

Fall & Winter Indoor Herb Garden

By Katie Houdek - October 15, 2015



One of the best things about spring is having so many deliciously fresh options around. Fall, while beautiful, is a reminder that those days are winding down for a while. By growing your own fresh herbs you can bring some of that bright flavor into your dishes through the Fall and Winter months. It's probably easier than you think and a nice pop of greenery through our bleaker months.



Scope Out Your Spot

Assuming you don't have grow lights and are using the good ol' Sun to grow your delicious little herbs you need to find the best perch for your plants. Your herbs will need at least six hours of sunlight a day. Before you get started pay attention to how much light you're getting in various areas of your home. Southern exposure is your best bet. Make sure that you don't have large trees or buildings blocking your Sun. Ideally your kitchen will have the great light and you will have easy access to your herbs when cooking.

Getting Started

You're going to need to stock up on some supplies if you don't already have them on hand. You'll need containers/pots for your plants. Because you'll be growing indoors you might want to have something that matches with your kitchen or wherever it is that you'll be keeping your plants. When it comes to the size of your containers you can check out this handy guide from Cornell University. Some of your herbs will do just fine in small containers but others need more space for their roots.



Get yourself some potting soil. Do not use garden soil. Garden soil will be too dense and you won't get the kind of drainage you need for your plants. When you're growing in containers you need to make sure that your soil is lightweight and porous.

Plants

You can start from seed or in some cases from cuttings. That said, it's awfully nice to go and pick up a couple of plants that have already been started. You don't have worry about thinning them out or just having them up and die on you after they've sprouted and you don't need to worry if they need a dormant period. Check your local Farmers' Market or gardening center for some plants.

Make sure to pick out healthy plants. The herbs should be bright in color and have plenty of foliage.

Great herbs for growing in small containers indoors include basil, chervil and parsley, chives, oregano, rosemary, sage, tarragon and thyme.



Southern View

Basil, chives, oregano, rosemary, sage, tarragon, chervil and parsley, thyme, mint.

Pretty much all of the herbs you'll grow indoors will do well with a Southern exposure. Give your herbs a nice long Sun session and they'll do well.



East or West

Chervil and parsley, thyme, mint.

If you find yourself without a Southern exposure you can grow a few herbs with an East or West view.

Fertilizing

Find a good water soluble fertilizer and prepare it to 1/4 the strength of the directions and apply it on a weekly basis. For the best results you should thoroughly water the plants first so that your herbs can better absorb the nutrients in the fertilizer.

Potting

Before you plant your herbs make sure to wet the soil in your pot. Be careful with the root ball and keep it intact. There's no need to loosen it up. Water the plant thoroughly after planting.

Care & Maintenance

Fertilize your plants once a week. Make sure to regularly prune your herbs. One would assume the point of growing them is to harvest them but sometimes they can get leggy. You want to make sure to prune because if you don't the plant grows taller with only a few stems and frequently the leaves wither and die. Keep flowers from forming and regularly prune to prevent the plant from completing its life-cycle sooner than you'd like. Pinch back any flowers that form as soon as you see them.



Eclectic Kitchen

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