



By Rachel Collar

Farm to table restaurants are the latest buzz in the culinary industry. The idea of consuming fresh local ingredients is appealing because it is not only healthy, but also delicious. While these fabulous foodie establishments are a treat for a weekend meal, why not allow yourself the experience of farm to table right in your own kitchen? A well planned, simple herb garden can be grown and maintained in any size kitchen, and will provide quick, and flavorful expansion to your everyday cuisine.

PLANNING YOUR KITCHEN HERB GARDEN

To get started, you will need to decide which herbs are most tantalizing to your taste buds and complimentary to your cooking. Though there are many to choose from, some are more versatile in flavor and thrive indoors. Basil, cilantro, parsley, thyme, mint, rosemary, sage, and chives all work into a myriad of dishes. Once you determine your preferred herbs, think about the look of your kitchen and available space.

VISUAL IMPACT

Herbs are appealing to your sense of taste, and the fresh aroma can enhance the ambiance of your home. With so many different options for containers, your tiny green space can reflect your personal style and decor. The containers can be hung, shelved, placed on a counter, or displayed on a windowsill. Get creative with labels for your containers to expand on your garden vision.

SHOPPING FOR HERBS

If you have a green thumb, you may decide to grow your herb garden from seed. For more novice gardeners, we recommend purchasing sprouted herbs from a local farm or nursery. Organic herbs are always recommended, and no pesticides are needed. Buy a small bag of potting soil to add to your containers that you will be transplanting your herbs into, and make a note of how much water and sunlight your herbs require.



USING YOUR HERBS

You don't need to be a culinary expert to add herbs to your homecooked meals. Simply snip, chop and enjoy. A loosely ribboned basil batch on top of a frozen pizza can make you feel like you are dining at an Italian Bistro. How about taking your scrambled eggs up a notch by adding some chopped chives and cilantro? Many herbs have medicinal or aromatherapy uses as well, such as lavender for relaxation, or peppermint for allergies.



Planting an herb garden can add ambiance to your home and your health, and sharing your kitchen herbs with friends and family is a beautiful way to connect through food. This weekend project is a refreshing way to brighten your meals, your home and your spirit!

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