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SUSTAINABLE URBAN AGRICULTURE PUBLICATION



HOW TO START A HERB GARDEN

Herbs are much easier to grow than many houseplants. All you need is a sunny, warm place and containers large enough for your plants to grow. Sunny decks, patios, and other such areas are great for container gardening. By growing Herbs in containers, you save yourself the difficulty of digging that starting a garden plot requires.

However, if you are lucky enough to have a great location for a garden, and you like to work outdoors, remember that your plants always prefer to be in the ground. Some plants grow quite large and do much better in the ground for that reason alone. Container gardening requires diligent watering and regular feeding, but it can be easy and fun.



Why Grow Herbs?

- Less space needed.
- Easy to grow in containers.
- Save money, fresh herbs are expensive.
- If you can grow vegetables, you can grow herbs.

How to Grow Herbs

- Consider fertility and drainage.
- Which variety do you want to grow?
- Keep perennial and annual herbs separate.
- Nearly all herbs can be grown from seeds.
- Cutting and division are also useful in propagating certain herbs.
- Although rust infects mints, very few diseases or insects attack herbs.

Let's Focus On Mint

- **Growing conditions:** Rich moist soil, shade or partial sun
- Propagate from cuttings
- **Varieties:** spearmint, peppermint, chocolate, apple, orange, etc.
- **Uses:** culinary: middle eastern cuisine, drinks (mojito, mint juleps)
- **Medicinal:** tea for stomach problems

RECIPE

- 1/2 cup plain Greek yogurt, 2 tbsp. optional sour cream to add texture
- 1/2 cup cucumber, peeled, seeded, grated, and squeezed to drain
- 1 clove garlic, grated
- 1 tablespoon fresh mint, chopped
- Add salt and pepper "to taste"



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