# helloherbal

# **Herb Garden Planner**



Whoohoo! I'm so glad you want to start your own herb garden and dive into the magic of herbs. Thank you for downloading my planner. It's wonderful that you are about to go herbal!

Do you have any questions, suggestions, or tips?

Feel free to DM me on Instagram @helloherbal.world

### Reading this planner

1

The first column shows the herbs best started from seeds indoors, outdoors, or from rhizomes or plants.

2

To make sure you know exactly which herb is mentioned, you'll find the Latin name.

3

Some herbs are annuals and need to be planted every year. Others are perennials and keep growing for multiple years.

4

Plant the herbs in a location that will benefit their growth: sunny, half-shade, or shady.

51

Best time to start sowing indoors.

Best time to plant the seedlings outdoors.

Harvest time!

#### Good to know

#### Organic & Heirloom

Organic and heirloom seeds are preferred when starting a herb garden. F1 seeds or GMO seeds don't have medicinal properties and you won't be able to propagate.

## Starting with seeds, plants or rhizomes

Most herbs can be started from seeds, but sometimes it's better to buy small plants and add them to your garden (e.g. lavender or rosemary) Both work fine. Try to buy organic or heirloom (not modified) seeds and plants if you can.

#### Planting vs foraging

Many other herbs such as dandelion and nettle are great additions to a herbal apothecary. However, these herbs are widely available in the wild. No need to plant those yourself if you're just starting to build your own herb garden.you're just starting to build you own herb garden.

#### Let's kickstart your herb garden this summer!

Growzones 6-9		Loc	ation	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
	P: Perrenial I 1: Annual			Sowing indoor		Planting outdoor*		Harvest							
TART FROM SEEDS INDOOR															
Cayenne Pepper	Capsicum Annuum	Р 🖔													
Holy Basil/Tulsi	Ocimum Tenuiflorum	P 💸													
Hyssop	Hyssopus Officinalis		) S												
Lavender (English)	Lavendula Angustifolia	P %	) S												
Lemon Balm	Melissa Officinalis	Р 👸													
Mint	Genus Mentha	P %													
PepperMint	Mentha Piperita	Р 💸	ڪُ												
Sage	Salvia Officinalis	P 💸	Ž.												
Thyme	Thymus Vulgaris	P %	ڪ												
ART FROM SEEDS OUTDOO	R														
Bernagie	Borago Officinalis	1 %	Š												
Calendula	Calendula Officinalis	1 %	Š												
Chamomille	Matricaria Chamomilla	1 %	Š												
Dill	Anethum Graveolens	1	);;												
Echinacea	Echinacea Purpurea	Р 👸	Š												
Summer Savory	Satureja Hortensis	1	);°												
Cornflower	Centaurea Cyanus	1 👸	å												
Yarrow	Achillea Millefolium	P %	ث												
Cilantro / Coriander	Coriandrum Sativum	1 %	ڪ												
TART FROM RIZOMES OR PL	ANTS OUTDOOR														
Garlic (bulbs)	Allium Sativum	1 %	ے												
Rosemay	Rosmarinus Officinalis	P %													
Lavender (French)	Lavendula Angustifolia		Š												
Oregano	Origanum Vulgare		Š												
Turmeric	Curcuma Longa		Š												
Ginger	Zingiber Officinalis		ڪ												