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>>Next on HomeGrown, we'll learn how to grow herbs. Whether you're an avid gardener, or just starting out, we'll discuss everything you need to know about growing all kinds of herbs. Like basil, cilantro, parsley, sage and chive. And that's just to name a few. And we'll also learn how to use herbs in homemade remedies, like lip balm. Stay tuned!

>>Welcome to HomeGrown! I'm Rebecca Cressman. And today we're talking about growing herbs. With me today here at BYU's Terrace Garden is Dr. Frank Williams, professor of plant and animal sciences at BYU. Thanks for being here.

>>Glad to be here.

>>Let's talk a little bit, first, about the different categories of herbs that are out there.

>>We can divide them into two different systems. One is annuals and perennials. We also then can take the perennials and we can divide those again into two different groups. One is an herbaceous perennial, and the other one is a perennial that stays for years in our garden and doesn't die back. So an herbaceous perennial is one that dies back. A perennial is one that will have woody stems, in other words, that we're just going to harvest parts off of, and it continues to grow.

>>Alright. Herbs are used quite a bit in the kitchen, and so we want to learn about those. Let's focus on herbs, first. On those that are grown annually.

>>Alright. Well we have parsley.

>>We have a sample of Italian parsley here. Do they grow in a warm or cool season?

>>Well, they like the cooler temperatures, but they'll grow anywhere. Most of these herbs will grow anywhere that you live. In some circumstances, we can make them grow. But they like the parsley itself is kind of a cool season crop. And so it does much better where we have cooler temperatures in the spring.

>>Now, how about the bushy perennials?

>>Okay, the perennials, we have rosemary, we have thyme...

>>Okay, we have rosemary here. This looks like the evergreen of a Christmas tree.

Okay and you said thyme as well? And we've got that. Should it be pronounced "TH-y-me" or "T-y-me?"

>>TH-y-me, T-y-me, you know, depends where you're from.

>>So fragrant! Okay, so rosemary, thyme...

>>Bay leaves. Bay is also a perennial. There's an herbaceous plant that we use in our cooking in a lot of times.

>>And do the perennials actually grow differently? Do they look different; are they easier to spot because they grow a little more like bushels?

>>Well, they'll be bushy, and usually much larger than the regular perennial annuals that we had.

>>And what else?

>>And we have some of the sages.

>>Okay. Ah, I'm thinking this is a sage.

>>That's a sage.

>>So fragrant, by the way! All of these.

>>There are many different types that we can use, and in fact, some people use some that we don't even think of as herbs.

>>What kind of soil should we be looking for when we are deciding to plant the annuals?

>>Now, one thing about these perennials and the annuals is they put them in the landscape. We don't need to put them in the garden. Now we can. Some people put them in their garden because they can put them around plants and they supposedly will keep out insects and stuff like that.

>>You say "supposedly..."

>>Well, sometimes they're so specific that it doesn't work all the time. But put them in the landscape so that they're actually...and we're harvesting them all the time...and in fact, put them so they're very near to where your kitchen is, so you can go out and harvest them at any time.

>>Now if we put them in the landscape, my dirt is not optimal dirt. Should we be looking at preparing the soil a little bit differently?

>>Pretty well just dig a hole and put them in. And most of them will do very well there in that type of environment.

>>What about fertilizing annuals?

>>Just like you would your landscape, but they don't take an awful lot of fertilizer. Because a lot of these are considered what we'd call weeds, or native plants. And so they grow pretty well anywhere you want to grow.

>>What about sunlight and spacing? You talked about building it, and I have one in front of my house. Some shrubs, and I can plant these kind of below. How close can they be to each other and to other plants?

>>Now, again, they like sun. Some like more sun than others. But usually, if we give them as much sun as possible, but we can't put them in shaded areas where they get...so we want four to six hours. There's a minimum for the light. That's for the annuals. The perennials usually like a lot of sun.

>>Alright. We'll talk a little bit more about perennials in just a minute. But one of the things I tried in my house is to have a little grow box in the windowsill, and try to grow these inside my home, and I'm not always successful.

