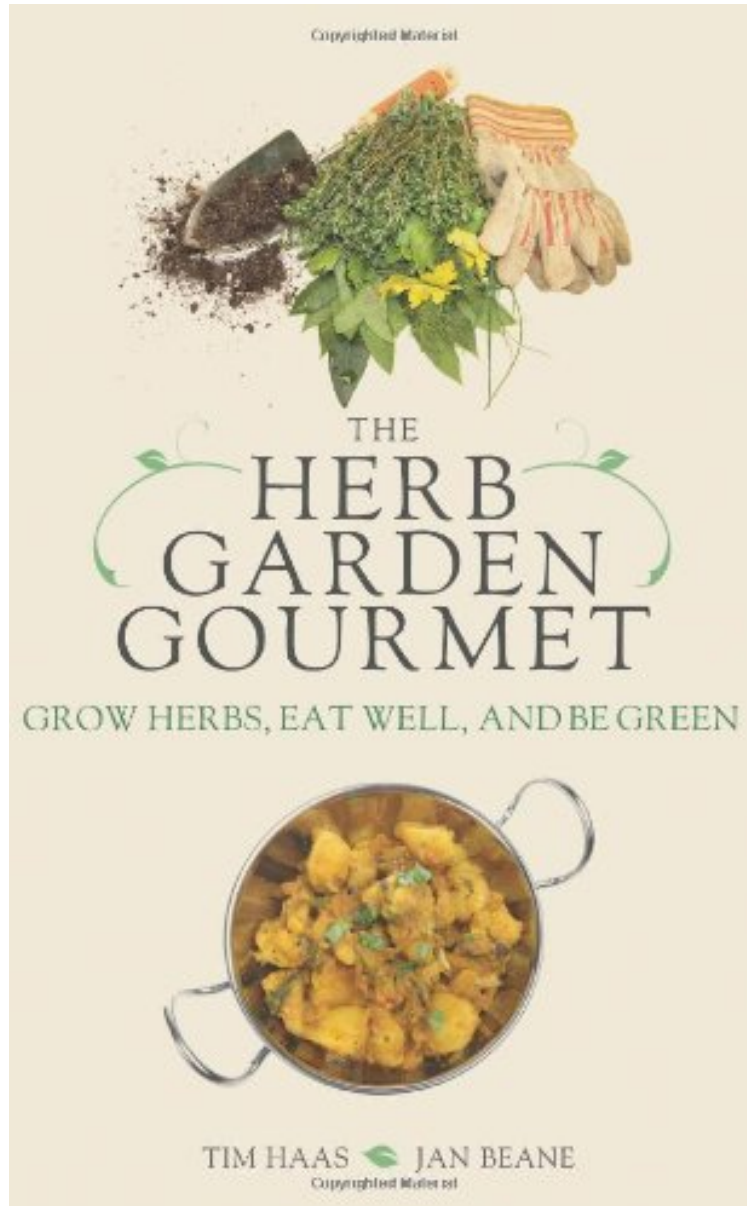


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# The Herb Garden Gourmet: Grow Herbs, Eat Well, and Be Green

*Tim Haas, Jan Beane*

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**Tim Haas, Jan Beane : The Herb Garden Gourmet: Grow Herbs, Eat Well, and Be Green** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Herb Garden Gourmet: Grow Herbs, Eat Well, and Be Green:

3 of 3 people found the following review helpful. Excellent book By B. Orr I am learning to how to grow herbs for the

first time. Ran across this book belonging to a friend and now I have to have my own copy. The introductions by each author hooked me and I read the whole book last night. Can't wait to start making the recipes. There are tips on growing and storing herbs as well as recipes using each herb...recipes one might actually want to cook. I really appreciated the information on which veggies like to be planted beside each other; help protect each other. Next year I will plant my garden according to their advice. Good job, Jan and Tim

"I'm wild about this book! Tim and Jan give us all the knowledge to cultivate our own herbs and endless ways to put them on the family table." Lorrienne Crook, host of *Celebrity Kitchen* and co-host of the nationally syndicated *Crook Chase Countdown* Spice up your cooking with organic herbs from your own backyard! Cooking and gardening come together in this delightfully green book of herb-gardening tips and flavor-packed herb-based recipes. From the garden to the kitchen, experience the pleasure of growing, harvesting, and cooking with your own organic herbs, such as dill, basil, thyme, oregano, coriander, ginger, fennel, and sage. Learn how to plant and cultivate 15 of the best fresh herbs, and then move to the kitchen to utilize each herb in more than 150 innovative and delicious recipes, such as: Chicken and Cilantro Stuffed Peppers Asparagus with Tarragon Butter Sauce Dilled Barley Soup with Vegetables Roast Leg of Lamb with Garlic, Lemon, and Parsley Dressing Savory Mushroom Quiche Pork Roast with Mushroom Sauce Ginger and Pear Muffins Rosemary Grilled Chicken Get inspired! With ample room to jot down notes and recipes, you can add, modify, or create your own culinary endeavors as you move through each chapter. Highlighted with history, cooking tips, and information about herbal health benefits, this is the only book you need to grow green and eat well. **MORE PRAISE FOR THE HERB GARDEN GOURMET:** "One of the best written and most informative books on cooking and gardening with herbs, from drying herbs to planning your own herb garden and how to cook with them." Nathalie Dupree, TV chef and cookbook author "One of the most comprehensive cookbooks we've ever seen on herbs and healthful cooking, and we highly recommend it to anyone who is interested in making the most of their favorite dishes." Donna and Jimmy Dean

