

# HERBS

## PARSLEY

Parsley adds color to soups, salads and fresh sauces and is delicious with pesto, chicken, fish and vegetables. Harvest individual leaves by pinching stems off near the base. Grow in a deep pot with rich, organic potting soil and provide strong light.

The easiest way to dry for use later is to place washed, stemmed leaves on a dish to air dry. When parsley leaves are completely dry, place them in a container, cover with an air-tight lid, and store in a dark, cool location.



## BASIL

An important herb for cuisines around the globe and a great pair with tomatoes. Pinch off leaves and add to salads, sandwiches, and sauces such as pesto.

Plant seeds or purchase small plants and pot them in rich, organic potting soil. Basil loves heat and bright light, so give it a southern or western window. Avoid cool, drafty spots, especially in the winter. Basil is not a long-term houseplant. You can expect to keep and use it for several weeks, until the stems start to grow woody. To ensure a steady supply, plant a new batch of seeds every few weeks.



## OUR CONTACT

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## References

<https://www.healthline.com/health/edible-plants-to-grow-at-home#Why-grow-edible-plants?>

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<https://www.medicalnewstoday.com/articles/270609#nutrition>

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# EDIBLE PLANTS

you can grow  
at home



# VEGETABLES

## GREEN ONIONS



Also known as scallions, these are easy to regrow from just one plant.

After either buying some from the grocery store or harvesting your own, keep 3-4 inches of the white bulb from a couple plants.

Place in a glass jar with 1 inch of water, changing water every few days.

In a few weeks, it will double in size and all you have to do is trim the tops to harvest.

## SPINACH



Rich in iron, vitamin E and C, potassium, and magnesium which supports immune function, digestion, and bone health.

Fill a 6 inch tall pot with well-draining soil, make small holes 4 inches apart 1/2 an inch deep, sprinkling a few seeds in each.

Water thoroughly and keep soil moist. They will be ready to harvest in 4-6 weeks. Pick outer leaves so it continues to grow, or cut the whole plant off at the base as it will resprout again.

If planting in fall keep in a sunny spot; for spring and summer keep partially shaded, especially in the afternoon.

### PRO TIP



For a continuous supply of spinach, start a new plant from seed every 3 weeks.

## TOMATOES



Can be used for salads, sandwiches, sauces, and more. Small varieties, such as roma or cherry, are suited for being potted and kept indoors.



Fill a pot with starter potting mix, planting seeds approximately 1/4 inch deep.

Water thoroughly and place in a spot with good sunlight. They should begin to grow within 5 to 10 days. When they're 3 inches tall, move them to potting soil and water them thoroughly. As we all know, they're red and firm when ready- this could take from .

### PRO TIP



For a continuous supply of tomatoes, start a new plant from seed every 2 weeks.