



# Jean Marie's Garden



# Dilemma

What happens when herbs are grown like vegetables?

# Main difference between growing veg vs herb

Herbs need to struggle to have potency!









# What We Grow

- Achillea millefolium – Yarrow
- Agastache foeniculum - Anise Hyssop
- Angelica archangelica - Angelica
- Arctium minus - Burdock
- Calendula officinalis
- Echinacea angustifolia
- Eschscholzia californica - California Poppy
- Hops - various
- Inula helenium – Elecampane
- Lavandula angustifolia - Lavender
- Matricaria chamomilla - German Chamomile
- Melissa officinalis - Lemon Balm
- Mentha piperita – Peppermint
- Nepeta cataria – Catnip
- Ocimum basilicum - Genovese Basil
- Ocimum sanctum – Tulsi Kapoor
- Origanum heracleoticum – Oregano
- Spiraea ulmaria - Meadowsweet
- Symphytum x uplandicum - Russian Comfrey
- Thymus vulgaris – English Thyme



## How We Grow

Most is started in greenhouse

- Vacuum Seeder/ Shakers

- 128 flats

- 70 flats if they will stay there longer

- Black & Gold

Direct Sow - calendula, ca  
poppy, most root crops

Heat mats, irrigation on timer,  
harden off

# Soil Prep

- Soil sampling in fall
- Grow Organic for amendments
- $\frac{1}{4}$  to  $\frac{1}{2}$  of recommended amounts
- Cement mixer to mix
- Spread with cone spreader
- Dirt Huggers Compost & rent manure spreader
- Mow Cover Crops, Add Amendments, Chisel Plow 24" depth, Mini chisel 12" depth, Disc to break up cover crops, Rototill w/ low speed and quick pass, Bed Former
- Contour beds are difficult in this process





# Weed Management & Irrigation

- Hand pull in established beds 2x in Spring
- Wheel Hoe first, Then Stirrup Hoe
- Tractor for tire tracks
- Straight beds can use tractor sweeps
- No mulch, can hold bacteria for low growing herbs
- plastic would be a good alternative, if mulch is imp
- 5000 gallon water tank
- Drip Tape & Low irrigation
- Pump powered by solar
- Zones for extra low to low water usage
- Certain plants don't get irrigated at all or until after harvest (yarrow, thyme, oregano, rose, echinacea\*)*
- Focus on low water usage plants!*

# Harvesting

- Herbs differ in when to harvest
  - Flowers when just open
  - Leaves when flowers are about to open or just opening
  - Roots in late fall or early spring
  - Flower/leaves 10am - noon, or 5-9pm
- Leaf crops are cut onto clean canvas tarps
- Flower heads are hand harvested into buckets
- Roots are loosened with undercutter and pulled by hand, tops are cut by hand
- Leaf and Flower are not washed





# Drying Leaves/Flowers

- Leaves are loaded in a sanitary bin and moved to the greenhouse.
  - 2 layer shade cloth and fans for leave, flowers in total darkness
  - With flowers, when in doubt, wait
  - Leaves are spread onto drying racks and hand sorted for weeds
  - Drying racks are loaded onto shelves and left to dry w/ CIRCULATION
  - Drying for leaves should take from 2-3 days and flowers 2-5, temps should range from 95°F - 110°F (start lower)
  - Best is stems a bit flexible but leaves totally dry. Don't wait too long!
  - 10% or less moisture content
- GOAL: Remove water & retain bioactive compounds**



## Drying Roots

Roots need to be washed & sometimes roughly cut before drying.

Power washer

Can handle more heat

Can take a week to dry

Small roots - dry whole then chip

Large roots - quarter, dry and chip

Mucilagenous - quarter, partially dry, chip, finish drying, chip again

Snap test

Dust mask

# Garbling, Storage & Shipping

Garbling is the process of cutting and sifting. Often people will say “cut & sifted.” Use stainless steel mesh ½” and then ¼”.

Grainger.com

Don't use galvanized wire mesh due to toxicity.

For home herbal, keep leaves whole and crush at use.

1 year on leaf/flower, 3 year on root. Freezing doesn't seem to prolong.

Best Storage is sealed glass in dark cool room

Store in 4mil poly bags with food grade desiccant. I would prefer 8 mil. Ship in boxes. Most things are in PNW so shipping is 2 days



# Organoleptics

The sensorial experience: taste, sight, smell and touch





# Farmstay



# Beyond Sauce: *Things to do w/ Herbs*

Teas & Honeys

Capsules and Tablets

Tinctures & Glycerites

Vinegars and Oxymels

Stems and Baths

Incense

Cordials, Elixirs and Brews

Topical

Essential Oil & Hydrosol

Flower Essences



**Thank you!**

**JeanMariesGarden.com**