>>Growing in the house is an extremely difficult thing. Even with these plants that grow anywhere. The light usually is not enough. Because our lighting in our homes, even though it's bright for us, is not enough for the plants. We need a lot more light than that. And so they have problems there. One of the problems in some areas is that it's very dry in our house. And so it's just not enough moisture to keep them alive. And so if you live in an area where it's extremely dry, the humidity's too low, and so that's a problem.

>>Now I grew mine from seeds. What do you recommend when we're planting annuals?

>>Seed is the primary way to do it. It's just like every other crop. Use seed, and they're much easier to handle. And you'll get to know how to do it. Some of them are a little harder to grow than others, but you can learn how to do it.

>>When you talk about that, those that are harder to grow, and we want to go for a transplant, what should we know if we want to plant transplants? Annuals?

>>Okay, the best thing is to remember that you try and keep the moisture uniform. They like not really hot temperatures, but warmer temperatures. You know, one of the places that a person can start these seeds and do very well is on a refrigerator. If you have a

refrigerator in your home, to get your seeds to start germinating. Set them on top of the refrigerator. And the heat that comes from behind the refrigerator usually comes up, goes over the top of the refrigerator, and causes these to be nice and warm and they germinate.

>>Oh, that's fantastic. Once we transplant them in our soil, or in our landscaping, wherever we decide to put them, how much is enough moisture? You talked about keeping them wet. Is it just soaked?

>>Once they're established, they usually don't take an awful lot of water. Just water them with the landscape, how you water your landscape. Which should be every 7-10 days, depending on where you live.

>>Alright, we want to start using these in our recipes, about how far ahead do we have to plant them to be able to harvest?

>>Some of these, you can harvest sooner than others. But you're going to have to have a couple of months to get them so they're there. And as they start to grow, we want to remember that we harvest a little bit at first, and then later on you can harvest more and more. So the first part may be very small amounts, and then later on you'll have larger amounts.

>>Now a lot of these, I'm going to pick the parsley as an example, the Italian parsley, very similar to cilantro. How can we actually pick it so we can continually harvest off of the same plant?

>>As long as we go in, and usually the best idea is to use a knife. Go in, our scissors, go in and cut them off, the bigger ones. Usually they're going to be on the outside and in the center is going to be the smaller ones. So we'll take those outer ones off all the time. It's important that we harvest continually to keep these plants growing.

>>And if we don't harvest them, do they go to seed?

>>They go to seed.

>>Okay, what happens then?

>>Well, then they stop growing, put all their energy into seed, and then they're done.

>>Alright. What about specific pests. Liking them, by the way, very fragrant.

>>Yes. Most of them have very few pests because of the fragrances; a lot of them have a lot of hair on them. You have oils on them. The fragrance comes from the oils, and so pests just don't seem to bother them.

>>Alright, now let's talk a little bit...we've mentioned these annuals, let's talk a little bit more about the perennials. And should they be grown in warm or cool season?

>>Year round. You know, they may like a cooler season, but they grow year round.

They're a very hearty plant, and usually they'll grow anywhere we want them.

>>Now what about, because they're a little big larger, they're a bushy perennial, and they're going to keep growing, do we need to do anything differently when it comes to soil prep or fertilizer for these?

>>The fertilizer, the preparation of the soil is just to make sure you've got a hole, and sometimes it's pretty hard to dig. Rocks are just fine, or heavy clays, because they like to grow in this stuff, it changes our watering patterns. But just make sure that we then have to water them in, and they do pretty well on their own. A lot of them will grow without water all summer.

>>Now when we're planting our perennials, these are obviously going to be with us, hopefully, if we take care of them, year after year.

>>They should be 3-5 years, at least.

>>So what kind of spacing requirements are needed?

>>Just depends upon the size of the plant that you want to get. So you can keep them smaller by pruning them or taking parts off for harvest. So we're going to plant them anywhere from a foot to two feet, maybe even three feet apart so that they have plenty of room.

>>Now if we want to add some more perennials in our garden, what would you recommend if we want to plant them? Should we use a start?

>>Yes. We can, in fact, we can use a lot of "cuttings" as we talk about them, and I might just mention this...a wonderful way to do it...

>>I'm going to hold it because it sounds so good. You're going to show us an example?

