

# Cultural Daily

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## Cooking and Herbs: How To Grow Indoor Plants and Herbs

Our Friends · Friday, August 28th, 2020

It is said that all cooks ought to learn how to cook and grow or buy herbs. Pairing food with herbs is significant when learning and exploring new cuisines. Although some consider it a risk, herbs, if used the right way can bring in marvelous results. It is said that all cooks ought to learn how to cook and grow or buy herbs. Pairing food with herbs is significant when learning and exploring new cuisines. Although some consider it a risk, herbs, if used the right way can bring in marvelous results.

Not only do herbs improve the flavor of your food, they can also make them look astonishing. Most of the time, herbs are readily available in the market. However, what if you could grow your own herbs at home and indoors? Herbs are an incredible piece of farm-to-table cooking, and you can have it in the comfort of your back yard or little pots on your apartment balcony.

There may be people who complain about how difficult it is to grow some of these plants and there are also people who are naturals when it comes to taking care of these plants. Regardless of skill level or expertise, here is a list of indoor plants and herbs and how to grow them indoors.

### Garlic

Garlic is from the Allium group and is closely related to shallots, rakkyou, chives, leeks, and scallions. This bulb has been used by people for thousands of years and was utilized in Ancient Egypt for both therapeutic and culinary purposes.

Garlic can be grown from the seeds, but this method is considered to be unreliable and difficult. Annual growth from cloves is the preferred propagation method for commercial growers. In case you want to [try growing your own garlic at home](#), you can also do it by growing garlic from the cloves.

You can search for bulbs that have been pre-chilled at the nursery as they will be ready to plant. The purchased bulbs should come from a trusted garden supply vendor or a local garden center and not from the grocery store. Garlic is best grown in a well-draining soil as too much moisture can cause disease.

### Basil

Basil is an essential herb for cooking styles all over the world and goes best together with tomatoes. This plant is easy to grow indoors as it adapts fairly well. Most of the time, a lot of at-

home cooks prefer growing their own basil in small pots in their kitchen. With a few leaves from your basil, you can add a lot of flavor and aroma to a simple dish.

You can buy basil as small plants or seeds. Basil loves bright light and heat, so give it a western or southern window or utilize a grow light. Keep the plant away from cold, windy spots, particularly near your windows during the winter. Basil is anything but a long-term houseplant. You can expect to use and keep it for a few weeks until the stems begin to get woody. Alternatively, you can also use dried basil to get more flavor and aroma.

## Parsley

Aside from being just a garnish, [parsley adds beautiful color and flavor to fresh sauces](#), salad, and soup. It is crucial in tabbouleh and delicious in stuffing, fish, pesto, and chicken dishes. Harvest individual leaves by taking stems off close to the base. Grow in a big pot with organic potting soil and make sure to give it adequate sunlight and water.

## Rosemary

During a chilly, stormy day, the natural aroma from a couple of crushed rosemary leaves can make you feel warmer. The needled leaves are one of the must-add herbs to mutton, pork, chicken stock, olive oil, and potatoes. It's also delectable in cream and tomato sauces. Cut 1-4" twigs and add into soups, or take away the leaves and mince. Rosemary can endure hot, sunny, and dry areas during summer but prefers cooler temperatures during winter just as long as the light is excellent.

## Bay Laurel

The thick, tasty leaves of this Mediterranean bush are essential ingredients for stews and soups. Pick single leaves as needed or gather a couple from bigger plants and dry them for storage. The drier, well preserved bay leaves have the most grounded flavor.

You can plant bay laurel in fast-draining soil, and position in a bright west-or east-facing window. Excellent airflow helps prevent disease. Watch out for shield-like scale insects on stems and leaves. Be prepared with neem oil to control outbreaks.

## Chives

The sharp leaves of this onion-flavored spice add a mellow kick to salads, eggs, and soup. Chives also make a pretty good garnish. Use scissors to cut off individual leaves or give the entire plant a group cut to keep dangling leaves clean. Leave 2" of growth so it can re-sprout. Start with a bought plant and pot it in fertile, natural soil. Chives develop best in solid light, like a south-facing window.

## Takeaway

Instead of running off to the market and spending cash on dried herbs, why not plant your own and save more time and money? With your own potted herbs at home, you'll have no problem making your own seasonings and aromatics. Hopefully, the guide above will help you [grow some of the most-loved indoor herbs](#).

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