

# NEAT

## Georgia Herbs - Fact Sheet

### What are herbs?

- Herbs are soft-stemmed green plants that are used for flavoring, for medicinal uses, or for their fragrance. They are different from spices, which usually come from the roots, seeds, bark, or fruits of plants. However, the seeds or roots of some herbs are harvested and used.
- Herbs can be grown in the ground, in pots, or in raised beds. They can be grown outside or inside, as long as they get enough sun.
- Some herbs are annuals, which means they live for one year and you must replant them the next year. Others are biennials, meaning they live for two years. Still others are perennials, which means they live for more than two years and come back each year.

### Herbs in Georgia:

- Many different herbs can be grown in Georgia. The following are just a few along with some of their uses:

Herb	Flavoring/Used in...
Mint	Used in teas, ice cream, candies, gum
Anise	Licorice flavor, used in cookies, candies
Basil	Used in many Italian dishes
Caraway	Seeds are licorice flavored and used in rye bread. Also used in soups, spreads, salad dressings.
Chives	Very small species of onion, used on fish, potatoes, and in soup.
Parsley	Mild flavor, often used as a garnish or in soups, stocks, salads, and sauces
Tarragon	Used in chicken, lasagna, fish, and egg dishes as well as sauces and soups.
Cilantro	Used fresh in sauces, soups, and curries. Most popular use in the US is in salsa. Has a soapy taste for some people.
Fennel	Used in salads, pastas, vegetable dishes
Dill	Used in soups, pickles, salads
Oregano	Used in many Italian-American dishes, in meat dishes, and casseroles
Rosemary	Used widely in Mediterranean cooking and to flavor soups and meats.