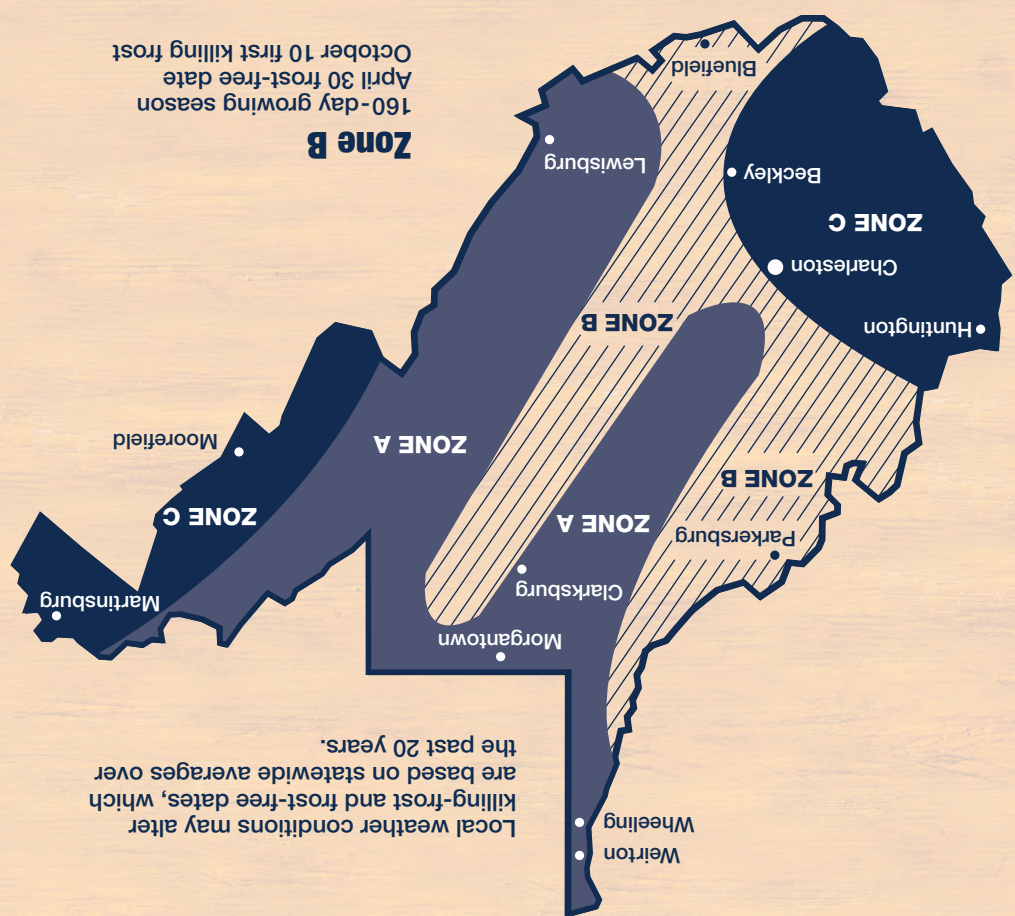


PLANTING ZONES



The 2017 West Virginia University Extension Service Garden Calendar is designed and printed as a service to West Virginia's many home gardeners and agricultural producers.

Steve Bonanno, Dean and Director
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For more than a century, the West Virginia University Extension Service has been a trusted, reliable source of information.

Did you know that you can impact the quality of Extension programming in your community? Simply fill out and return the enclosed donation form in the recipe section.

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ES16-372



West Virginia University
 EXTENSION SERVICE

2017
GARDEN
CALENDAR

Herbs embody past, present and future. They date back through the ages, bearing cultural, religious and economic significance. They're also steeped in rich culinary traditions. We're helping herbs capture the prominence they once had and making them the focus of our *2017 WVU Extension Service Garden Calendar*. Why?

Have you ever smelled basil as you brushed against it in the garden? Tasted your Thanksgiving feast roasted with sprigs of rosemary? Seen the purple lavender flowers in full bloom? If you haven't, this year I urge you to explore herbs in the here and now – while making memories connected to the strong sense of smell, delicious taste and striking visuals. That's "herb appeal," our theme for the calendar this year.

Our Agriculture and Natural Resources experts will enlighten you on types, varieties and tips to start, or enhance, your herb garden along with the trusted gardening information you've come to expect.

Not quite sure what to do with the herbs once they're ready? There are recipes in the back from our Families and Health program so you can taste the fresh, vibrant flavor they offer.

As always, we wish you the best as you grow this year. If you have more questions about what's happening in your garden or home, the experts in your local county office of the WVU Extension Service are here to help.

