

# Basic herb garden can add punch to almost any dish

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well-drained soil," Bovio advises. "Once the plants are established, they'll benefit from a balanced, water-soluble fertilizer." He notes also that herbs are relatively insect- and disease-free.

Bovio suggests these "top ten" herbs for starting a basic kitchen garden.

**BASIL** (annual) is a must for some Italian dishes, including pesto, as well as for salads, soups and casseroles. Prefers full sun.

**CHIVES** (perennial bulbs) add punch to many bland foods — not just the humble scoop of cottage cheese. Chives grow best in full sun, but will tolerate part shade.

**DILL** (annual) produces delicate fern-like leaves and pungent seeds — highly valued assets to summer soup, fish, seafood, and chicken recipes. Prefers full sun.

**MINT** (perennial; several varieties available) is a refreshing summer classic in iced tea and fruit salads, or as a topping on sherbet and ice cream. Extremely hardy and sometimes hard to contain. Mint prefers partial shade.



**OREGANO** (annual) gives its kick to Greek and Italian main dishes and salads. Prefers full sun.

**PARSLEY** (biennial) might be as basic as a garnish can be, but most cooks wouldn't get caught without a fresh bunch. Prefers full sun or light shade.

**ROSEMARY** (tender perennial) is essential to many

A sunny window sill is the ideal place to cultivate an indoor herb garden.

Mediterranean veal and lamb recipes, and is prized for its fragrance. Prefers full sun.

**SAGE** (perennial) lends its savory charms to stuffings, meat and game marinades, and salads. Prefers full sun.

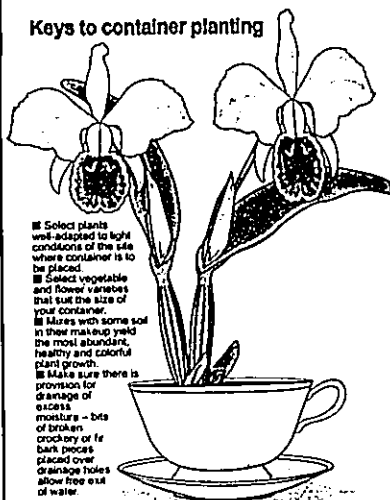
**TARRAGON** (perennial) adds elegance to vinegars, sauces, meats, and salads. Prefers full sun, but will tolerate some shade.

**THYME** (perennial) releases its beautiful aroma if you happen to step on it. This herb, prized in landscaping for use between paving stones, gives flavor to meats and stuffings. Several varieties available; prefers full sun.

Once your green thumb has mastered these basics, you'd be ready for exotic additions to your herb garden. Lavender, lemon balm, lovage, chamomile, tansy, sweet cicely, the names are as romantic as their origins, and the list of craft and culinary possibilities is endless.

## GARDEN TIPS

### Keys to container planting



- Select plants well-adapted to light conditions of the site where container is to be placed.
- Select vegetable and flower varieties that suit the size of your container.
- Mixes with some soil in their makeup yield the most abundant, healthy and colorful plant growth.
- Make sure there is provision for drainage of excess moisture — bits of broken crockery or feebly placed over drainage holes allow free exit of water.

Cathy Howe, Sunset San Carlos

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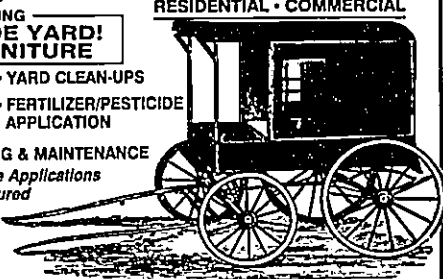
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