



Growing and Care Instructions



Introduction

The herbs we use today are the same herbs that were used thousands of years ago for medicine, food, and much more. Many of the culinary herbs we still use today were originally distributed throughout Europe by the Roman Army.

Now learn how to grow and use herbs right in your own kitchen in less than a week. This complete kit contains everything you need to keep fresh herbs in your home for months upon months! Sprout and start seedlings in your dome for transplant, or grow and use them right out of your dome. The five individual seed packs contain enough seed for three or more plantings.

The complete instruction manual explains how to sprout, grow, harvest and use all the herbs in your Culinary Herb House.

Contents

- Planting terrarium
- Five culinary herb seed packets—Basil, Sage, Dill, Cilantro, Parsley
- Five delectable herb decals
- Five culinary herb stakes
- Natural gravel
- Peat-based planting mixture
- Perlite drainage mixture
- Instructions and growing manual

Culinary Herb Mix

Basil (*Ocimum basilicum*)

Plant Information:

Basil is a member of the mint family and a native of India. It is one of the most popular herbs grown today. There are actually many different kinds of basil plants: Some have green leaves, some have purple leaves, some are small, some are large, and some even have ruffled edges. Classic Italian large leaf basil is included in your Culinary Herb Garden.



The plant is also known to naturally repel mites, aphids, and other pests. The oil is used in perfumes and aromatherapy. In churches, basil is sometimes used in holy water and can occasionally be found growing on the altar.

Cooking Information:

Basil is probably best known as the main ingredient in pesto sauce. Fresh leaves can be sprinkled on fresh tomato slices, spaghetti sauce, omelets, and fish. The leaves are also used in soups and meat and poultry stuffing. You can use the leaves fresh anytime prior to blooming. The leaves dry well as long as they are harvested before the plant flowers.

Growing Information:

Basil will try to flower throughout the summer, but if it is harvested before it begins to flower, the plant will be encouraged to continue growing and provide a continuous supply of the herb. Basil grows

very easily from seeds, which should be planted 1/8 inch deep and will germinate in three to seven days. Although basil is fairly easy to grow, it needs warmth, full sun, plenty of moisture, and well-drained soil.

Sage (*Salvia officinalis*)

Plant Information:

Sage, also a member of the mint family, is a shrubby perennial with woolly leaves. It grows wild along the Mediterranean coast and is used in indoor and outdoor gardens alike. There are many different types of sage, some with variegated leaves, and it comes in a variety of foliage colors including purple, white, yellow, and green.



Cooking Information:

Sage has been used in tea since recorded time. It is also commonly used in stuffing and sausage. The fresh leaves are also used to season cheeses, pork, and duck. Harvest and use fresh leaves before the plants begin to bloom in early summer; harvest again in late summer to dry and use later. It is best to only harvest from the top third of the plant.

Growing Information:

Sage should be planted on top of the soil and can take up to three weeks to sprout. It is an evergreen perennial, growing to 2 feet tall, which does best in sandy, limey soil in full sun. Even the young leaves will have the gray-green color and pebbly texture of the mature plant.

Parsley (*Petroselinum crispum*)

Plant Information:

This plant is used in so many recipes, it is considered to be an essential member of any herb garden.

Cooking Information:

Parsley is best used in the first season as the foliage becomes bitter the second year. Leaves can be used fresh or dry to season meats, eggs, fish, or vegetable dishes. You can make tea from freshly dried sprigs of parsley by microwaving in a cup of water for one minute. Parsley tea is known to be a good source of iron.



Growing Information:

Seeds should be soaked for a day before planting to speed germination because they contain furanocoumarins, which inhibits germination, and soaking helps remove some of this naturally-occurring substance. Parsley seeds can take up to three weeks to germinate and must do so in complete darkness, so it is important to plant them about 1/8 inch deep. Parsley can grow in part sun or shade and likes to be in well-drained soil.

Dill (*Anethum graveolens*)

Plant Information:

Dill, a member of the parsley family, is a beautiful plant with feathery leaves and very fragrant seeds. This plant has been an important herb since ancient times for medicinal and culinary purposes. Dill used to be given to babies suffering from colic.