Sincerely,



Steve Bonanno, Dean and Director of the WVU Extension Service



JANUARY

DECEMBER

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FEBRUARY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Increase humidity for houseplants	3 Plan garden layout	4 Browse seed catalogs	5 ☾ First Quarter Cut poinsettias to 6 inches and place in sunny windows	6 Order herb seeds Harvest overwintered Brussels sprouts	7 Harvest overwintered kale
8	9 Create a garden map	10 Order seed varieties Consult WVU Extension's recommendations	11 Seed tomatoes for early high tunnel planting	12 ☉ Full Moon Service power equipment	13 Clean garden tools	14 Test germination of stored seeds
15	16 Martin Luther King Jr. Day Use grow lights for vegetable seedlings	17 Gently remove snow or ice from evergreens and shrubs	18	19 ☾ Last Quarter	20	21 Organize a community garden
22	23	24	25 Order fertilizer and lime according to soil test results	26 Plan spring landscape design	27 ☀ New Moon	28
29	30	31	<p><i>This year's calendar offers resources to gardeners and cooks of all experience levels. Flip through each month to learn how to plant, grow and use a variety of herbs. Then turn to the back to find an herb variety chart, pest management tips and recipes from WVU Extension Service experts that will help take you from seed-sowing to the kitchen table.</i></p>			



LAVENDER

By John Porter, WVU Extension Agent – Kanawha County

Lavender has become a very popular herb in the last several years for its aromatic qualities used for perfumes and both grooming and cleaning products. This fragrant herb has been used for more than 2,500 years, from embalming mummies in ancient Egypt to perfuming baths for Romans.

While commonly used for its fragrance, lavender is also edible. It is sometimes added to the French herb combination known as Herbes de Provence that is used for flavoring a variety of dishes. Lavender can also add a floral note to desserts and drinks.

Growth

Lavender is one of the more difficult herbs to propagate and grow; therefore, starting from cuttings is highly suggested.

The herb grows well in well-drained, alkaline soils with a pH between 6.4 and 8.2 in hardiness zones 5 to 8. Most soils in West Virginia require amendment with organic matter and lime to encourage growth. The plants require at least eight hours of full sun and thrive in dry conditions.

Lavender can be grown in the garden or in containers, but keep in mind the plants need to be kept dry. Containers should be overwintered outside in a protected area.

Harvest and Use

Both the leaves and flowers of lavender are used for fragrance and food. Stems of lavender leaves can be removed through pruning for use throughout the season, leaving at least 75 percent of the plant for growth. Harvest flowers just after they open and dry on the stalk. The flowers will remain on the stalks, so they can be bundled for use, or flowers can be removed after they are dry.

FEBRUARY

JANUARY

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MARCH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	☾ First Quarter 3	4
				Groundhog Day	Harvest overwintered vegetables	
5	6	7	8	9	☽ Full Moon 10	11
	Start a kitchen herb garden	Apply lime and fertilizer Order fruit trees	Order a high tunnel	Seed head lettuce (indoors)	Build a low tunnel or cold frame	Seed leeks (indoors) Seed cauliflower (indoors)
12	13	14	15	16	17	☾ Last Quarter 18
	Clean dust from houseplants with damp cloth	Valentine's Day Seed celery (indoors)	Seed leafy salad greens in high tunnel	Order herb seeds Prune grapes	Seed broccoli (indoors)	Order seed potatoes
19	20	21	22	23	24	25
	Presidents' Day Seed peas (outdoors) south of U.S. Rt. 60	Prune raspberries, blackberries and fruit trees	Seed cabbage (indoors) Plant Irish potatoes in high tunnel	Seed onions and greens in cold frame or low tunnel	Apply lime sulfur to blueberries Prune blueberries	Apply dormant oil spray to fruit trees Prune deciduous trees and shrubs
☾ New Moon 26	27	28	<i>Boasting a fresh, floral scent, lavender is a member of the mint family of herbs. Used often in small amounts to enhance color and taste in both sweet and savory dishes, lavender pairs well with fennel, oregano and rosemary in most recipes.</i>			
	Mow asparagus ferns Presprout seed potatoes					



OREGANO

By Alex Straight, WVU Extension Agent – Ritchie County

Oregano was first mentioned in Greek mythology as an invention of the goddess of love, Aphrodite. Newly married couples were commonly crowned with wreaths of the herb, and it was placed on graves to give peace to departed spirits.

The traditional oregano we most commonly think of is used in Italian cuisine and hails from southern Italy. It gained popularity in the United States after soldiers returning from World War II brought it back from overseas. Other cultivars are used in Mexican and Turkish cuisine to flavor meats, such as mutton, lamb and fish.

The traditional flavor is described as piney, sweet and acid. A good, strong, fresh oregano is described as being able to numb the tongue. Oregano has been grown and developed for centuries, and there are hundreds of different varieties and cultivars to try that have different purposes and flavors.

