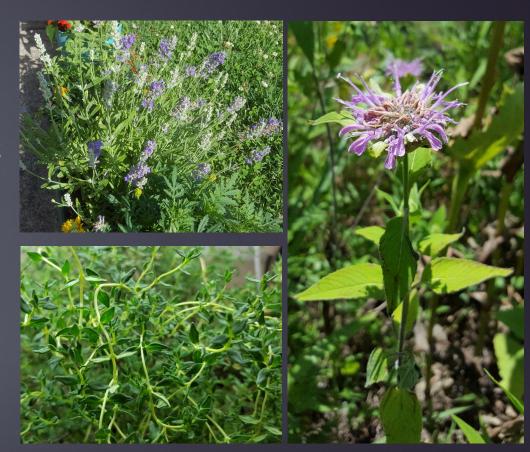


Martin-Gatton
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The Mint Family - Lamiaceae

- Square Stems, Opposite Leaves
- Often Aromatic
- Typically have two-lipped, tubular flowers
- Flowers attract a wide range of pollinators
- Culinary and medicinal uses
- Includes different kinds of culinary herbs and ornamentals: Sage/Salvia, Mint, Lavender, Basil, Rosemary, Oregano, Thyme, Marjoram, Coleus, Bee Balm, Lemon Balm, Catnip, etc.



What is Basil?

- Ocimum basilicum
- Native to parts of Asia and Africa
- Aromatic annual
- Upright species
 - Green or purple leaved varieties
 - Small and large leaved varieties
- Produces spikes of white to pink flowers
- Often spicy in smell and flavor



Growing Basil

- Easily grown from seed or tip cuttings
- Keep well-watered in sunny location
- Prune occasionally and remove flower buds to promote bushier growth
- Great for growing indoors in a bright window
- Cold soil and air temperatures may stunt basil growth and even cause damage and blackened leaves



Basil Uses

- Culinary herb for Italian Dishes
- Also commonly used in Indonesian, Thai, and Vietnamese cuisine
- Used in tomato sauces, pesto, vinegars, etc.
 - Great if paired with tomato and mozzarella (Yum!)
- Used as garnishes to drinks, salads, etc.
- Rich in vitamins and nutrients
- Used medicinally for gastrointestinal problems



Types of Basil

- Sweet Basil Group: These are the familiar sweet scented types
 - Napoletano Standard lettuce-leaved
 - Medinette Compact, large leaf
 - Romanesco Large leaf with strong aroma
- Genovese Group: Classic large leaf from the Genoa area of Italy, the pesto capital of the world
 - Genovese Classic
 - Emily Compact variety
 - Dolly Heavy produce of large leaves



Types of Basil

- Bush Group: Smaller, rounded forms often with small, finer textured foliage
 - Spicy Globe Uniform and dense
 - Green Globe Dense, tight globe form
 - Bush Standard bush variety



Types of Basil

- Purple Group: Basils with dark purple to bronze foliage.
 They are often very decorative
 - Dark Opal Pure dark purple foliage excellent for vinegars
 - Emerald Wine™ Compact, wine red leaf veins surrounded by a green border
 - Rubin Purple bronze foliage
- Other Basils: A selection of basils with distinctive flavors and aromas
 - Cinnamon Distinctive cinnamon taste and aroma
 - Lemon Intense lemon fragrance
 - Clove Clove scented leaves
 - Thai Licorice-like aroma





What is Oregano?

- Origanum spp.
- Native to the Mediterranean region but widely naturalized
- Spreading and mounding perennial
- Aromatic leaves
 - Small oval to round
 - Smooth or hairy
- Produces small, white to pink flowers on spikes, panicles, or corymbs
 - beloved by bees



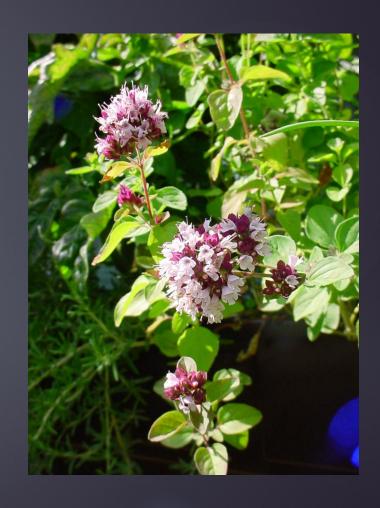
Growing Oregano

- Loves heat and full sun
- Needs well-drained to dry soil
 - Neutral to alkaline pH
- Grown from seed, cutting, or division
- Trim flower buds to produce more foliage
- No serious pests or diseases
 - Occasional root rot



Oregano Uses

- Warm, spicy flavor
- Used as flavoring in pizza, pasta, breads, soups, stews, salads, etc.
- Used as seasoning for meats such as steak or lamb
- Medicinal uses: gastrointestinal problems, antimicrobial and antiinflammatory properties



Types of Oregano

- Greek Oregano (Origanum vulgare var. hirtum) – True oregano, excellent flavor, hardy
- Syrian Oregano (Oregano maru) Strong, spicy flavor
- Turkestan Oregano (Oregano tyttanthum) -Strong flavor, robust plant, good for indoor culture
- Hopley's Purple Oregano Purple-green foliage, compact, mild flavor
- Mexican Oregano (Lippia graveolens) Good oregano flavor used for chili and Mexican dishes



What is Thyme?

- ► Thymus spp.
- Low-growing perennial
- Grown as an ornamental or for culinary uses
- Wiry stems with small leaves
- Plant becomes woodier as it ages
- Produces white to purple colored flower clusters
 - Attractive to bees and butterflies



Growing Thyme

- Needs well-drained (dry, rocky, or sandy) soil
- ► Full sun
- Best grown from seed, division, or cuttings
- Trim back "leggy" plants to promote more growth
- Harvest prior to blooming



Thyme Uses

- Used as seasoning in soups, stews, casseroles, poultry dishes, stuffing, etc.
- Oil used in soaps, colognes, deodorants, and much more!
- Insecticidal, antibacterial, and antifungal properties
- Good source of vitamins A and C



Types of Thyme (Thymus spp.)

- French and English Thyme Most popular of the culinary types
- Citrus Thymes A diverse group of thyme that consists of plants with lemon, lime and orange fragrances
- Wooly Thyme Low carpet of grey, wooly leaves and pale pink flowers





Harvesting and Preserving Herbs



- Harvest herbs when fragrance oils are at their peak
 - Snip off usable leaves
 - ▶ Use fresh herbs within a week of harvest
 - Refrigerate and store washed herbs in airtight container
- Preserve herbs by drying, freezing, or adding to vinegars

Preserving Herbs: Drying

- Wash herb carefully
- 2. Blot dry
- 3. Hang upside down by stem (cover with paper bags to prevent dust)
 - Do NOT hang in the sun when drying
- 4. Once dry, strip leaves from stems
- Store dried herbs in a dark place in airtight containers



Preserving Herbs: Freezing

- Wash herbs
- 2. Place in airtight container
- 3. Put in freezer for up to two months

<u>OR</u>

- Chop herbs
- Put in ice cube trays filled with water
- 3. Place in freezer





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