Cooking Information:

Dill can be used fresh or dried to season eggs, vegetables, fish, cheese, soups, salads, and sauces. You can even use dill seeds for flavoring and pickling. Cut the leaves and use them fresh anytime before the plant flowers. If you remove the flower buds, you can extend the harvest of the plant. To harvest the seeds, simply hang the seed stalks upside down in a paper bag after the seeds start naturally browning.

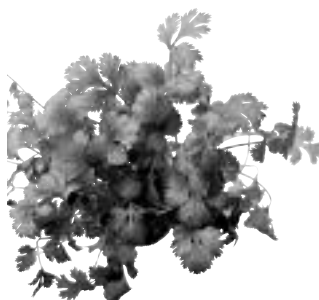
Growing Information:

Dill is very easy and quick to grow. The seeds need light to germinate and seedlings need plenty of moisture in order to grow. These plants prefer direct light and well drained soil. They do not like to be transplanted so it is best to plant the seeds directly where they will ultimately grow.

Cilantro (*Coriandrum sativum*)

Plant Information:

Cilantro, a member of the parsley family, is also known as coriander and is grown for its leaves and round white seeds. It is one of the most ancient herbs and is even mentioned in the Old Testament. The herb was spread through Europe by the Roman Army as a meat preservative. Cilantro grows in the National Herb Garden in Washington, D.C. These plants are also known to attract



beneficial insects to the garden and repel some harmful ones including aphids and carrot flies.

Cooking Information:

The leaves of Cilantro may be best known for their use in salsa. They are also used to flavor a variety of Middle Eastern and Southeast Asian food. Cilantro seeds, which actually become more fragrant with age, are used in curries, stews, pastries, and even some types of wine. Be sure to harvest the foliage for use before the seeds form.

Growing Information:

Cilantro can take up to ten days to sprout. Cover the seeds gently, as they need light to germinate.

Planting Instructions

Growing your garden is easy and rewarding if you follow the simple steps outlined below.

1. For best results, plan your garden on paper before actually planting it. Here are some ideas to help add interest:
 - Form mounds with the soil and plant seeds on top.
 - Make paths by pressing indentations into the soil and filling with decorative gravel.
 - Place the plants in groupings or mix them all together. You can make several large groupings or many small ones.
2. Apply decals to the base of the dome.
3. Pour about an inch of perlite in the bottom of the planting container for drainage.
4. Massage the bag of soil, open, and pour to fill the bottom of the planting base.
5. Mix in one to two cups of water and mix with soil until it is thoroughly moist.
6. Form paths, mounds, and place stones before planting seeds.
7. Place your seeds on top of the soil and press them in. Here are some planting tips:
 - When planting seeds, place them a third to a half inch apart; planting them too close together will cause them to crowd each other out.
 - Don't plant all the seeds at once. Plant what you need, and save the rest in case you must replant; enough seeds are included to replant at least one time.
 - Be sure to review the content on the seed packet for additional information
8. Sprinkle about a half cup of water on top of the seeds.
9. Add decorative components and stakes.
10. Place in a windowsill or near a window with an eastern or southern exposure and in a place where it cannot be easily knocked over.
11. Your seeds will germinate in about a week.
12. Feel free to find your own miniature treasures to add.
13. Retain these instructions for further use.

Growing and Care Tips

Watering

- Your terrarium will only need water every one to three months when the top is on. You can tell the relative moisture by the weight of the container. Even if you see moisture forming inside the lid of the container, the terrarium may still need water.
- If you over-water the terrarium, tip it gently to pour out the extra water, leave the top off, and place it in an area with a southern exposure until desired moisture level is reached.
- Your growing mixture is inert and contains no fertilizer. You may fertilize your terrarium in the spring and summer with a water-soluble houseplant food or time-release pellets. Your plants prefer to be fertilized during the spring and summer.
- When you water your plants, sprinkle the water over the foliage to rinse the leaves.

