

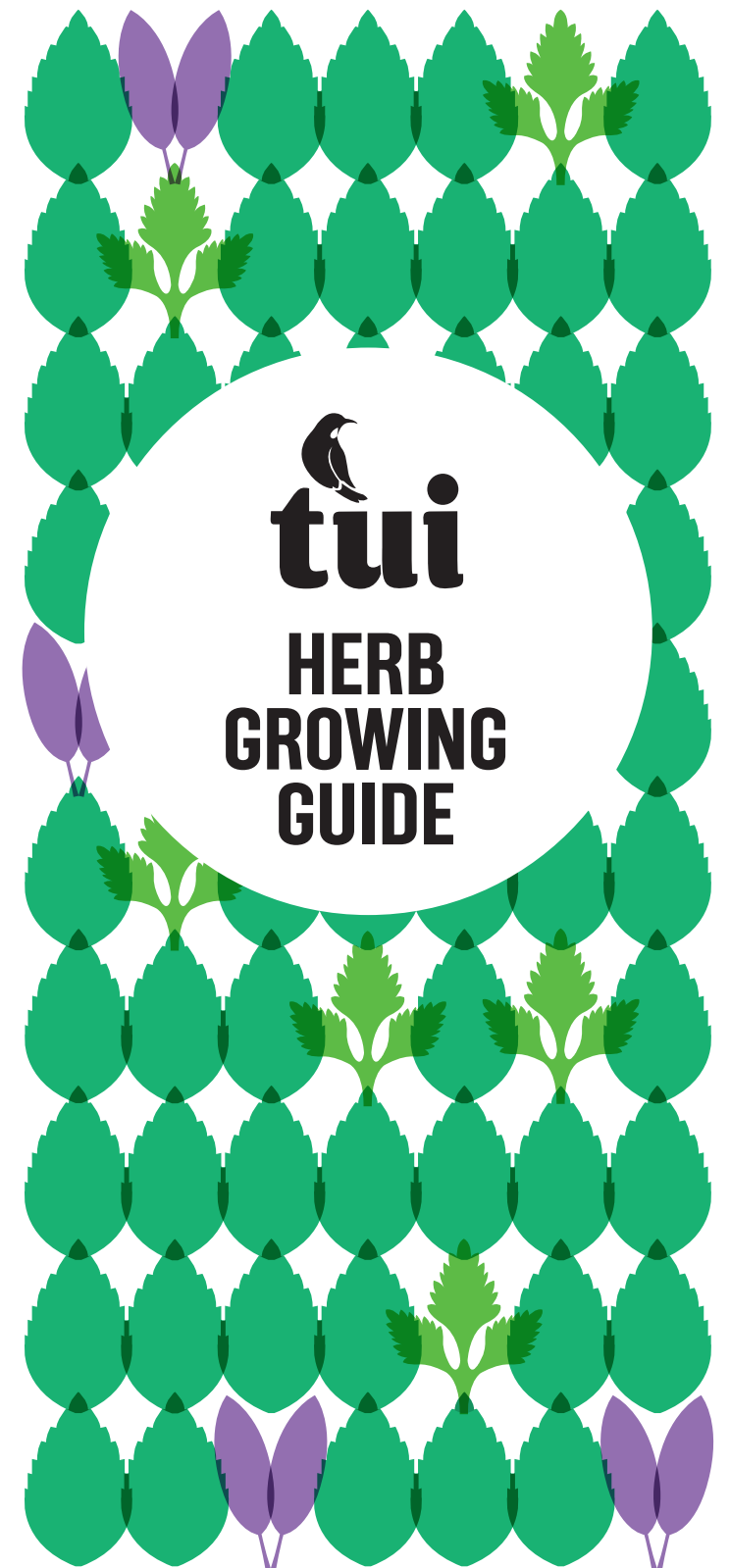


**For novice gardeners a few herbs grown in pots can be the perfect introduction to the joys of 'growing your own'. For those more experienced gardeners, get inspired in the kitchen and try growing different herbs that suit your culinary style.**