>>Yes, and what we can do, and this shows the example of what happens. These were growing and have not been harvested, so you can see the seeds have started to...and it becomes an unsightly plant. And if we look at one that's...

>>And I've got some dirt here too we can use as an example.

>>And if we look at this here, this one has been handled and cut back; make sure it keeps growing in that.

>>So if we cut here right before the base of the flower, then we're going to prevent it from going to seed.

>>That's right, and pretty soon it will start to branch. And it gets to be a beautiful plant that we have a lot of...

>>And I didn't do that to one of my cilantros, and it took over the entire garden. So we're going to now, wait, this one has gone to seed?

>>Yep. And what we can do, a lot of fun for a homeowner, is to take and if we'll just cut...they usually like just a little portion of a year-old hardwood stem. So we can cut them...we call it a "mallet cutting."

>>Well it looks like the letter "L," so there's just a short little thick stem about it.

>>Has to have a little part of it, this is thyme, so it has to have just a small portion of the stem. And we can just put that into our media.

>>And so the bottom of the stem is actually covered in dirt.

>>And this will...and we have to keep it, a lot of times we put a plastic bag over it, just to keep it moist.

>>How much water would we need to add to keep it moist?

>>Well, we have nice, moist soil here. And put the bag over it. Moisture doesn't leave because of the bag. And it takes about four weeks, and it will have roots on it. Now you can tell if it has roots by if you pull on it, you'll feel it starts to be attached to the pod. And it's ready to go. And you can do all of it, most of the herbs that are the herbaceous type, we can do this with.

>>Alright. So we placed a little piece of a stem, you called it a mallet?

>>A mallet cutting.

>>Placed it in moist dirt. And how long would it take to form the roots?

>>Oh, about a month. And of course, what we're using here, you can use soil, but the ideal thing is an artificial media where we just get peat moss and fertilize it. It's not as heavy and it holds the soil moisture better.

>>And once we transplant, about how long do you think we can start cutting it so we can use it?

>>Well, you want to start out slow. And when they get to be about this size here...

>>Would this be a couple months later?

>>If we keep harvesting it and cutting it back, this is probably three months. Then we want to start the first year, we would take just a small amount off for a period of time. And we don't want to do too much, because then it depletes it. And it won't have enough energy to survive. And then the next year, the second year, then we can harvest quite a bit of crop off of it. And the main thing is, make sure you're harvesting it all the time. Just what you're going to use.

>>If we live in a temperate climate or a location that has a cold winter, how can we protect the perennials?

>>Sometimes we can put a mulch over them if it's really cold. We can put a mulch or straw, put a fence around it, fill it with straw. One of the things you want to remember, you don't mulch it, though, until the soil has cooled off. So we have to have a couple of frosts, get the soil cool, then you can put this net around it or something, fill it with straw, and they'll do just fine. Next spring, come in, pull the straw off, and it will grow just fine.

>>I've talked a lot about how we can use it in culinary places. But they also have medicinal value to them as well.

>>A lot of them do. And that's probably where they become very important in their use today is the medicinal value that people find in them.

>>Alright. Well herbs are definitely useful in both those ways; culinary and medicinal. And Kate Penhallegon of Springfield, Oregon, has found some fun and practical ways to use the bushels of herbs that she grows in her immense herb garden, and she uses it in home remedies, so let's take a look:

>>In our culture, I don't think herbs are used enough. We seem to be so caught up in the fast-food movement, that using herbs is the difference between going out to McDonalds and going out to a fine French restaurant. And I think the more we use the herbs, I think the better our meals could be and we'd be staying home more.

>>Using herbs—both culinary and medicinally—and for bath products is actually simpler than most people think. It's basics of following recipes, you can find those in books at the library, on the internet, you can even sit down and think, you know, I'd like to make some deodorant, and just plug in herbal deodorant and Google it, and you can come up with tons of recipes.

>>Herb gardening is the perfect way to get the quantity and quality of herbs that you need for any of your products. Gardening and working in a garden with herbs is extremely therapeutic. You're surrounded by the aromas, and it's just a very wonderful experience.

