

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

How To Grow An Indoor Herb Garden

By Mary Hanna

For thousands and thousands of years we have turned to plants we call herbs for flavor, dye,

perfume and cosmetics. We have believed that individual herbs held the power to repel insects, evil and vampires, while others attracted the perfect lover, good luck or bees to pollinate our crops. For some, the use of herbs can cure headaches and burns. And, of course, what would fine dining be without the culinary herbs?

Here are some tips for herb gardening indoors that will simulate the conditions in an outside garden. For Herb gardening indoors the growing climates need to be pretty much the same as the conditions outside.

Make sure you have a sunny windowsill that your herbs will love. Use a container that is at least 6–12 inches deep.

Get your herb plants from a good garden center nursery who will have plenty of garden advice to help you with your inside garden. You will need some garden equipment like a small digging garden tool, garden gloves, organic fertilizer and some small gardening containers. You probably already have most of these garden supplies in your garden shed.

Soil is the most important aspect of growing herbs indoors. Use only top grade potting soil with an organic fertilizer mixed in. If you think it is too fine a soil, use a little perlite. Fertilize while potting the herbs and they should be happy until spring. If you have an herb that is not growing vigorously add a little organic liquid fertilizer to the water.

When you go to transplant the herb, go one inch up in the size of the gardening container. If the plant is in a two inch pot, go to a three inch gardening container. Leave the roots alone and be careful not to bruise the stem.

Don't plant oreganos, mints, lemon balm or bee balm with other plants because they will overgrow everything. Pot these herbs in a garden container all their own. You may want to always plant those herbs in containers since they tend to "take over" the garden.

How To Grow An Indoor Herb Garden

Some people swear that you must put garden stones in the bottom of the gardening container, but I dispute that opinion. I feel that the garden stones take valuable space away from the herb roots. You might want to place a small piece of wire screening over the hole to keep it from getting clogged.

Here are some examples of which herbs to plant together:

- * For an Italian selection try Sweet basil, Italian parsley, Oregano, Marjoram and Thyme.
- * For a lovely scented container use Lavender, Rose scented geranium, Lemon balm, Lemon thyme, and Pineapple sage.
- * For really great salads try Garlic chives, Rocket, Salad burnet, Parsley, Celery.
- * And to say "We love French Cooking!" use Tarragon, Chervil, Parsley, Chives and Sage

Allow time for your herbs to grow used to their new conditions. Once you see growth you can start

using you herbs. Snip and use your herbs often to encourage them to grow full and bushy.

When it comes to light, all herbs must get 4 to 6 hours of sunlight a day on your window sill. If your window doesn't supply that much light then purchase garden grow lights and hang them three inches above the plants. If you live in a very hot climate shade the herbs during the hottest periods. If you live in a very cold climate keep the herbs away from the cold glass panes.

When it comes to watering, don't let the herbs dry out but don't drown them either. Herbs do not like to sit in wet soil. An inexpensive water meter from your garden center nursery will help with this important step in growing your herbs. Always use room temperature water so as not to shock the herb's roots.

If you follow all of these steps you will have a healthy herb garden all winter on your sunny windowsill.

Copyright © 2006 Mary Hanna All Rights Reserved.

This article may be distributed freely on your website and in your ezines, as long as this entire article, copyright notice, links and the resource box are unchanged.

Mary Hanna is an aspiring herbalist who lives in Central Florida. This allows her to grow gardens inside and outside year round. She has published other articles on Cruising, Gardening and Cooking. Visit her websites at

<http://www.CruiseTravelDirectory.com>

,

<http://www.ContainerGardeningSecrets.com>

,

and

<http://www.GardeningHerb.com>

or contact her at

mary@webmarketingreviews.com

Planning Your Herb Garden The Right Way

By Mary Hanna

This article is dedicated to planning a successful herb garden. If you have planted herb gardens in previous years this will help to revamp and refresh one already have.

Go to your Garden Center and see what herbs are available and suitable for your area. This is important if you are planning an outside herb garden. If you are planning an inside herb garden, since you control the atmosphere, you can choose whatever you like.

My suggestion here would be to select a theme for your herb garden. You can plant them for cooking herbs, cosmetic herbs, medicinal herbs or fragrance herbs use. Be realistic about your plants. Check your whole property to find the right spot. Look for sun or shade, type of soil, and how well the spot drains. These are all very import for picking the best place for your herb garden.

Once you have accomplished the above, pick your sunniest spot because herbs need a lot of sun (a good four top six hours daily). Be sure that the herb garden site is level and sheltered from wind. If your soil is a bit heavy ad lots of compost when preparing your site which will make the soil looser and help with drainage and texture.

Try to keep the herb garden close to the house to facilitate in picking the harvest and checking for troubles. If you can't find a suitable sunny spot plant them in a garden container that you can move around to follow the sun. (This movement is a bit time consuming but it pay off in the end).

Look at the rest of your gardens. Are they formal or informal? You will want your herb garden to complement your house and garden. Look in books or magazine to get some inspiration. If you are creating a formal herb garden you will need to plant in straight lines and geometric shapes framing them with low hedges and paths. A fountain, bench or topiary shrubs are almost always used as the main focal point. Arrange the layout around a central axis. Then plant one kind of herb in each block, go for bold color and texture. Be warned a formal garden is labor intensive and will be expensive.

In an informal herb garden you can plant more flowing, curved beds and walkways. Add flowers and shrubs for a really exciting look. This type of herb garden requires less initial work and will be easier and cheaper to maintain.

Now it's time to decide on which herbs to plant. The easy way is to make a list of the ones that follow

How To Grow An Indoor Herb Garden

your theme. Make up your wish list in three columns. Column one is the absolutely must have plants, Column two will be the ones that would be nice to have and Column three is oh well, not necessary. If you're just starting out do between 5–10 herbs, (depending on your space). This makes the herb gardening more manageable.

Know which herb plants or annual or perennial, and make a note of them so you won't forget. A small spiral notebook is a good place to make comments on the care of each of your herbs. Situate each plant according to height for maximum enjoyment of your herb garden.

Lastly keep them well fed and give them lots of love and you will a beautiful herb garden that is multi–purpose. You get to plant the herb garden, watch it flourish, and then you get to harvest it for

whatever your purpose was: Culinary, Medicinal, Fragrance or Cosmetic.

Happy Planting!

Copyright © 2006 Mary Hanna All Rights Reserved.

This article may be distributed freely on your website and in your ezines, as long as this entire article, copyright notice, links and the resource box are unchanged.

Mary Hanna is an aspiring herbalist who lives in Central Florida. This allows her to grow gardens inside and outside year round. She has published other articles on Gardening and Cooking. Visit her websites at

<http://www.GardeningLandscapingTips.com>

,

<http://www.ContainerGardeningSecrets.com>

, and

<http://www.CruiseTravelDirectory.com>

or contact her at

mary@gardeninglandscapingtips.com



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!