosum*), also known as Chinese chives, are grown for their mildly garlic-flavored leaves and pretty white flowers. The leaves are flat, not hollow like those of onion chives (*Allium schoenoprasum*).



## Butterfly Pea Flower

A tropical perennial climbing vine that blooms in the summer. The flowers are full of anti-oxidant and healthy nutrition. Besides growing for tea, Butterfly Pea is grown as a reclamation plant that fixes nitrogen in the soil.

Nitrogen fixation is a relationship between the roots and certain bacteria that converts nitrogen so it is available



## Lemongrass

*Cymbopogon citratus*

Lemongrass is a wonderful herb to grow in Southwest Florida. This Perennial can grow as tall as 8 feet. Lemongrass requires very little care, and is a natural mosquito repellent. I dig mine up and divide in the spring, and fertilize with a good fish emulsion.



## Cuban Oregano

*Plectranthus amboinicus*

Cuban Oregano, a perennial evergreen herb with a robust scent and flavor, loves to grow in pots where it can spill over an edge of a pot or low wall. It has characteristics of a succulent. Super easy to propagate. With its anti-inflammatory, anti-oxidant, and anti-microbial properties, it is easy to incorporate into a awesome herbal infusion for coughs and colds.



## Turmeric

is a rhizomatous herbaceous perennial plant of the ginger family. Turmeric has Vitamin C, Calcium, and Iron Great for your immune system. Turmeric is a summer crop. Plant in the Spring for roots in the fall

*Curcuma longa*



## LONGEVITY SPINACH: HOW TO GROW GYNURA PROCUMBENS

Longevity spinach (*Gynura procumbens*) is a popular vegetable grown in the tropics. While regular spinach is best grown in colder climates and has a tendency to bolt in the heat, longevity spinach is perennial in warmer climates. It is a common cooking and medicinal ingredient throughout Southeastern Asia. As its name implies, this vegetable is celebrated for its health benefits. Eastern medicine practitioners use longevity spinach to assist in treating kidney problems, rheumatism, constipation, hypertension, diabetes, and more. It can be ingested or topically applied.



Longevity spinach should be planted in partial shade and well-draining soil. While the plants can tolerate full sun, too much sun exposure will cause the leaves to develop a bitter taste. Leave plenty of space between each plant as they will easily sprawl. Because they are not native to North America, they may become mildly invasive if not pruned.

### Research and Information



AMERICAN  
BOTANICAL  
COUNCIL

Herbal Gram

Where is



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Vanderbilt Farmers Market  
Saturday 8-1