>>I'm going to be showing you a few different methods of drying herbs. One method, which I like to use with my bay laurel and other herbs that are of a woody nature, is to tie them with a string and then hang them either in a garage that's well-ventilated, with no sunlight in an attic, or in your hallway. Another method that I like to use for rosemary and other plants that may drop their leaves or seeds, which they have on them, is to rubber band them, and then using a paper bag, stick them in the paper bag. Gather the top. Tie it off with a string, and hang that also either in your attic or in another well-ventilated, dark place. Another really good method to use is your dehydrator. I have

some oregano here. And we will go over and we put some on the tray. Make sure it's spread out very well. Because any of the parts that are touching could create a moisture lock, and they wouldn't dry as efficiently. Now the more plants that you put in a dehydrator, the more efficient that the dehydrator will work. They don't have to be the same plant, but they need to be plants of a similar leaf size. And that way they'll dry much more evenly. Now after we get our oregano in, we see how it comes out, and it is dry, and you have the option of either taking the leaf off the stem, or if you have a grinder, you can go ahead and grind the stem and use that also. I'm going to be talking about infusions. You can either use fresh lavender or dry lavender. If you're using a fresh herb, like lavender, you're going to have to be extremely careful when you're doing your oils, because the fresh plants tend to mold in oils. So you're going to have to check them 2-3 times a day. And also, if you see any little spots or anything on your plants, to immediately take them out, strain them very well, and put some fresh in. For the sake of ease today, I'm going to just use some dry lavender. You get the same scent and the same properties of the dried lavender as you would the fresh. You put some lavender in a job, however amount that you would like to use. And we're going to be using castor oil. You could use almond oil, olive oil, or any other type of oil, depending on what your recipe is. Because we're going to be doing a recipe that calls for castor oil, we're just going to go ahead and use castor oil for our demonstration. What you would do is pour it in to just cover the lavender, and you would cap it. Swirl it around a bit so you know the oil has gotten into the lavender bloom. Once you've finished doing that, put it somewhere warm. Either on a warming plate or on top of your fridge that has a constant low level of heat going. The other things that we have also used in oils for infusions has been rose pedals, collegium blooms, which collegiums makes an absolutely wonderful salve. Rosemary needles. Here's a lavender that has been sitting for about ten weeks. There are many different methods that you can use for straining your lavender or other herbs. You can use cheesecloth, you can use a filter, a paper filter, or you can use a strainer, depending on the amount and size of your batch. Today, because we have a small jar, we're just going to use the small strainer. Now it's important that when you strain, you get all the bloom out. You can help it by pushing it through a little bit. Now once you have your strained infusion, it's best to put them in a jar, similar to the one that you've removed it from. A nice, clean jar. Cap it. You can either store this in your refrigerator or in a place that's cool, well-ventilated, and dark. Another kind of infusion you might want to work with is a hot water infusion. And what you do is you take either the same herb, or you can get many different herbs together into a mix. Depending on the scent that you want to have in your infusion. In this one we have lemon balm, lemongrass in here. And we also have in this one, we have lemon balm, lavender, chamomile, rosemary and spearmint. Now these are both leafy, herbal mixtures. This one is a fruit mixture, but it also has a hibiscus flower bloom in it. There's also some dark berry and some apple. You see we have some already mixed up. And you can see the red of the hibiscus comes out really nice and makes it a very pleasing effect to look at. The hot water infusions can be used making syrups, creams, poultices, and other things that you might want to use as an herbal remedy or a product. I'm going to be doing an herbal deodorant. For our ingredients, what we need is one ounce of coconut oil, one ounce of beeswax, I suggest a cosmetic grade, because it's much cleaner and better to use if you're using any type of a product or making a product that you're going