Location

- Your plants like bright light. Be sure to rotate your dome a quarter turn to encourage even growth. The best location for your terrarium is on a windowsill with an eastern exposure. Be sure the window is not drafty.
- Your plants prefer to be in a cooler room. Many plants will wilt in direct, hot afternoon sun.
- Your plants will naturally reach toward the light, so rotate your greenhouse every week. If they are stretching too much, they may need more light.
- Do not place your terrarium close to a heating or cooling vent.
- Do not place your terrarium outside in the hot sun. The temperature inside the terrarium will rise to levels that are not safe for the plants. You may place it outdoors in the shade and when it is below 80 degrees (26° Celsius).
- Your terrarium is sensitive to temperature and should be in a room that is between 60 degrees (15° Celsius) and 85 degrees (29° Celsius).
- A common problem with terrariums is that they are easily knocked over. Keep this in mind as you choose the location for your windowsill greenhouse.

Other Notes

- If mold forms, remove it with a twig or water the greenhouse with a 1:50 mix of hydrogen peroxide to water (one capful of hydrogen peroxide to seven ounces of water). This will kill the mold but not the plants.
- If you remove the top to allow the plants to grow larger, be sure to check the moisture level every few days.

- If a particular plant is overgrowing the rest, feel free to trim it back.
- You can trim your plants back if they are growing too wide or tall, or you would just prefer them bushier. It is important to cut them above a set of leaves and to water afterward, as pruning can be a shock to some plants. This will help keep them small and bushy.
- It is okay to let the plants bloom, but keep the plants from going dormant by trimming off any seed pods before seeds form.
- You can transplant your plants into other containers. Be sure to water first, and remove as big of a ball of soil around the roots as you can. To replant, make sure the soil in the new container is moist, place the soil ball into a pre-dug hole, and water thoroughly.
- Your plants like fresh air. Be sure to remove the top after they sprout or frequently if left on. This will reduce the chance of mold growing.

Guide to Drying Herbs

There are several methods you can use to dry herbs:

1. Air Dry: Form a single layer on top of clean paper and place in a dry, warm, and shady place. Herbs will dry in about 10 days.
2. Microwave: Microwave for several minutes.
3. Oven: Place in oven overnight with just the pilot light on.

Terrariums — General Information

Terrariums, a favorite since the 1800s, continue to enjoy popularity today. Creating a terrarium is easy, fun, and inexpensive. Care is minimal and they can go for months without water under proper conditions. Also, a wide variety of plants can be grown that would normally fail in the dry, drafty environment of the average home. Avid gardeners celebrate terrariums as a way to extend their gardening season all year long.

Terrariums — History

Terrariums are miniature, self-contained eco-systems. Once created, these closed environments can go for months unattended without even the addition of water. The history of terrariums is rooted in the Victorian Age where they were used in parlors to house delicate and exotic plants.

The invention of the terrarium is credited to Dr. Nathaniel Ward, a London physician who discovered it by accident. While experimenting with cocoons in covered jars, he found tiny plants growing and thriving in the soil of the jars, even as plants in his backyard were dying from polluted air. Next, he successfully experimented with growing ferns in covered containers. The result: the first terrariums, then known as "Wardian cases." These were large, enclosed containers used for growing delicate plants in the home or transporting plants over long distances. The terrariums used most often today are small, ornamental versions of the Wardian case.

Terrariums — How They Work

Terrariums are a self-contained environment. Once planted, they need nothing from the outside except a little indirect sunlight; they can even go without water for a long period of time. Moisture in the terrarium evaporates from the soil and plant leaves, condensing on the roof and walls. The condensed water drips down, remoistening the soil in a continual closed-loop process. The atmosphere inside is jungle-like, with high humidity, warm temperatures, and no drafts—perfect conditions for many of the tropic-native houseplants that are common today. As long as the terrarium's top is sealed, this process can continue for months or even years.

Customer Service

Questions? Email sales@dunecraft.com or call 1-800-306-4168.

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This garden is dedicated to Damian Robert, for reminding me what it was like to be truly fearless and determined, and believing in me.

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