

Of Flavor and Fragrance



Whether for culinary, medicinal or aesthetic purposes, herbs award depth, texture and contrast to their environments and varied uses



Laurel

Laurus nobilis

Laurel, also called bay leaf or sweet bay, has long held a reputation as a medicinal herb, highly regarded by both the Romans and Greeks as a symbol of peace and wisdom. With leaves rich in Vitamin-C, laurel is commonly used to flavor stews and soups. As a hot-weather herb, laurel retains moisture and flavor, even after dried for several months. —●

Origin Mediterranean regions



Parsley

Petroselinum crispum

More than a garnish, parsley is a classic summer herb used abundantly in cuisines across Greece, Turkey, the Middle East and North Africa. Its volatile oils have shown to provide health benefits, used medicinally prior to being a consumed food. Curly parsley and flat-leaf parsley are the two main varieties, which the latter is characterized by a stronger flavor profile. —●

Origin Mediterranean regions



Mint

Mentha

One of the easiest herbs to grow, mint will thrive in a container or home garden, though ideally on its own, as its roots are very invasive. Mint sprigs should be harvested before the plant flowers, which can be used daily for everything from teas to cooking, making a great palate cleanser. Try freezing mint leaves in an ice cube tray for an instant summer reminder. —●

Origin Mediterranean regions



Rosemary

Rosmarinus officinalis

This low-maintenance plant grows wonderfully in warmer zones, and in colder temperatures, should be transplanted and brought indoors. Requiring six to eight hours of sunlight a day, rosemary plants won't mind drying out a little in between being watered. Its piney fragrance makes it an important culinary herb, while its flowers contain an acid that is both antibacterial and an antioxidant, commonly used to make essential oils. —●

Origin Mediterranean regions



Sage

Salvia officinalis

Best grown from cuttings from another plant, sage is laced with an intensity that just requires a pinch to take a dish to the next level. Unlike other herb plants, the medicinal flavor of sage intensifies as its leaves grow bigger, growing well in a variety of temperatures in well-drained soil. Propagated from cuttings, roots will grow within six weeks. —●

Origin Mediterranean regions



Cilantro

Coriandrum sativum

Also called coriander after its seeds (its leaves are called cilantro), the plant grows in cooler weather of spring and during the fall. Growing from seedlings will come easy, especially in full sun and well-drained soil. Leaves can be stored in freezer bags, or dried, by hanging them in a warm location before storing them in a re-sealable bag. —●

Origin Southern Europe, northern Africa



Thyme

Thymus vulgaris

A perennial shrub with curved, fragrant leaves, thyme is packed with nutrients, minerals, and vitamins, awarding an aromatic flavor to Mediterranean dishes. With over 350 species, basil is part of the mint family of plants, and will easily grow in sun-splashed locations. —●

Origin Southern Europe and Mediterranean regions



Basil

Ocimum basilicum

While the most commonly cultivated varieties include sweet basil and Genovese basil, this easy-to-grow herb comes in countless lesser-known varieties including Thai, lemon, globe and cinnamon. Used for salads, cocktails, syrups and much more, there is hardly no excuse not to grow this leafy green, which will quickly sprout from seed with moist soil and plenty of sunlight. —●

Origin India