



# **Growing Culinary Herbs**

**Primarily for beginners**

**Vancouver Island Regional Library  
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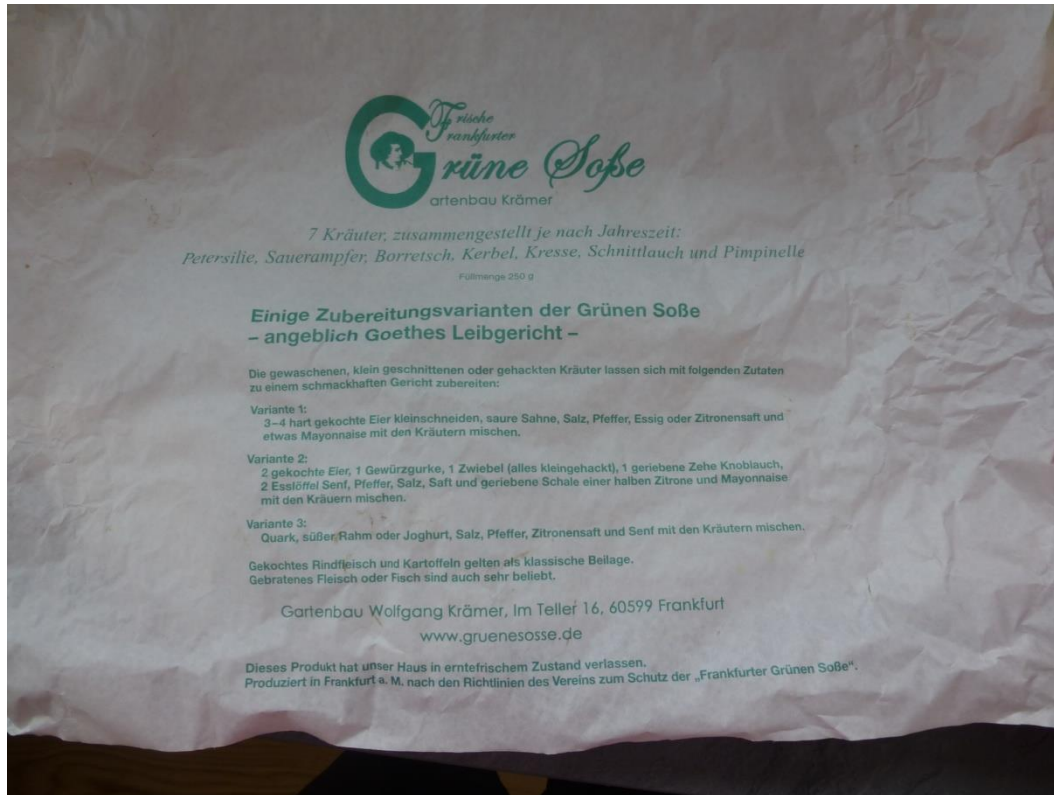
**Dorothee Kieser**

# On soil

- **Seed Starting Soil**  
Commercial mix
- **NGCS Greenhouse Transplant Soil recipe (can be used for containers)**
  - ½ bag garden soil (12 L)
  - ¼ bag steer/mushroom compost (5 L)
  - 1/3 large bucket peat moss (crumbled) (4 L)
  - ½ large bucket coarse sand (6-7 L)
  - ½ bag fish compost (10 L)
  - ¼ cup each lime, Gaia Green, bone meal
  - Mix well
  - Or use commercial outdoor container mix with additional sand &/or vermiculite or perlite

# Grüne Soße

Goethe's favorite summer dish



Chop fine handfuls of:

parsley,

chives,

sorrel,

borage,

chervil, & cress,

Add 3-4 chopped hard-boiled eggs

2T sour cream or yoghurt

Salt, pepper, lemon juice.

Serve with new potatoes

Or

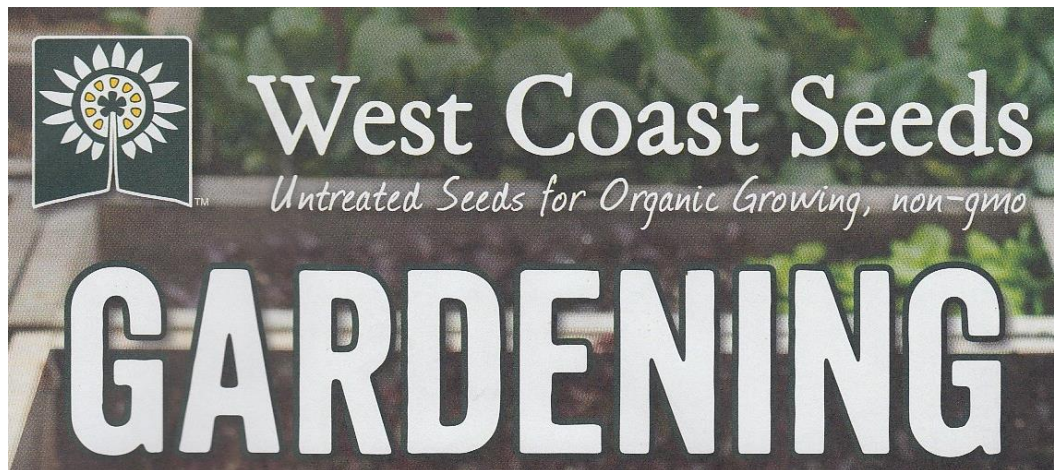
Substitute cottage cheese for eggs

# Drying Herbs

- Harvest on dry days, preferably in the morning
- Rinse & pat dry
- Instead of bundling , strip leaves from stems and dry flat (mesh screen is good)
- Don't have more than 2-3 layers of leaves
- Keep away from direct heat and light (room temp OK)
- Fluff occasionally until they crumble when crushed



# Thanks!



And many thanks to Jo Canning  
for the use of some of her images

