



THE BENEFITS & USES OF Popular Herbs

Over the centuries, herbs have had a variety of uses including culinary and medicinal usage. The following is a listing of some of the more popular herbs that can be used to add fresh flavours to your cooking, making homemade teas, or simply creating a beautiful accent in your garden.

Our Services

LANDSCAPE DESIGN BUILD
HORTICULTURAL MANAGEMENT
GARDEN CENTRE

A LISTING OF Aromatic Herbs

Office & Garden Centre

Corner of Middle Road & Camp Hill,
Southampton, SN 04, Bermuda

telephone: (441) 238-1797 fax: (441) 238-3507

email: info@slm.bm • www.sousaslandscape.com

Hours of Operation

Jan - March & July - Sept

Mon – Fri: 8am - 5pm

Saturday: 10pm - 4pm

Sunday: 12pm - 4pm

April - June & Oct - Dec

Mon – Sat: 8am - 5pm

Sunday: 12pm - 5pm

Postal Address

Sousa's Landscape Management Co. Ltd

P.O. Box WK 506

Warwick, WKBX

Bermuda



BASIL

Ocimum Basilicum

PLANTING MONTHS: Sept – Dec, Mar – June

SPACING: 12"

HEIGHT: 18"

LIGHT: Full – Partial Sun

There are dozens of varieties, but the most popular are the large-leaved (Sweet Basil) and Italian miniature bush varieties. It blends well with tomatoes, being added fresh or dried to pizza and pasta, and fresh to summer salads. An absolute essential for Mediterranean cooking!

CHIVES

Chives Allium Schoenoprasum

PLANTING MONTHS: Sept – June

SPACING: 6"

HEIGHT: 12" – 16"

LIGHT: Full – Partial Sun

Chives come from the onion family and both the regular onion-like variety and the popular flat-leaved garlic chives are hardy perennials. Both giving flavor to many foods such as omelettes, fish sauces, salads, cheeses and breads.

CORIANDER (CILANTRO)

Coriandrum

PLANTING MONTHS: Oct – May

SPACING: 12"

HEIGHT: 24"

LIGHT: Full Sun

An annual, fresh-leaf coriander is a keynote flavor in Latin American and Asian cuisines. It is essential in Indian cooking. When it is grown in full sun it produces intensely flavored seeds used in spices, sausages, breads and desserts.

DILL

Anethum Graveolens

PLANTING MONTHS: Oct – Apr

SPACING: 12"

HEIGHT: 2' – 5'

LIGHT: Full Sun

Dill looks similar to fennel but shorter. It is great for cooking fish, especially salmon. Successive sowings at 3 – 4 weeks intervals during the growing season will provide plenty of leaves for cooking.

LAVENDER

Lavandula Species

PLANTING MONTHS: Apr – Oct

SPACING: 12"

HEIGHT: 12" – 36"

LIGHT: Full Sun

Lavender is a shrub that has been loved for centuries for its

evocative scent. It flowers in mid summer and is harvested when the flowers are just opening. Lavender honey was highly prized for its taste.

LEMON BALM

Melissa Officinalis

PLANTING MONTHS: Sept – June

SPACING: 12"

HEIGHT: 32"

LIGHT: Full – Partial Sun

Lemon Balm is an easily grown herb that can be cooked with fish or used to flavor fruit salads, desserts, ice creams and jellies. It makes a refreshing herb tea that eases nausea and colic. Squeezing the leaves of lemon balm leaves a sweet, lemon scent.

MINT

Mentha Species

PLANTING MONTHS: Sept – June

SPACING: 12"

HEIGHT: 12" – 36"

LIGHT: Full Sun

The two most common mints are Peppermint and Spearmint. Spearmint is the classic herb for cooking with potatoes and mint sauce. It is the most common of the mints and its bright green smooth leaves make a refreshing herb tea that aids digestion.

MARJORAM (OREGANO)

Origanum Species

PLANTING MONTHS: Dec – May

SPACING: 18"

HEIGHT: 24"

LIGHT: Full – Partial Sun

This popular culinary herb has a very aromatic foliage. It is used dry in Mediterranean cooking. Confusion exists regarding its common name. There are many different varieties and includes a few subshrubs that can become shrubby in mild climates.

PARSLEY

Petroselinum Crispum

PLANTING MONTHS: Sept – June

SPACING: 12"

HEIGHT: 12"

LIGHT: Full – Partial Sun

Parsley is the most commonly grown herb. It is used in soups, casseroles, omelettes, fish sauces and also as a garnish. The flat leaved parsley known as Italian has a slightly stronger flavor. Parsley contains a great source of iron and vitamin C.

ROSEMARY

Rosmarinus Officinalis

PLANTING MONTHS: Apr – Oct

SPACING: 12"

HEIGHT: Trailing 6"/Upright 12" – 24"

LIGHT: Full Sun

Commonly grown on Mediterranean hillsides, rosemary is used for its strong aromatic smell. Its spiky foliage is used on breads, roast lamb and other meat dishes and also can be steeped in olive oil for a wonderful salad dressing.

SAGE

Salvia Officinalis

PLANTING MONTHS: Sept – June

SPACING: 12"

HEIGHT: 24" – 36"

LIGHT: Full Sun

An evergreen shrub with roughly textured, grey-green leaves this is the sage of sage and onion stuffing. It flavors English cheese, poultry, meats, oily fish and sausages. It is also an essential oil used in perfume.

THYME

Thymus Vulgaris

PLANTING MONTHS: Sept – June

SPACING: 12"

HEIGHT: 6" – 12"

LIGHT: Full Sun

Common thyme is the thyme that most people think of to cook with. It has narrow, grey-green leaves with a strong scent. Common thyme flowers in summer needs to be pruned after flowering to keep it compact.