to put on your body. You also need an ounce of cocoa butter. We also have an already infused bowl of castor oil, which has been infused with the lavender and the rosemary, but we'll get to that in a minute. Here I have in the pot, all ready, the cocoa butter, the beeswax, and the coconut oil. You need to have that melted down to a complete liquid. I do it with the measuring bowl because in the end, it's going to be a lot easier to pour from this than from a pot or a double boiler. So the last thing I need to do is add the infused castor oil. But before I do that, I want to tell you a little bit about these organic essential oils. These are the oils that I have not been able to infuse into the oil myself. So I went ahead and purchased these commercially. They are 100 percent organic oils from the particular plants that I need. So the last thing I need to do is add that infusion to my melted oils. Make sure that gets all the way out. And then we stir it up so that it will melt a little bit more. And it will blend in much better with the other oils and butters that are there. When we're done, we just go ahead and pour those into our containers, which you can also get on the internet. What I like to do is just pour that in clear to the top. And then you can let that sit until the top becomes opaque or a little more solid, and then you can go ahead and just cap it and use it. I'm going to be making some herbal lip balms now. To make things easier for holding our lip balm tubes, I've just went ahead and used an egg carton. I stuff it with plastic to get a little bit more support to my lip balm tubes, and then I cut the bottoms out so you can just stick them in and they hold pretty steady for when you get to the pouring process. Also, you're going to need to purchase the lip balm tubes. So I would suggest hitting the internet to find out who's closest to you to find some. You can either get the tubes or the little lip balm cups. For our lip balm, we use an almond oil. We have already infused this almond oil with some lavender, and we also use beeswax. It's an ounce of beeswax to approximately a half-cup of almond oil. I also use vitamin E in there for conditioning and some preservative. You need about a half to one teaspoon full. We're going to just go ahead and add that to our melted beeswax that's here in the pot. Now for the aloe vera concentrate, which is also an excellent product to have for your lips, because it's a very conditioning product, I actually have my own aloe vera, so you can just go ahead and strip out some of the gel from the aloe vera. You can just use your fingernail, or you can scrape it with a spoon. And then you just go ahead and just drop that into your container and stir it around while it's hot to get it to dissolve a little bit. You put in approximately one half to a full teaspoon of the aloe vera. Now our oils are done melting. Again, I used a glass measuring cup as opposed to just using the double boiler. Just for the ease of pouring. We have the infused almond oil here, so I'm going to go ahead and add that to the melting oils and stir that around, and make sure that has all dissolved. So once we have combined all of the ingredients, remove your glass jar and start pouring into your lip balm containers. And when they're done and opaque, again, just go ahead and cap them, and they're ready to go. Another favorite thing I like to do with my herbs is to make herbal ice cream. Here I have some lavender ice cream in a French vanilla custard base. What I do is after I make the base, I will put some lavender blooms in a cheesecloth bag. Several tablespoons will work. You gather it up and you tie it. And then when your base is done, you just put it in with the custard base. You put it in your fridge for a couple hours to overnight. When you're done with your base and it has sat overnight, you're going to want to take that cheesecloth out and with a spoon, probably squeeze out the excess custard base. The base now is ready, almost, to go into our ice cream maker.

Another fun thing to do is to add a few more blooms in there, so that while it's in the ice cream maker, you're blending some blooms and adding a fresher look to your ice cream. So we'll just go ahead and pour that on in there, just follow your manufacturer's directions on how to make it. It makes an absolutely lovely lavender ice cream. Let your creativity just take you away and make some wonderful things for your life.

>>Just seeing the size of her herb garden, I wish I had one that big, and just so beautiful. Now we're almost out of time. But before we go, let's just review a few of the simple things that Dr. Frank Williams has presented to us, and that will help ensure you get a good, healthy crop of herbs each season. First, use both annual and perennial herbs in your landscape. Next, pick herbs as you need them. Practice continual harvesting so they don't go to seed (you gave us some examples of that). And finally, get perennial plants the full amount of space that they require, since they'll grow for several years. And that's about all the time we have for today. For more information on this and other episodes of HomeGrown, or to find copies of Kate's recipes, or to order a copy of the series, be sure to log onto HomeGrown at www.byubroadcasting.org. Thanks for Frank Williams, and thank you for watching. And remember, everything tastes better "HomeGrown!" Goodbye.

>>On an upcoming episode of HomeGrown, we'll take a trip to Paris, France. And we'll learn how to buy, store and most importantly, cook with fresh herbs. We'll learn from a gourmet chef how to turn our everyday cooking into a gourmet treat by simply adding the freshest of herbs. Be sure to check it out.

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