Growth

Oregano is a perennial herb, often used as an annual in cooler climates. To ensure that it will come back each year, oregano plants should be planted in well protected areas and should be heavily mulched. Alternatively, plant it in a container and transplant indoors for the winter season, which will give you fresh herbs year-round.

It should be planted in full sun and in a dry area to get the biggest, healthiest plant. Oregano is a bush-like herb that grows from 8 to 31.5 inches tall. It will grow in a variety of pH ranges from 6.0 to 9.0.

Harvest and Use

Oregano leaves are best used fresh but can also be dried to preserve the herb for year-round consumption. It tastes wonderful paired with acidic flavors, like lemon and garlic, and with other herbs like basil.

MARCH

FEBRUARY

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APRIL

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ash Wednesday	2	3 Seed artichokes (indoors)	4 Order specialty seed potatoes
☾ First Quarter 5	6 Seed microgreens	7 Plant broadleaf evergreens	8 Plant onion sets	9 Take cuttings from herbs	10 Seed chives Build a high tunnel	11 Seed leaf lettuce and spinach (indoors)
☉ Full Moon 12 Daylight Saving Time Begins	13 Seed tomatoes (indoors)	14 Seed peppers (indoors)	15 Seed Swiss chard (indoors)	16 Seed peas (outdoors) Plant nonflowering trees and shrubs	17 St. Patrick's Day Seed radishes, spinach and leeks (outdoors)	18 Seed parsnips Plant roses
19	☾ Last Quarter 20 Spring Begins Seed salsify Set head lettuce	21 Fertilize spring-flowering bulbs	22 Seed eggplant (indoors)	23 Plant asparagus (outdoors)	24 Set strawberry plants	25 Divide overcrowded rhubarb
26	● New Moon 27 Seed radishes (outdoors) Plant rhubarb	28 Plant potatoes Fertilize asparagus and rhubarb beds	29 Begin dogwood anthracnose control Use row covers for freeze protection	30 Seed lavender (indoors)	31 Seed cutting celery (indoors)	

CILANTRO

By Daisy Bailey, WVU Extension Agent – Gilmer and Calhoun Counties

Cilantro, also known as coriander, is a Chinese herb that is commonly used in Mexican and Asian cuisines. It originally came from a wide region that covered southern Europe, northern Africa and southwestern Asia.

Growth

Cilantro is not typically grown in many herb gardens, despite the fact that it's relatively easy to grow. To grow from seeds, prepare the cilantro seeds by soaking them in water for 24 to 48 hours. Remove the seeds from the water and let them dry. Then, you may start seedlings indoors or plant directly outside under ¼ inch of soil as long as there is no fear of frost. Thin the seedlings when they reach 2 inches in height to a spacing of 3 to 4 inches apart.

Cilantro grows well when crowded with other cilantro plants, and this will actually delay the plant from producing new seeds in warmer weather. If you are transplanting cilantro, space plants 3 to 4 inches apart in containers or gardening beds. Cilantro is best grown in the spring and fall.

Harvest and Use

You can use cilantro fresh or as a dried herb when cooking. All parts of the plant can be used, though the leaves and seeds tend to be used more commonly than the stem. To harvest, simply pull the leaves from the stems. If you wish to use the entire plant, cut it off at the base and chop into desired pieces.

Preserve cilantro for later use by harvesting the parts of the plant that you wish to preserve and lay them out to dry. If harvesting the entire plant, simply hang it upside down until completely dry. Once dry, place the parts in an airtight container and store in a moisture-free location. Cilantro can also be frozen prior to drying.



APRIL

MARCH

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MAY

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 April Fools' Day Seed Swiss chard, carrots and parsnips (outdoors)
2	☾ First Quarter 3 Seed onions, beets and radishes (outdoors)	4 Seed basil for transplant (indoors) Plant cabbage and kohlrabi	5 Plant potatoes and raspberries Seed beets and kale (outdoors)	6 Seed or plant broccoli, cabbage and cauliflower (outdoors)	7 Seed komatsuna Plant blackberries Seed parsnips (outdoors)	8 Seed dill (indoors) Plant fruit and hazelnut trees
9 Palm Sunday	10 Seed shallots Plant peas and seed radishes (outdoors) Apply crabgrass control	☉ Full Moon 11 Passover Begins Seed leaf lettuce (outdoors)	12 Order sweet potato slips or bed sweet potatoes for transplanting	13 Fertilize lawn Seed or plant collards Seed watermelons (indoors)	14 West Virginia Arbor Day Good Friday Start compost pile Plant perennials	15 Seed late tomatoes (indoors) Loosen mulch on strawberries
16 Easter	17 Remove row cover from strawberries Refresh mulch in landscape beds	18 Plant peas (outdoors) Transplant leeks Seed new lawn	☾ Last Quarter 19 Seed chives (outdoors) Seed annual herbs	20 Seed carrots Seed Swiss chard	21 Seed Asian greens Plant sweet corn (indoors)	22 Earth Day Plant summer-flowering bulbs
23	24 Apply pre-emergent landscape weed control	25 Begin spraying fruit trees after petals fall	☀ New Moon 26 Buy herb cuttings/plugs	27 Seed flat-leaf parsley	28 National Arbor Day	29
30						



