

## Plant Guide - Herbs

Herbs	Time to plant	Culinary Uses	Companion	Avoid	Notes
Basil	After frost	pasta, pizza, salads, meat, fish, soups, beverages	tomatoes, peppers, petunias, oregano, lettuce, asparagus, beans, potatoes, carrot, tarragon, cilantro, parsley	sage	Pinch off flower heads. Improves flavor and growth of tomatoes and lettuce. Repels mosquitoes and flies
Catnip	After frost	salads, soups, sauces	pumpkins, beets, squash, hyssop		Deters harmful pests, attracts bees
Chamomile	8-10 weeks before spring	salads, soups, beverages	cabbage, broccoli, onion, kale, Brussel sprouts, cucumber		Aromatic herbs repel insects yet attract beneficial insects. Improves the flavor of companions
Chives	After frost	vegetables, dressings, casseroles, rice, eggs, cheese dishes, sauces, gravies, dips	carrot, cauliflower, apple, berries, peas, grapes, roses, tomatoes, lettuce, most herbs		Improves flower and growth of companions. Deters aphids and Japanese beetles
Cilantro (Coriander)	After frost	salsas, tomato dishes, sour cream, rice, salad dressings, stir fry, oils	broccoli, carrots, potatoes, radish, spinach, dill, tarragon, basil, parsley, caraway, anise	fennel	Sow after 3 weeks. Deters spider mites and aphids
Dill	After frost	pickles, vegetables, potato dishes, cheese, soups, salads, sauces, seafood	cabbage, broccoli, squash, asparagus, kale, spinach, pumpkin, squash, fennel, onions, corn, lettuce, cucumbers	carrots, tomatoes, lavender, caraway	improves flower and growth of cabbage family. Deters spider mites and aphids
Fennel	2 to 5 weeks before the last frost	pastries, confectionary, sweet pickles, sauces, tomato dishes, soups, vinegars, oils	dill	most veggies and herbs	Repels fleas and aphids. Attracts beneficial pollinators and butterflies
Lavender	Perennial	desserts, Herbs	broccoli,		Repels harmful

		de Provence, baking, beverages, lamb, meats	cauliflower, rosemary, oregano, marjoram, thyme, sage		pests. Attracts butterflies
Marjoram	After frost	meat, fish, dairy, vegetable dishes	all vegetables		Stimulates vegetable growth
Mint	After frost	roast lamb, fish, salads, jellies, teas	cabbage, tomatoes, squash, broccoli, peas, pumpkin	other mint varieties	Deters white cabbage moth, aphids, mosquitoes and ants. Attracts bees
Oregano	After frost	tomato dishes, summer squash and potatoes, mushroom dishes, beans, lamb or game	basil, sage, rosemary, thyme, oregano, melons, hot peppers, pumpkin, squash, lavender		Plant near all garden crops. Deters many insects and pests
Parsley	Early spring and late summer (2 crops)	soups, sauces, salads, meat, fish, as a garnish	beans, corn, peas, peppers, tomatoes, asparagus, roses, tarragon, cilantro, basil	carrot, lettuce, mint	Encourages growth of companions. Makes roses smell sweeter. Swallowtail butterflies lay eggs on parsley. Attracts beneficial insects.
Rosemary	After frost	oils, lamb, pork, chicken, stuffing, focaccia, tomato sauce, pizza	cabbage, broccoli, beans, kale, hot peppers, sage, thyme, marjoram, oregano, lavender	potatoes, tomatoes, carrots, pumpkin	Repels bean beetles, cabbage moths and carrot flies.
Sage	After frost	cheese dishes, stuffing, soups, pickles, beans, peas, salads	broccoli, cabbage, carrots, kale, rosemary, tomatoes, thyme, rosemary, marjoram, oregano, lavender	cucumber	Deters cabbage moths, carrot flies. Invigorates tomato plants
Savory	After frost	soups, stews, stuffing, fish, chicken, green beans, eggs	beans, onions		Improves growth and flavor
Tarragon	Perennial	meat, eggs,	eggplant, cilantro,		Repels insects.

		poultry, seafood, salad dressings, marinades, sauces	basil, parsley		Enhances the flavor of companions. Pinch back as needed.
Thyme	6-8 weeks before spring	casseroles, stews, soups, eggs, potatoes, fish, green veggies	broccoli, cabbage, strawberries, cauliflower, tomatoes, sage, rosemary, marjoram, oregano, lavender		Plant near all garden crops. Deters cabbage moths