

Basil (Ocimum Basilicum)

- Chef's tips: Make basil vinegar using white vinegar and dark opal basil. Add a handful of basil when making beef stock, and to tomato or pizza sauce. To make pesto: combine 1 cup of fresh basil leaves, 3 Tbsp of pine nuts or walnuts, 3 Tbsp of grated Parmesan cheese, and 2 or 3 cloves of garlic. Puree in a food processor, adding enough olive oil to make a smooth paste. Use with pasta, rice, fish, vegetables, or in soup. Basil's flavor intensifies during cooking.
- Aromatic: Add fresh leaves to potpourris and sachets. Lemon basil and opal basil are very fragrant and nice to add.

Catnip (Nepeta Cataria)

- To make catnip tea: Simply pour boiling water over the dried herb and let it steep. Note, catnip's flavor and aroma are very volatile; so protect the tea while it is steeping by placing a saucer on the cup.
- To make candied catnip leaves: Dip the leaves into a mixture of beaten egg white and lemon juice, sprinkle each side with sugar and let them dry for a day or so. Store them in a tightly closed container in the refrigerator.

Caraway (Carum Carvi)

- Caraway seed can become bitter after cooking for a long time. When making soups or stews, try adding the seeds 15 minutes before you take the pot off the stove.
- Add crushed seeds to waffle batter (1/4 tsp. for a recipe of four). Sprinkle crushed seeds over popcorn.

Chamomile, German (Matricaria recutita)

- To use chamomile in a facial because it is penetrating: pour boiling water over dried chamomile flowers in a large bowl, then let the steam waft over your face.
- It is used to bring golden highlights to brown hair; combined with neutral henna, it adds highlights to very dark hair.

Chives (Allium Schoemoprasum)

- Container gardening: Chives can be brought indoors to harvest all winter long. Dig up a clump in late summer and plant in a pot. Leave the container outside for several months to insure that the tops die back and the roots freeze. Then, bring it indoors and place on a sunny windowsill. Plants will sprout within a few weeks.
- Craft: They dry beautifully and make splendid additions to dried herb and flower arrangements.
- Ornamental uses: They work nicely into a variety of garden settings and are rarely bothered by pests. Plant them as a border for a flower, herb, or vegetable garden.
- Chef tips: Combine chunks of cucumber, ripe tomatoes, and feta cheese with minced fresh chives. Add a splash of olive oil and serve with crusty bread.

Coriander (Coriandrum sativum)

- Aromatic: Once the fruit has fully ripened, the fragrance changes to one like citrus. Mix them in potpourris to give them a lemony scent.
- Chef's Tips: Add ½ tsp of ground coriander seed to the batter (of one loaf) of gingerbread, banana bread, or carrot bread.
- Other notes: Coriander attracts useful insects such as bees and other pollinators.

Oregano (Origanum spp.)

- Create an easy appetizer by drizzling a chunk of feta cheese with a bit of olive oil. Then sprinkle on minced fresh oregano and serve with crusty bread and ripe tomatoes.
- Toss thinly sliced red radishes, with minced scallions, minced fresh oregano, lemon juice, and olive oil and serve on a bed of shredded spinach.
- Baths: a muslin bag of oregano leaves bobbing in a steaming bath is recommended for relieving aches and stiff joints. (The hot water may play a large role in relieving aches and stiff joints.)

Rosemary (Rosmarinus officinalis)

- To make sachets: Cut and collect your herbs on a sunny day, working in the early morning, just after the dew has dried. To capture them when their essential oils are at their peak, flowers should be gathered just after they have opened. Gently pull off the petals, discarding any that are brown and wilted. Place the petals, leaves, roots, and bark on a screen to dry. Dry them in a warm, dark, airy place, stirring often. Make sure they are perfectly dry or else mold will develop. Store them in an airtight container and keep them in a dark place until you are ready to use them. Crumble the dried leaves and flowers almost to a powder and grind the roots and bark with a mortar and pestle. Stuff them inside decorative fabric bags made of silk or something with a tight weave and tie the top tightly.
- Chef Tips: when baking, add rosemary to bread dough, using 1 Tbsp for each loaf. Create an herb butter by combining 2 tsp of rosemary with ½ cup of softened unsalted butter. Enhance the sweetness of fruit salads without sugar by adding rosemary.
- Aromatic: Rosemary oil adds a pleasant piney scent to soaps, creams, lotions, perfumes, and toilet water. Use it to make sachets for your clothes drawers, between linens, and among the pillows of your sofa.