



How to Choose
Perennial
Herbs
for the Garden

By Autumn Rose

About the Author

Hi there! My name is Autumn and I'm a wife, homemaker, from scratch cook and an avid gardener. I enjoy growing large vegetable gardens and appreciate what they contribute to my table and pantry.

But I must confess that the kitchen garden has a special place in my heart! Herbs are the backbone of a traditional kitchen. And when you're trying to establish and set up your garden in way that benefits the kitchen, it's important to know which herbs are perennials and which are annual in your growing zone.

That's why I've put together this simple e-book with it's charts and data. It'll make your job much easier and save you time and effort when establishing perennial herbs in *your* kitchen garden!

Wish you all the best,
Autumn Rose



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I. An Introduction

For hundreds of years, women considered herbs and the kitchen garden as some thing more than a luxury. In most cases, it was a necessity. For generations, the Pennsylvania Dutch had the *Four Square Garden*, Scottish women had their *Kailyaird*, and of course, the French with their famous *Potagers*.

But like so many other things, the herb and kitchen garden began to fall by the wayside as women joined the work force after the world wars. With less time to give to cultivating their own produce, the kitchen garden (and it's herbs) fell by the wayside.

In spite of their fall from favor, the traditional herb garden still has many wonderful things to offer the homemaker and home cook! Most of us know how to grow vegetables, but culinary and medicinal herbs are less understood, even though we use them in the kitchen every day.

This e-book with it's charts will not only give you list of herbs you can establish in your kitchen garden, but will also help you understand herb hardiness zones and how each one propagates.

It's normal to grow salad greens, snow peas, onions, radishes, cucumbers (and so on) in a kitchen garden. But perennial herbs will always be there, even after the annual vegetables are harvested or die off.

Herbs are your mainstay. And that's why they deserve special attention and care in a traditional kitchen garden! So let me walk you through how to choose your herbs and source them too!

II. How to Choose Herbs for Your Garden

If you're new to herb gardening, the many different options can leave you feeling overwhelmed!

But here's a secret that will make things easier: *start with 4-5 of the herbs you use most often in your home cooking or natural medicine cabinet.*

Can't think of which herbs that would be? I created a printable for you at the end of this booklet where you can go and list the herbs you use for red meats, white meat, soups, herbal teas, tinctures, etc.

After you've made a list, I highly recommend you look at growing herbs *that you use lots of* and specifically, those that are *perennials in your growing zone* (you can [go here to find your USDA growing zone](#)).

Some of your most-used herbs will be annuals. And while annuals definitely have a special place in the herb garden, you'll want to put in and establish the perennials *first* because they are there to stay!

Make your list. And then it's time to decide how you'll source these herbs.

III. Sourcing Herbs for the Kitchen Garden

Seed starting is one of the most affordable ways to source herbs for the kitchen garden. While many herb seeds are tiny and can be difficult to work with, you can [click this link to my blog](#) where I share my favorite herb seed starting technique with you. It makes everything quite simple!

If you do your homework and know for certain which herb types are perennials in your growing zone, you can also purchase starts at your local greenhouse center. But just be aware that cost can quickly add up. And with fewer plants, it'll take longer for your gardens to fill in.

Another excellent option is to find a local gardener in your area who has a bed of mint, oregano, or another herb that has gone wild. Most gardeners are more than happy to let you come and dig up all the starts you could want! And better yet, that herb will already be acclimatized to your gardening zone.

IV. Planting Herbs in the Kitchen Garden

Don't try to start *all the herbs* in the same year! Giving yourself (and the herb garden) time is a good idea, as many herbs take several years to fill in the spaces around them.

You can help them along by planting herbs in groupings of 6-10 plants, instead of popping one in here and another there! But I want you to be aware that it *is* going to take time for things to spread.

And as you plant herbs in your garden beds, always remember to take the *height* of your herbs into account.

Height details can be found on the back of seed packets, or you can look them up on the internet, according to your specific type of mint, oregano, lavender, etc.

You don't want low-lying thyme hidden from the sunlight behind a patch of towering bee balm! In general, you should plant the *tallest herbs* on the north side of a wide garden bed and the shortest, on the south.

Common sense stuff, right?

V. *Thyme* to Wrap It Up!

There are many different herbs you can grow in your kitchen garden, but I highly recommend you start with perennials. The following chart will help you make wise decisions and hopefully, set you up to succeed.

If you have questions, feel free to email me at autumn@atraditionallife.com.

Perennial Herbs by USDA Growing Zone

Herbs	Propagation	Hardiness Zone
Angelica	Self Sowing Biennial	Zone 4-9
Basil	Self Sowing	Frost-free regions only
Borage	Self Sowing	Zone 2-11
Bee Balm	Underground Rhizomes	Zone 3-8
Bergamot Bee Balm	Underground Rhizomes	Zone 1-10
Calendula	Self Sowing	Zone 1-10
Catnip	Self Sowing	Zone 3-9
Chamomile (Roman)	Underground Rhizomes	Zone 4-9
Chamomile (German)	Underground Rhizomes	Zone 4-9
Chives	Underground Rhizomes	Zone 3-9
Chervil	Self Sowing	Zone 3-8
Cilantro	Self Sowing	Zone 2-11
Dill	Self Sowing	Zone 2-9
Echinacea	Clumping and Self Sowing	Zone 3-8
Fennel	Self Sowing	Zone 5-9
Horseradish	Clumping	Zone 3-9
Hyssop (Anise)	Self Sowing	Zone 4-9
Hyssop (Licorice)	Self Sowing	Zone 4-9
Lavender (English)	Clumping	Zone 5-8
Lavender (Munstead)	Clumping	Zone 5-9
Lemon Balm	Self Sowing	Zone 4-9
Lemon Grass	Clumping	Zone 9-11

Herbs	Propagation	Hardiness Zone
Lemon Verbina	Self Sowing	Zone 9-10
Lovage	Clumping	Zone 4-8
Marjoram (Sweet)	Self Sowing	Frost free region only
Mint (Common)	Rhizomes	Zone 4-9
Onion (Egyptian)	Self Sowing	Zone 5-9
Onion (Multiplier)	Clumping	Zone 5-9
Oregano (Greek)	Clumping & Self Sowing	Zone 4-9
Parsley	Self Sowing Biennial	Zone 2-11
Rosemary	Perennial Shrub	Zone 7-10
Sage	Perennial Shrub	Zone 4-8
Savory (Winter)	Self Sowing	Zone 5-11
Tarragon (French)	Rhizomes	Zone 5-11
Thyme (Creeping)	Self Rooting	Zone 4-9
Thyme (Summer)	Self Rooting	Zone 4-8
Thyme (Winter)	Self Rooting	Zone 5-8

Discover Which Herbs You Use Most

*list herbs in the following categories to learn which ones you use most!

Cooking Herbs	Medicinal Herbs
Soups, Stews & Chili	Herbal Teas
1	1
2	2
3	3
4	4
5	5
6	6
Red Meats	Herbal Tinctures
1	1
2	2
3	3
4	4
5	5
6	6
Poultry & Fish	Skincare Herbs
1	1
2	2
3	3
4	4
5	5
6	6