



Bon Appetit! Mediterranean Herbs

Greek Oregano

- Is a hardy perennial herb native to Mediterranean
- Can survive in hot dry climates
- Can grow as a groundcover or in rock gardens
- Needs at least part sun, maybe 5–6 hours but will tolerate partial shade
- Once established, can survive some drought, very low water requirements
- Will flower late summer. Prune down flowering stalks after flowering
- In winter if frosty, may die down a little bit but is still usable
- To use just pick branches and strip off leaves
- Use in all types of Italian foods, pizza, pasta, soups, meats, vegetable dishes

Rosemary 'Spice Island'

- Hardy perennial native to Mediterranean
- Is an upright rosemary, can grow to 4 ft., great for dry landscapes
- Has beautiful blue flowers that attract bees
- Most chefs prefer this very flavorful rosemary
- Very easy to grow, prefers full sun
- Well drained soil, can survive drought once established
- Can be pruned. Sometimes long branches start weeping or falling if not pruned once a year. Can take off tips and use for cooking

Thyme

- Hardy perennial herb native to Mediterranean
- Ancient Greeks used it for embalming, also used it in baths and burnt it as incense.
- Romans used to purify rooms in ancient Mediterranean. They also used it in cheeses & liquor
- The strong flavor of thyme is due to a compound in plant Thymol. It is used in some mouthwashes. Thymol has antiseptic properties and was used in ancient medicines.
- Very easy to grow, best in full sun, can tolerate slight shade
- Good drainage, only small amount of fertilizer, below the low rates
- Rejuvenate every few years, prune back severely
- Doesn't need much water when established. Sprigs will root and will become a groundcover.
- Can tolerate frost. Usually does well in our winters.
- Can harvest all year round, easy to harvest, take leaves off sprigs

- Is a basic ingredient in Indian, Italian, French, Spanish, Persian, Arab, Portuguese and Caribbean cuisine.
- Is used to flavor meats, soups, stews, lamb, tomatoes, eggs and other food

Parsley

- Origin was probably Italy or Greece, possibly Sardinia
- Greeks used parsley for burial wreaths and Romans used it as flavoring and garnish in foods
- Best grown in areas of afternoon shade. Mulch roots, keep area moist.
- May need low rate of fertilizer, mainly nitrogen but very seldom.
- Will survive Bay Area winters, but best to start with new plants each year
- Used in salads, soups, stews, eggs, pasta, pizza, Middle Eastern and Spanish cuisine

Sweet Bay

- This Mediterranean native can be pruned as a shrub or tree, or can also be grown in a container for many years
- Is evergreen all year
- Keep soil moist until well established, best to apply mulch around this shrub
- Light rates of fertilizer, mainly nitrogen may be applied when the plant is young, later you may not need to fertilize at all unless growing in a container
- Requires good drainage, sun to partial shade
- Leaves can be dried and used for a year
- Leaves used for seasoning meats, vegetable dishes, pasta, soups, stews and more