

# THE SIMPLEST WAY TO CHOOSE HERBS TO GROW INDOORS

*From personal experience (unplugged)*



Dear friend,

I am Oleg from **GardenHowTo** with **good news** for you. Since you are up to an adventure of growing herbs indoors, you have the freedom to choose herbs by **your own individual** interpretations and desires! You are



about to cultivate **more** than a houseplant. Before long, and with just a **little effort** on your part, you will literally develop a garden of herbs with desirable properties for you to enjoy. Please take your time and prepare yourself to embrace this unique opportunity!

**Here's a small sample of what you'll discover from planting an herb indoors:**

- ★ You will be able to add a new **astounding flavour** to your cuisine
- ★ You will be amazed when **fragrant aroma** will be released around your living area every time you walk by and touch the foliage
- ★ You will also uncover that herbs are able to **please your eye** from an aesthetic point of view

**Now, before moving further ask yourself:**

... Do you want to play with one particular herb?

...Or would you be open to growing several herbs together?  
...Do you want to take care of the tender perennial on which

you have lavished special attention and affection?



## Let's stop and think about this for a moment:



... Do you want to possess an unusual cultivar, or maybe an expensive plant such as Bay Laurel?

... Do you want one particular plant that grows vigorously, or do you want a group of the herbs of the same type?



**And you know what?** You will be astonished

that the herbs are amongst the most natural edibles you can grow. What's

more exciting is that you can even grow them without a garden, because practically all of them can be

cultivated quite comfortably in pots. If you want to gain herb growing knowledge as a **FIRST**

**EXPERIENCE**, you should start with plants that are somewhat adaptive to indoor conditions, such

as:

- Mint,
- Parsley,
- Winter Savory,
- Lemon Balm or
- Scented Geranium.

Herbs originating from tropical or Mediterranean climates are the obvious choices to grow indoors. If you are living in colder weather, they will not survive outdoors. **Rosemary, Tropical Sage, Bay Laurel, Lemon Verbena** and all variations of **Scented Geraniums** – you have to bring all of them indoors if you want them to survive. They are native to lands where winter is mild or



non-existent. Unless their roots require a larger space the majority of these plants will continue to grow in the pot over the summer months as well.

**Parsley** and **Chives** are easy to grow over the winter in a place with less brightness, and they

are very popular in many culinary dishes. [You can re-pot Parsley and bring indoors for off-season use](#). However, do not expect Parsley to yield a strong crop. Parsley is slow growing outdoors and will behave the same way in your indoor pot. The supply of

leaves will be modest, but nonetheless welcome.

**Chives** and **Garlic Chives** can be forced to grow as fresh greens in the dead of winter. During the fall lift a small clump of Chives from the ground and place it in a pot.

A few **Garlic** cloves in a pot will yield a supply of greens that are like chives, but spicier. They will provide a source of garnish all winter long. You can plant Garlic as a companion plant as I have cohabited it into pots with indoor greens such as [Kale](#) and [Arugula](#).



**Thyme**, **Sage**, **Oregano**, **Sweet Marjoram**, and **Mint** seedlings will require a lot of sunlight.

And thanks to your regular pinching will become bushy and compact.

[Sweet Marjoram should be planted in a flowerpot slightly larger than its root ball](#) and placed in a coolish, sunny place indoors. It will respond with new growth when you provide it with a sufficient amount of warmth and light.

Mint is an excellent plant to grow indoors or in a cold frame or greenhouse. To pot indoors, ensure that the soil clump has a good supply of well-established roots.

## My own top 3 favourite herbs to grow indoors would be:

### Scented Geranium

### Thai Basil

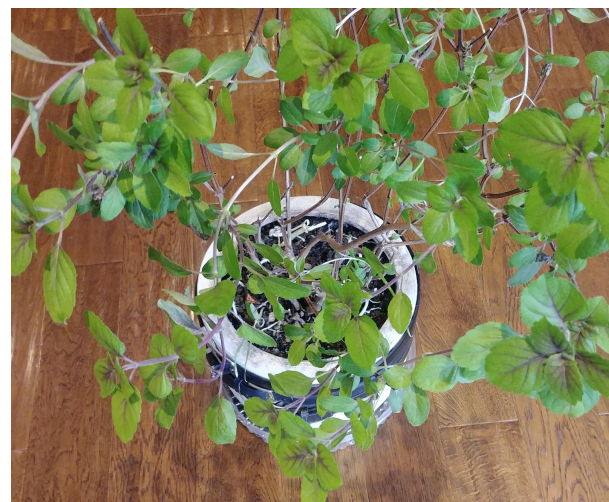
### Rosemary



I love the **Scented Geranium** as a source of fragrance in the living room. I set the pot on top of the air duct which circulates the aroma from the leaves. While my Scented Geranium plants don't bloom, it is the leaves that produce the scent. [You will not get into any trouble by growing this pretty plant year over year as a perennial](#). Scented Geranium drink a large amount of water, never shows any sign of disease, and hardly requires any care.

[Thai Basil is easy to propagate by just cutting a piece from an](#)

[existing plant](#). I fell in love with the violet-like colour. Also, Thai Basil is quite flavour-full with the taste that reminds licorice. First, I tested this plant by keeping in a pot over the winter. It successfully survived the cold season, and after moving to the ground, it has vigorously thrived.



Frankly, **Rosemary** took me on a ride of effort. I have spoiled several Rosemary plants in previous winters. Sometimes I over-worried and over watered them, while other times I caused them to stay under insufficient lighting... and my seedlings have suffered. [Until I learned from experience](#) that Rosemary is quite an amenable house herb that does not tolerate excessive





watering or cold damp soil. Make sure the room you placed Rosemary in is not overly hot or dry.

I have to tell you that Rosemary taught me a lesson that could be applied to every herb: every time you change living conditions on the plant in terms of access to light, watering schedule and surrounding air temperature you must consider that your plant requires some time to recover after stress. This time I prepared myself by [propagating young Rosemary plants from cuttings](#). In case the old plants die, I will take care of the newly grown ones until the spring arrives. Rosemary plants will not require as much attention after you bring them to the ground.

**If you are still unsure of what herbs to choose, follow this checklist and the entire process of selecting the best plants that tolerate indoor conditions will become a virtual no-brainer:**

### Easiest herbs to grow indoors

#### At an east/west window

Chives / garlic chives: 1  
Cilantro: 1  
Lemon grass: 1  
Mints: 1  
Parsleys: 1

#### At a south window

Thyme: 2  
Oregano: 3  
Rosemary: 3  
Sage: 3  
Basil: 4

*Easiest to grow = 1*

*Hardest to grow = 4*

Basil is an annual and can be difficult sometimes to grow indoors.

Stem cuttings are the easiest way to get new plants and can be taken from all but cilantro, parsley and chives/garlic chives. Take cuttings, place in moistened soil and cover with a clear plastic cover. They should root within 2-4 weeks depending on their # (1-4 above).

**Enjoy these tips? This is just the tip of the iceberg! If you would like more in-depth info click below logo to check out GardenHowTo today and learn what it takes to grow herbs indoors**

