



## May Matters

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### Grow an Herb Garden

Herbs have long been revered for both their medicinal and culinary value. Growing your own herbs can be relatively easy. They thrive in just about any of soil, do not require much fertilizer, and are often not bothered by pests.

1. Select a container to plant your herbs or a spot in your yard. You can use something you already have it does not need to be a special pot.
2. Choose a high quality potting soil. Fill the container with potting soil and water.
3. Place seeds on top and cover with tiny bit of soil. Very small seeds can lie on the surface without being covered. Check your seed packet for specific guidelines.
4. Place your pot in a south-facing window where the temperature stays between 60° and 75° F. A heat mat can help keep your young plants warm.



### Popular Herb Combinations:

**BASIL** – a natural snipped in with tomatoes; terrific in fresh pesto, pasta sauce, peas or zucchini. Unless a recipe specifies, it means sweet basil.

**CHIVES** – great for dips, potatoes, tomatoes

**DILL** – try on carrots, cottage cheese, fish, green beans, potatoes or tomatoes

**CILANTRO** – Mexican, Asian, and Caribbean cooking; salsa, tomatoes

**OREGANO** – good paired with peppers or tomatoes

**MINT** – good with carrots, fruit salads, peas, or tea. If planting just one variety, consider spearmint, it complements both sweet and savory flavors.

### Make food tasty without using salt, added fat or sugars:

- Add fresh herbs near the end of cooking or just before serving.
- Approximate equivalent amounts of different herbs are:
  - 1 tablespoon finely cut fresh
  - 1 teaspoon crumbled dried herbs
  - ¼ or ½ teaspoon ground dried herbs
- Begin with ½ teaspoon of ground spices or ground dried herbs for these amounts; adjust as needed. Use more herbs when using a crumbled dried or a fresh form.
  - 4 servings
  - 1 pound of meat
  - 1 pint (2 cups of soup or sauce)(Red pepper intensifies in flavor during cooking; add in small increments.)