



Cathy's Herbs and Botanicals Edible Container Gardens In SW Florida



South Regional
Branch Manager:
Denise McMahon
8065 Lely Cultural Pkwy Naples, FL 34113
239.252.7542

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

- Although Fall and Winter are better times to grow herbs in Southwest FL, many plants have adapted to the heat and can grow all summer.
- Herbs may be started from seed, or by transplanting young plants. Herbs need 3 to 6 hours of filtered sunlight a day for healthy plants.
- Or choose a bright spot in the shade is a choice for hot summers.
- 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.

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

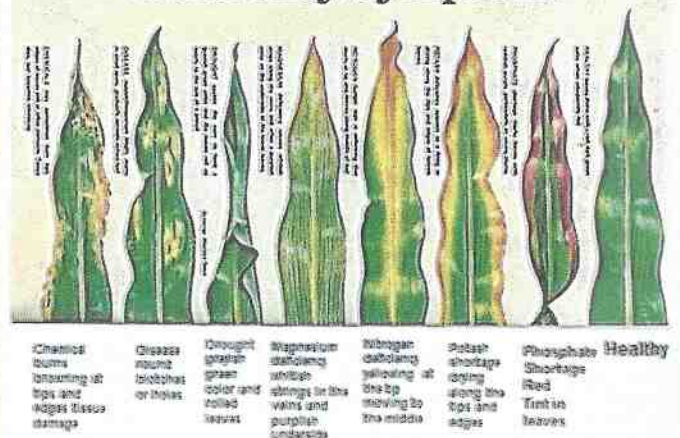
Nitrogen 5 (Rapid green leaf growth)

Phosphorus 1 (Root Growth)

Potassium 1 (Vitality)

A balanced fertilizer 5-5-5 may be used

Guide to Nutrient Deficiency Symptoms



NUTRIENT DEFICIENCIES IN PLANTS

NITROGEN DEFICIENCY

When the plant lacks nitrogen, the leaves turn yellow, especially the older leaves. The plant may also show stunted growth and reduced flowering.

IRON DEFICIENCY

Iron deficiency causes yellowing of the leaves, especially the younger leaves. The plant may also show stunted growth and reduced flowering.

POTASSIUM DEFICIENCY

Potassium deficiency causes yellowing of the leaves, especially the older leaves. The plant may also show stunted growth and reduced flowering.

PHOSPHORUS DEFICIENCY

Phosphorus deficiency causes yellowing of the leaves, especially the older leaves. The plant may also show stunted growth and reduced flowering.

MAGNESIUM DEFICIENCY

Magnesium deficiency causes yellowing of the leaves, especially the older leaves. The plant may also show stunted growth and reduced flowering.



Organic Materials Review Institute



Creeping Jenny

Creeping Jenny (*Lysimachia nummularia*) is a fast-growing, hardy ground cover that thrives in moist, well-drained soil and prefers full sun to partial shade. It's easy to propagate through cuttings or division and can be used in containers, hanging baskets, or as ground cover.

One of the primary traditional uses of Creeping Jenny is its application in digestive health. The leaves of this plant contain compounds that have mild astringent and anti-inflammatory properties, making it useful in soothing gastrointestinal discomfort. Infusions and decoctions made from the leaves have been traditionally consumed to alleviate digestive issues such as indigestion, bloating, and cramps.



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.

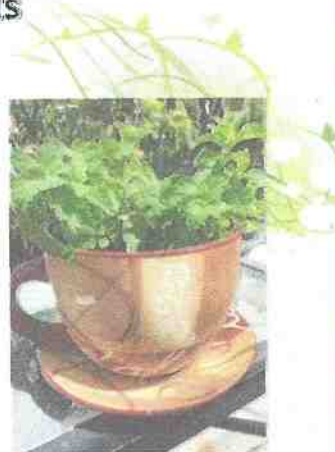
Water your plants, only when the soil feels dry to the touch.

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.

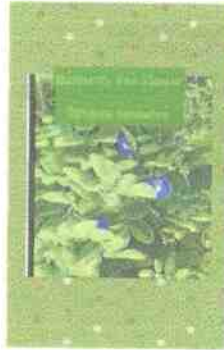
Garlic chives (*Allium tuberosum*), also known as Chinese chives, are grown for their mildly garlic-flavored leaves and pretty white flowers. The leaves are flat, not hollow like those of onion chives (*Allium schoenoprasum*).



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.



Cranberry Hibiscus Hibiscus acetosella, African rosemallow

1. To grow a cranberry hibiscus, you'll need to provide it with full sun, well-drained soil, and regular watering. It thrives in warm, humid conditions and benefits from a balanced fertilizer. Pruning can be done to maintain shape or encourage bushier growth.

2. This plant is edible and can be used in a variety of ways. You can eat the young leaves raw or cooked, and the flowers can be used to make tea, juice, or syrup.



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.



Purslane (Portulaca oleracea)

All parts of the plant, including the leaves, stems, flowers, and seeds, are safe to eat.

Purslane is a versatile plant, both a weed and a nutritious edible, that is easy to grow. It thrives in full sun and well-drained soil, tolerates dry conditions, and can be grown from seed or stem cuttings.



GIVE MICROGREENS A TRY

1. Can be grown in flat trays or in jars
2. You have Greens ready to eat in as little as 7 days.
3. Greens can be grown inside or outside
4. You have a few different mediums to choose from



1. 40-400 times the nutrients compared to their full grown counterparts
2. Use in salads or salad by themselves
3. Use on Sandwiches or as a colorful garnish
4. In smoothies and shakes for easier absorption

Research and Information



AMERICAN
BOTANICAL
COUNCIL

Herbal Gram

Where is



2355 Vanderbilt Beach Rd Naples FL

Vanderbilt Farmers Market
Saturday 8-12

and

Bayshore Farmers Market
Sunday 9-1

3200 Bayshore Drive Naples FL