

Herb Harvest Guide:

Herb (type) When to harvest - Part of plant used

Anise (annual) Before blossoming - leaves, Fall - seeds

Basil (annual) Summer - leaves before the plant flowers

Bay Laurel (perennial) When mature - leaves

Borage (annual) When mature - leaves, blossoming - flowers

Caraway (biennial) Fall of second season - seeds

Celery (annual) When mature - leaves

Chamomile (annual and perennial types) blossoming - flowers

Chervil (annual) When mature - leaves

Chives (perennial) Throughout growing season - leaves, cut 1 ½ to 2" from roots

Cilantro (annual) Summer - leaves & stems, Fall - seeds (Coriander)

Cumin When mature - seeds

Dill (annual) Throughout growing season - leaves & stems, blossoming - flowers, Fall - seeds

Fennel (perennial) Before blossoming - leaves When mature - seeds

Ginger (perennial) When mature - roots

Lavender (perennial) blossoming - flowers

Lemon Balm (perennial) When mature - leaves

Marjoram (annual) When mature - leaves

Mint (perennial) Throughout growing season - leaves

Mustard (perennial) When mature - seeds

Oregano (annual) First blossoming - leaves, blossoming - flowers

Rosemary (perennial) When mature - needle like leaves

Parsley (biennial) When mature - leaves & stems

Sage (perennial) Before blossoming - leaves

Summer Savory (annual) When mature - leaves

Tarragon (perennial) Before blossoming - leaves

Thyme (perennial) When mature - leaves

Winter Savory (perennial) Summer when in flower - leaves

I must include... the U.S. National Institutes of Health recommends that pregnant and nursing mothers should not consume certain types of herbs.