



Herbs Fact File Handout

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Gareth Richards

Basil



Basil is a very popular, annual herb that is easily grown indoors or outdoors. It is well known for its relation to Italian cuisine.

Basil seeds are best off started inside and then moved outdoors (if desired) after they have germinated. However, if you don't have the time or space to grow Basil from seed, most supermarkets provide potted Basil plants.

Basil can be grown indoors or outdoors, mainly in pots. Keep your basil growing larger through the summer by repotting it to slightly bigger pots every time its roots are visible through the drainage holes.

Care Requirements

Basil enjoys a warm, sunny and sheltered area, with well-draining soil.

This plant hates having wet roots overnight, so try and water in the morning if possible.



PLANTCARE

Coriander



Care Requirements

Coriander enjoys a sunny or partially shaded spot with well-draining soil and will happily grow in multi-purpose compost.

Keep the soil moist, but avoid overwatering.

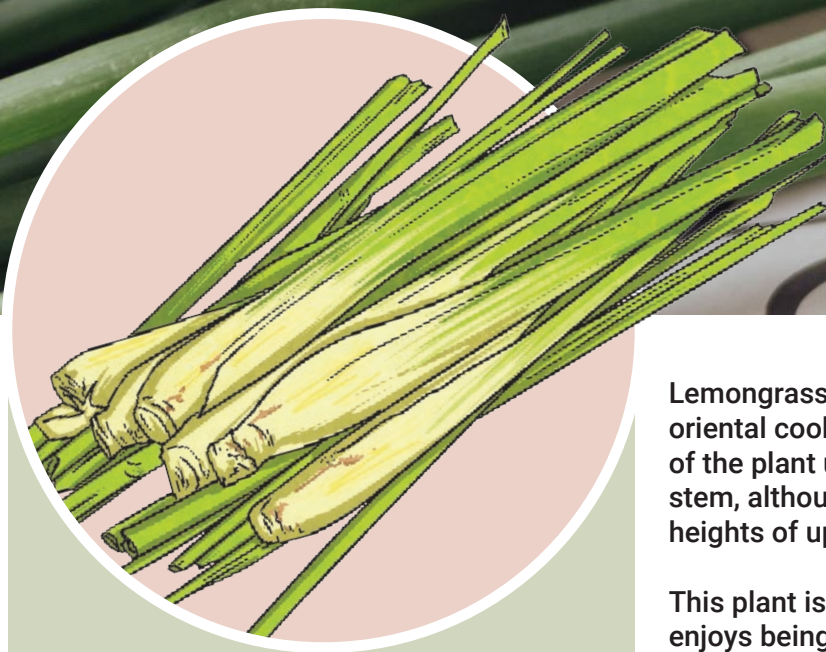
Coriander is a hardy, annual and well-known herb that is a relative of the Parsley plant. It is well known for its tangy leaves and aromatic seeds.

Coriander can be grown in a variety of places, indoors or outdoors, in the ground or in containers. Just be sure to keep the soil moist, as dry conditions can cause your Coriander to 'bolt', or flower prematurely.

You can extend your harvesting time for your coriander by sowing batches of plants in autumn under cloches!

Coriander leaves, flowers and seeds are all edible!

Lemongrass



Lemongrass is widely known for its use in oriental cooking such as curries. The main part of the plant used in cooking is the base of the stem, although the rest of the foliage can reach heights of up to 5 feet!

This plant is tropical in origin, and therefore enjoys being brought inside in the cooler months as it is not very tolerant to frost.

It is a good idea to cut back the foliage in Autumn once it begins to turn brown.

Care Requirements

Lemongrass grows best in a sunny, sheltered position, and likes to be outside in the Summer.

This plant enjoys moist soil, so be sure to water regularly, especially in the summer.

Mint



Care Requirements

Mint plants enjoy moist but well-draining soil and full sun to partial shade.

Mint is a well-loved perennial herb that is known for its strong-smelling leaves, used in all sorts from cooking to cocktails.

Mint is extremely easy to grow and can be grown in a variety of places, indoor or outdoor, in the ground or in pots.

These plants are very vigorous growers and can be invasive if planted in the ground, therefore it is much preferred to plant in a large pot or bucket above or below the soil.

Be sure to harvest your mint leaves regularly to keep your plants compact and ensure fresh growth.



PLANTCARE

Oregano



Care Requirements

Oregano enjoys a warm, sunny position.

Water your Oregano plant regularly, but try to avoid overwatering as this may lead to root rot.

Oregano is a staple herb for any gardener or chef. It is a perennial herb that loves the sun and is known for its addition in Italian, Mexican and Greek cooking. Its leaves and flowers are also used commonly in tea.

Oregano can be grown indoors on sunny windowsills, or outdoors in pots. These plants do not like to be wet in winter, so it is best to move their pots into a sheltered area and raise them off the ground to avoid excess water.

Oregano enjoys a sunny, sheltered spot in well-draining soil and enjoys being kept indoors until early summer.



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Rosemary



Care Requirements

Rosemary enjoys a sunny position and well-drained soil. This plant strongly dislikes wet roots in the winter.

Rosemary is a well-known garden herb that is strongly associated with Mediterranean cooking. It has long, thin leaves that can be picked all year round.

Rosemary is best planted in the Spring in a sunny area. This plant is fairly drought tolerant and enjoys regular watering during dry summers, but be careful not to overwater. It is best to raise pots in the winter so there is no excess water.

Rosemary is an evergreen herb that can be used fresh or dried.



PLANTCARE

Sage



Care Requirements

Sage enjoys a sunny spot and well draining soil. This plant hates wet roots so be sure to avoid overwatering.

Sage is a classic herb and a favourite of many avid cooks and gardeners. It is easy to grow and well known for its strong scent. Sage is regularly used to flavour many vegetable and meat dishes, as well as used in teas and even herbal rituals.

Sage as a plant is a very attractive addition to most gardens, with many people growing it alongside ornamental plants!

Sage is an evergreen plant and so it can be harvested at any time of year, it is said summer is best as it has the freshest growth, but this plant can be used year-round.



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Thyme



Thyme is well known for its highly aromatic, small leaves, used fresh or dried to flavour all sorts of food from soups to stuffings. They are a key ingredient in bouquet garni.

Thyme can be planted indoors in pots or outdoors. When outdoors they enjoy a warm, sunny spot and well-draining soil. If your soil is quite heavy or clay-like, try growing your Thyme in pots.

Thyme can be harvested year-round as it is an evergreen plant.

Care Requirements

These plants hate overwatering and are fairly drought tolerant, so try to only water Thyme every few weeks or more frequently during dry spells.



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Yeovil Allotments Association
www.yeovil-allotments-association.co.uk

Email
info@yeovil-allotments-association.co.uk