Published on *Kitchen Gardeners International* (http://kgi.org)

Fresh Window Herbs

Thu, 05/26/2011 - 04:47 -- Jakob Barry

We live in a third floor apartment and even though there is a community garden nearby that we tried out last year it?s not the same as having our own plot, which we are accustomed to. As a result one of the things we did differently this spring was plant herbs on our window ledges and set a few on a very small balcony where they also add to the decor. Our herbs replaced older flowers and other types of plants [1] that had seen better days and we figured it was a good choice because herbs like sun and we have a good amount. Furthermore, they enjoy space and the ledges were big enough to hold decent size pots giving them room for expansion without feeling enclosed indoors. We also wanted something a bit more practical; something we could eat in real time without having to wait too long for ripening so herbs seemed like the natural choice. The final decision on which ones to grow came down to mint, basil, coriander, dill, lavender and rosemary but we may add a few more as the summer moves along. Mint was our first choice mainly because we both love the smell and aside from using it in making ice cream, mint tea requires just a few leaves and some hot water. It also has many medicinal uses. Basil was next on the list because of its mesmerizing scent, which works wonders in so many dishes. Coriander and dill were chosen for their distinct taste when sprinkled or mixed in salads and soups and growing lavender and rosemary were more about their healing aroma than the food aspect or for making tea. Finally, of all the things we could have grown herbs were our first choice since they are known for their essential oils and how they can be used as an eco-friendly pest control. Many bugs and insects have great disdain for their oils, which can be produced easily from the plant. We find rubbing leaves on our skin, which releases oils and emits scent, or simply placing branches around the home such as lavender in drawers to ward of moths, works great. Jakob Barry writes for Hometalk.com, a growing community of homeowners and contractors getting the most from their resources by sharing and monitoring home improvement projects. He covers various home improvement topics including eco-friendly gardening services [2].

Group content visibility:
Use group defaults

Source URL: http://kgi.org/blogs/jakob-barry/fresh-window-herbs

Links:
[1] http://www.landscapingnetworx.com/info/Flower-Plant-Types/
[2] http://www.landscapingnetworx.com/landscapers/