

Herb Cheat Sheet

Welcome to the world of herb gardening! Whether you're a seasoned gardener looking to expand your culinary repertoire or a beginner eager to embark on a flavorful journey, this cheat sheet is your essential guide to growing 8 of the easiest herbs for beginners.

Basil (*Ocimum basilicum*):

- Aromatic herb widely used in Italian cuisine.
- Varieties include sweet basil and Thai basil.
- Annual herb that grows 12-24 inches tall.



- Plant near tomatoes, peppers, and oregano to enhance flavor and repel pests.
- Basil is known for its antibacterial properties and has been used in traditional medicine to relieve coughs, soothe digestion, and reduce inflammation.

Chives (*Allium schoenoprasum*):

- Mild onion-flavored herb with purple flowers.
- Perennial herb that grows in clumps.
- Easy to grow and low maintenance.



- Plant near carrots, tomatoes, and roses to repel pests and attract beneficial insects.
- Chives contain vitamins A and C, as well as essential minerals like calcium and iron.

Mint (*Mentha* spp.):

- Refreshing herb with a strong aroma.
- Varieties include peppermint and spearmint.
- Perennial herb that spreads vigorously.



- Grow in containers to prevent spreading.
- Mint is commonly used to soothe digestive issues such as indigestion, bloating, and gas. It also has antimicrobial properties and may help alleviate symptoms of irritable bowel syndrome (IBS).

Parsley (*Petroselinum crispum*):

- Biennial herb with curly or flat leaves.
- Commonly used as a garnish or in cooking.
- Regular harvesting encourages bushy growth.



- Plant near asparagus, tomatoes, and roses to attract beneficial insects and repel harmful ones.
- Parsley is rich in vitamins A, C, and K, and antioxidants. It has been used in traditional medicine to support kidney health, improve digestion, and freshen breath.

Oregano (*Origanum vulgare*):

- Aromatic herb commonly used in Mediterranean cuisine.
- Perennial herb with small, oval leaves.
- Easy to grow and low maintenance.



- Plant near broccoli, cabbage, and cauliflower to deter pests like cabbage butterflies and cabbage moths.
- Oregano is often used to relieve respiratory issues, support immune health, and aid digestion.

Thyme (*Thymus vulgaris*):

- Fragrant herb with tiny leaves.
- Used in various culinary dishes.
- Perennial herb that forms low, spreading mounds. Plant in well-drained soil in full sun.
- Water regularly but sparingly.



- Plant near eggplant, tomatoes, and potatoes to repel pests like tomato hornworms and flea beetles.
- Known for its antimicrobial properties. Used in herbal medicine to treat respiratory infections, coughs, & sore throats.

Rosemary (*Rosmarinus officinalis*):

- Woody herb with needle-like leaves.
- Commonly used in roasts and marinades.
- Drought-tolerant once established.



- Plant near beans, cabbage, and carrots to repel pests like bean beetles and carrot flies.
- Contains rosmarinic acid and other antioxidants that may help reduce inflammation and improve digestion. Also used in traditional medicine to enhance memory.

Lemon Balm (*Melissa officinalis*):

- Lemon-scented herb with heart-shaped leaves.
- Used in teas and as a garnish.
- Perennial herb that grows vigorously.
- Plant in average, well-drained soil in partial shade to full sun.



- Plant near squash, pumpkins, and cucumbers to attract pollinators and deter pests like squash bugs.
- Known for its calming effects and has been used in herbal medicine to reduce stress, anxiety, and insomnia.