

*Herbs for the Winter Kitchen*

With Erin Benken

***Ideal growing conditions for herbs indoor:***

- + Herbs grow best in bright light.
- + Growing temps should be in the range of 60-65 degrees (they'll tolerate lower...)
- + Soil medium should be a mix of organic soil & peat moss (we use a combo of Pro-Mix and McEnroe/Gardener's Gold)
- + Soil should be kept evenly moist
- + Fertilize 1-2x month with an organic fertilizer

***Great and Easy choices for Indoor Herbs:***

- +Rosemary
- +Mint
- +Oregano
- +Catnip
- +Sage
- +Parsley curly or flat/Italian
- +Thyme
- +Basil

***Common Issues:***

- +Powdery Mildew- a fungal disease
- +Soil Gnats- tiny little gnat that thrives in moist warm soil

For powdery mildew, mix up a batch of Chamomile tea, 1 tea bag per quart of water. Let the water cool down and put into a mister bottle and spritz plants a couple times a day.

Also creating good air circulation will help.

Soil gnats thrive in damp conditions. Preventing your herbs from being too soggy will help keep these pests at bay. Allow your herbs to dry slightly between watering.

We suggest yellow sticky cards to help catch these pests.

***Closing***

***Growing herbs indoor for the winter is a great idea. It's that little bit of sunshine that will get you through the cold winter months.***