

Recommended Types to Grow

Most herbs are easy to grow in Washington. Plant types that are ingredients in the recipes you like to make.



Mint

When and How to Harvest

- ✿ You can harvest herbs as soon as the plant has enough leaves to keep growing after you've picked. Younger leaves will have the most flavor.
- ✿ Harvest during a cool part of the day using scissors or clippers. Snip just below a pair of leaves, leaving 4 to 6 inches of stem for new growth. Do not harvest more than one-third of the plant at one time.
- ✿ Leaves and flower stalks of chives can be cut just above the soil. The puffy flowers can be eaten; they have a mild onion flavor.

Storage and Cooking

- ✿ Refrigerate fresh herbs in a glass of water like flowers. Cover with a loose plastic bag for up to a week.
- ✿ Rinse herbs just before using. Push them up and down in a bowl of water, lift out of the water and repeat in more fresh water until no dirt appears in the bowl.
- ✿ Make ice with herbs frozen into it.
- ✿ Use herbs to flavor soups and stews, salads, pastas, dips, sauces and pizzas.

Herb Flavored Water

Preparation Time: 5 minutes

Chill Time: 3 to 12 hours

Makes: 4 cups

Ingredients

10 leaves or a sprig of **herb** (any type or a combination you like)

4 cups **water**

Directions

1. Rinse herbs up and down in a bowl of water. Lift and repeat in more clean water until no dirt appears.
2. Tear or crush the herb leaves.
3. Add herb to water and refrigerate several hours or overnight to for the most flavor, then keep it cold to keep it safe.
4. Drink within 2 days for best quality.

Note

Keep it Safe! Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.

