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GARDENING

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

Basil

- Start the plants 6 weeks prior to the last frost of Spring.
- **Mid to late Feb to early March**
- Should get 6 to 8 hours of sunlight each day.
- Plant near tomatoes if you transfer them to a garden.

Mint

- Can grow year round indoors
- Start outdoors anytime when the Spring soil is warm until 2 months prior to Fall 's first frost.
- Once transferred, mint will grow to be 1 to 2 feet tall.
- If moving to a large garden, you can plant near tomatoes and/or cabbage to help growth.
- You can pick and dry out the mint leaves in closed containers.

Remember, you can use your SNAP benefits to purchase starter plants.

Take this opportunity to grow your own herbs, as they are easy to start indoors and they can be pretty pricey.

Options of Herbs to Grow

- Cilantro
- Basil
- Oregano
- Parsley
- Mint
- Rosemary
- Thyme



Items for Compost

- Egg Shells
- Coffee Grounds
- Non animal food items

Cilantro/Coriander

- Grows quickly
- Plant after the last frost of the Spring directly in the soil or in a pot it can stay in.
- Can start outdoors late April to early May
- Does not grow well in summer heat
- If transferring the seedlings to a larger garden, leave the rows 1 foot apart.
- Leave at least 1 to 2 inches between plants when they are transferred.

Parsley

- Soak the seeds overnight
- Slow starter plant; 3 weeks before sprouting
- If starting indoors, start 10-12 weeks before the last frost of the Spring season.
- Can start outdoors Mid to late March
- Plant should be a few inches tall.
- If direct planting, you can plant near tomatoes and corn
- You can replant it indoors in the winter.

Oregano

- Plant the seeds 6 to 10 weeks prior to the last frost of Spring
- **Start seeds indoors early Feb to early March**
- Oregano is a good neighbor plant for vegetables in general
- Only need to water if the plant feels dry; less needy than other plants
- Can grow 4 inches tall



Thyme

- Start the plants indoors 6 to 10 weeks before the final frost of the Spring.
- **Start indoor seeds early Feb to early March**
- Transplant mid-April to early May
- Should spend most time in the sun
- Transfer the young plants 2 to 3 weeks before the last frost of the Spring
- Plant can grow 6 to 12 inches tall.



Rosemary

- **Start seeds indoors early Feb to mid Feb**
- Transplant late April to mid-May
- Best to buy as starters, but keep in a pot if you want to grow year round.



Homemade Italian Dressing

- 3/4 cup fine quality Olive Oil
- 1/4 cup white vinegar
- 1 tbsp fresh squeezed lemon juice
- 2 tbsp fresh finely chopped basil
- 2 tbsp fresh finely chopped Italian Parsley
- 2 tsp fresh finely chopped oregano
- 1 tsp fresh finely chopped thyme
- 2 tbsp finely chopped red onion
- 1/2 tsp sea salt and 2 pinches fresh ground pepper

Source: <https://www.artandthekitchen.com/fresh-herb-italian-dressing/>

Oregano, Rosemary, Thyme

- Great for seasoning:
- Poultry
- Meat
- Root Vegetables

Nut-free Pesto

Blend the following until slightly chunky

- 1 cup pumpkin seeds
- 1 cup olive or canola oil
- 1/2 cup fresh basil leaves
- Garlic powder and black pepper

Chimichurri Recipe

Finely chop parsley, cilantro, oregano. Add to a mixing bowl along with all remaining ingredients. Stir well to blend.

Watermelon Mint Smoothie

- 3 cups of watermelon cubes
- 2 cups ice cubes
- 2 mint leaves
- 1 tbsp lime juice
- Optional: 2 tsp sugar

Source: <https://www.myfoodtales.com/watermelon-mint-cooler-recipe-watermelon-juice-recipe-with-a-hint-of-mint-and-time/>

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Basil



Parsley



Watermelon Mint Cooler



Cilantro



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