



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

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BASIL *Ocimum Basilicum* (Annual)

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!

CATMINT *Nepeta x Faassenii* (Annual)

Aromatic catmint is grown as a pretty edging plant where it can sprawl and flop over paths. It thrives in a sunny area and has a mass of flowers with softly colored grey leaves.

CHIVES

Chives Allium Schoenoprasum (Perennial)

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 (Annual)

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* (Annual)

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* (Shrub)

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* (Perennial)

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.

MARJORAM (OREGANO)

Origanum Species (Perennial)

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.

MINT *Mentha Species* (Perennial)

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.

PARSLEY *Petroselinum Crispum*

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* (Shrub)

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* (Shrub)

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*

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.

WORMWOOD *Artemisia Absinthium*

The silver spires of wormwood make a lovely foil to brighter colors in the flower border. It is used for centuries to expel worms, especially in children. Wormwood should be treated with caution and never taken internally during pregnancy.