- Most herbs in pots can be grown indoors and outdoors – choose a sunny windowsill when growing indoors.
- If you want to try something different, plant a combination of Vietnamese mint, Thai basil and lemongrass – all wonderful additions to Asian cooking.
- Over summer some herbs like coriander, parsley and basil are prone to go to seed. To avoid, water your herbs consistently, regularly pick, remove flowers and remove parts of the plant that go to seed. If your herbs do go to seed there is an upside – the flowers are great for beneficial insects like bees, and if you let them fully dry out you can collect the seeds for next season!
- Pick fresh herbs and add to your salad or stir-fry.
- If you have an excess of herbs, chop them up and freeze them in ice cubes – these can then be used in drinks and meals later in the year. Mint is especially good for this.
- Hyssop deters white butterfly from brassicas like cabbages and Brussels sprouts.
- Basil improves the flavour of tomatoes when planted alongside.
- Some herbs tend to take over the garden once planted like mint. To avoid, plant in pots rather than garden beds.



**Homegrown Ingenuity**  
**TUIPRODUCTS.CO.NZ**



**GROW A BUMPER CROP OF  
GARDEN-FRESH HERBS WITH  
TUI'S 4 STEPS OF HERB CARE**

# TUI'S 4 STEPS OF HERB CARE

01  
PREPARE

02  
PLANT

03  
NOURISH

04  
PROTECT

Fragrant herbs will add a flavour punch to any meal, particularly when they are freshly snipped from your own garden. Plant in your garden beds, pots and containers, and you'll be harvesting a bumper crop of homegrown herbs this season.

## PREPARE

Choose a spot outside that is close to your kitchen, or put pots on a sunny windowsill inside, for easy access. Like building a house a good foundation is the key to success in your garden. The better the soil, the better your plants will grow. If you are starting with an existing garden bed dig in organic matter like sheep pellets and **Tui Compost** to your soil. Then you can add a layer of **Tui Herb Mix**, a free draining planting mix, rich in nitrogen to promote green, leafy growth and continuous harvesting. If planting in pots and containers, fill with **Tui Herb Mix**.

## PLANT

If you're a first time gardener you may find it easier to grow from seedlings, rather than seeds, although seeds are a more economical option. Some herbs are best grown from seed in your garden or pots, such as coriander and parsley. Check seed packets or plant labels for individual planting instructions. The best times to plant are early in the morning or late in the day, so the plants aren't exposed to the hot sun straight away. Always water plants well before and after planting. Don't be shy when planting herbs as they quite like close neighbours, and you can always plant herbs in between other plants as they make great space fillers and companion plants.

### Directions for planting in garden beds:

- Dig a hole, approximately twice the size of the root ball of your plant.
- Partly fill hole with **Tui Herb Mix**.
- Fill a bucket with water and add two capfuls of **Seasol**, a seaweed based plant tonic that promotes strong root growth and reduces transplant shock.

- Soak seedlings in the bucket of **Seasol**, ensuring they are fully submerged.
- Gently loosen the root ball of your plant and position the plant in the centre of the planting hole.
- Fill in with **Tui Herb Mix**.
- Press soil gently around the base of the plant.
- Water well.

### Directions for planting in pots and containers:

- Partly fill your container with **Tui Herb Mix**.
- Tap the container gently on the ground to settle the mix.
- Fill a bucket with water and add two capfuls of **Seasol**.
- Soak seedlings in the bucket of **Seasol**, ensuring they are fully submerged.
- Gently loosen the root ball of your plant and position the plant in the container. Ensure the plant is sitting at the same level in the soil as it was in its seedling container.
- Fill in with **Tui Herb Mix**, up to 3cm from the top.
- Press soil gently around the base of the plant.
- Water your plant well.

## NOURISH

Feed your herbs and they will feed you. Plants use nutrients from the soil as they grow, so replenishing the nutrients ensures your plants grow to their full potential. Feed your herbs with **Tui NovaTec Premium** fertiliser. Well watered, well nourished herbs will have a better chance of keeping insect pests and diseases at bay.

## PROTECT

The weather, weeds, pest insects and diseases can all impact on the success of your herbs. Protect your plants from the elements with layers of mulch, to help keep their roots moist and keep your garden weed free. Herbs aren't generally affected by pests and diseases, although if your herbs are indoors, lack of sunlight and airflow can reduce plant vigour and attract insect pests like whitefly. To combat, move your herbs outside when you can, and if you get an infestation treat with **Tui Insect Control for Fruit & Veges**.



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