8 Easy to grow herbs

**CILANTRO**

With a taste reminiscent of parsley and citrus, this pungent herb is a popular ingredient in Mexican, Indian, and Asian cuisines. It contains a chemical compound that can cause the taste to be unpleasantly soap-like for some people. The leaves are used to season tacos, guacamole, stir fries, and curries, while the plant and seeds are known as coriander. Grown primarily from seed, this fast-growing annual can be sown every 2-3 weeks for successive harvests.



**OREGANO**

Related to mint, oregano is a staple in Italian and Mexican cuisines. The robust spicy flavor can be used to season poultry, beans, spaghetti, and pizza. This easy-to-grow perennial is hardy in most zones and can be grown indoors or outside.



**ROSEMARY**

This woody perennial has a woodsy pine-like scent, with a robust flavor described as a cross between sage and lavender. Use to flavor poultry, meats, stews, and casseroles. This tender perennial is grown as an annual in colder zones. Small plants can be brought indoors for the winter.



**PARSLEY**

One of the most common and easiest herbs to grow, the mildly bitter taste of parsley is used to liven up soups, stews, and salads, and is a common ingredient in Middle Eastern cuisine. It aids in digestion and is a good source of Vitamin A and C. Parsley is a tender biennial that is grown as an annual in most regions from seed or starts and can also be cultivated indoors.



**THYME**

A common ingredient in European, African, and Latin cuisines, the robust earthy flavor of thyme is used to season savory dishes such as braised meats, roasted vegetables, stews, and soups. It can also be added to marinades, teas, and cocktails. Flavors include citrusy lemon and caraway. This carefree perennial can be grown outdoors or inside from seed or starts.



**SAGE**

The sharp piney flavor of culinary sage is best when combined with other strong-tasting herbs such as rosemary, thyme, and bay leaf. Use to season meats, sauces, root vegetables, and winter stews. This hardy subshrub thrives on neglect, and it best grown outdoors, but can also be cultivated indoors from seed or starts on a sunny windowsill.



**DILL**

Most used in preserving pickles, the sharp anise taste of dill also enhances the flavor of lamb, fish, salads, and vegetables. Medicinal benefits include as a digestive aid and to reduce swelling and cramps. Grown primarily from seed, the flowers of this easy self-sowing annual attract beneficial insect pollinators.



**MINT**

The clean bright taste of mint adds depth to Mediterranean and Asian cuisines. There are many different flavors, including peppermint, spearmint, pineapple, and chocolate. The pungent leaves have a host of health benefits, including as a digestive aid. Use to flavor tea, yogurt, salads, and main dishes. Because mint is a vigorous spreader, it is best grown in a container.