"This is a five-star book. Gardeners top your list for gift-giving on Mother's Day, Father's Day, and most of all for that Grand Gourmet Day in your family by making it a 'tasty day' for all." - News Blaze About the Author Tim Haas and Jan Beane have been cooking with herbs for years and sharing their knowledge at herbal conferences, workshops, and conventions. They hosted the PBS television show "Herbal Impressions with Tim and Jan," which combined culinary and gardening endeavors. Excerpt. Reprinted by permission. All rights reserved. Chapter One: Gardening with Herbs Herbs can be planted in their very own garden, in the vegetable garden, or even in containers. Wherever you desire to plant them, rest assured they are easy to grow and will reward you quite well in the kitchen. Most herbs are actually perennial plants, meaning they will return each year and for years to come. Herbs generally need six to eight hours of sun each day, minimal fertilizing, well-drained soil, and sometimes a little spring pruning for renewal. Winter mulching is a good idea in areas where the ground freezes. In our hot, humid Southern climate, nematodes, fungal diseases, and high heat often bother plants. When planting annual herbs such as basil, dill, chervil, and cilantro, try planting them in a different area each year (in essence rotating your crops). Also, consider planting marigolds among the herbs to help repel nematodes from the soil. A border of marigolds around the garden edge also helps to discourage pests. For the most part, there are solutions to the cultural problems that may arise when growing herbs in your specific areas, and if you still harbor fear about growing your own herb garden, you can always grow just a few plants on a sunny kitchen windowsill. Remember, the great majority of herbs fall into two categories: annuals, which are herbs that live only one season, and perennials, which are those herbs that live two seasons or more. By far the easiest herbs we have grown are those that come back year after year. Some of these include sage, thyme, oregano, chives, tarragon, and lavender. These popular herbs can be purchased from spring through early fall at most local nurseries. If this year will be your first attempt at trying an herb garden, we would like to suggest you start with one plant each of tarragon, thyme, oregano, and sage, two chive plants, and perhaps three or four basil plants. Maybe your experience of cooking with herbs is limited, so these tried-and-true herbs are all you will need to make an interesting change to your cooking as well as your gardening. Start with an area four feet by six feet that gets at least 6 hours of sun a day and has good drainage. Rake the area to rid it of any clods and rocks. Spread several inches of organic matter or compost over the soil; then with a spading fork, work these enrichments into the top six inches of soil, mixing and breaking up the soil thoroughly. You want your soil to be well prepared, light and aerated, and porous. When you are ready to plant, begin by placing the shortest herbs in the front, such as the thyme and chives. The middle area of your garden should hold the sage and the tarragon, and the taller oregano and basil should be positioned in the back. Be sure to space the plants accordingly, as the thyme and chives will each need about a foot of space for growing room, and the others about two feet of space to stretch and grow. Dig a hole about a foot across for each plant and sprinkle some additional amendments into the bottom of the hole. You can amend with manure, or compost, and then add a few tablespoons of blood meal or fishmeal as a source of nitrogen. Carefully nudge each herb seedling out of its container; then plant into the prepared hole, making sure the crown of the plant is level with the bed. Add back surrounding soil and tamp it in place around the seedling, being careful to not compact the soil too densely, yet leaving no air pockets. Water the new

plant, making sure all the roots have received a good soaking. To cut down on watering and weeding, place several inches of mulch around each plant. For the first week or so, keep the new plants moist. Then use your judgment should the weather turn hot or windy, or if the plants start to wilt, water as needed. If weeds do come, pull them so the herbs do not have to compete for water and nutrients. (An excellent time to weed is after a good rain. Weeds "pull" more easily out of wet soil than dry, releasing their pesky root balls without disturbing surrounding plants.) After about six weeks or so, you should be able to harvest. With herbs it seems the more you harvest, the more you have. Remember with the basil, when flower heads begin to appear, cut them back. This will encourage the plants to put out lush new leaves instead of setting seed. Chives also do well by clipping their flower heads; and the more you harvest the more chives will grow. We know many of you simply do not have room for a formal herb garden. Perhaps you have a small yard that features a birdbath. You could border the area beneath the birdbath with an array of herbs. Maybe you have some space at the front of the house, by a porch or a walkway, or even at the edge of your yard if you live in town. Look around and see what options you have. If nothing seems workable, think about container gardening, or filling a sunny window box with your favorite herbs. Even a well-placed whisky half-barrel, or an antique wheelbarrow, or a raised bed bordered by railroad ties can provide a unique setting for a small herb garden. Wagon wheels, with their spokes, can provide a circular setting for a mini herb garden.