BASIL

By Lewis Jett, WVU Extension Specialist – Commercial Horticulture

Basil is one of the most popular herbs grown in gardens. Sweet basil and other botanical varieties offer a panorama of flavors and textures for cooking and fragrance. There are several varieties of basil, including sweet, Asian, citrus, cinnamon, fine-leaf and purple. Basil is a tender, annual plant and is planted after the last spring frost in West Virginia, usually in late May.

Growth

Basil is typically established as a transplant, because the seed is very small and somewhat difficult to sow. Seeds for transplants can be sown indoors about four to six weeks before transplanting.

When planting in the garden, choose a weed-free site with good drainage and full sun. Typical spacing is 10 to 18 inches between plants. Basil can be mulched after the soil warms to control weeds, keep the leaves clean and reduce soil moisture evaporation. The herb requires regular watering during the growing season. It can be successfully grown in containers, allowing gardeners to take the plant inside after frost and harvest throughout the fall.

Harvest and Use

To harvest basil, clip or pinch the upper 2 to 3 inches of stem tips. Harvesting, or tipping, once per week promotes branching and prevents blooming. Basil can be propagated from tip and stem cuttings by cutting the top 4 inches from the stem and rooting it in a cup of water to later transplant. When basil blooms, the plant stops producing new leaves and channels its energy into undesirable seed production. Basil should be harvested while the leaves are cool and dry, preferably in the evening.

Basil can be pureed and frozen if not used fresh.

MAY

APRIL

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JUNE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Seed or transplant lemon balm (outdoors)	☾ First Quarter 2	3 Seed or transplant parsley	4	5 Transplant onions Plant fingerling potatoes	6 Transplant or seed Chinese cabbage Seed snap beans (outdoors)
7	8 Seed head lettuce (outdoors) Control broadleaf weeds in lawn	9 Seed leaf lettuce and winter squash (outdoors)	☉ Full Moon 10 Seed summer squash and cucumbers (outdoors)	11 Seed late celery (outdoors) Seed sweet corn	12 Seed cilantro (outdoors) Plant early celery and tomatoes	13 Seed thyme Plant bok choy
14 Mother's Day	15 Grow mint in containers Seed annual flowers	16 Transplant or seed melons Fertilize houseplants	17 Plant sweet potatoes	☾ Last Quarter 18 Plant large pumpkins	19 Plant peppers and cabbage	20 Plant okra Seed lima beans Harvest established asparagus
21	22 Avoid planting tomatoes or peppers with blooms	23 Seed sweet corn Remove strawberry blossoms on new plants	24 Seed or transplant basil Seed malabar spinach	☉ New Moon 25 Install row covers to exclude insects on cabbage and broccoli	26 Prune azaleas, viburnum, lilac and forsythia after blooming	27 Begin control measures for cucumber beetle Plant tomatoes and eggplant
28	29 Memorial Day Turn compost Plant jack-o'-lantern pumpkins	30 Prune tomatoes at first flowering Plant an herb garden	31 Stake and mulch tomatoes Trellis cucumbers	<i>Known as one of the healthiest herbs, basil's sweet, fresh leaves contain an impressive list of nutrients. The basil plant is easily maintained both indoors and outdoors and is a star ingredient in many pestos, soups and pasta dishes.</i>		



CHIVES

By Larry Campbell, WVU Extension Agent (Retired) – Harrison County

Chives are small, bulbous and hardy perennials that are members of the onion family. This culinary herb is native to Asia and Europe and has been in use for more than 5,000 years. Common chives have tubular, green leaves and produce round, violet-colored blossoms. Garlic chives, also called Chinese chives, have flatter leaves and white blossoms. Common chives have a mild onion flavor and garlic chives have a slight garlic flavor. Both varieties grow in dense clumps with leaves up to 12 inches tall.

Growth

Chives are grown by either direct seeding or division. They grow best in rich, well-drained soil with a pH of 5.8 to 7.0. Seed chives early in the spring and plant ¼ inch deep. When directly seeded, chives are slow to establish and may produce a minimal yield the first year.

The easiest way to grow chives is to plant rooted clumps from plants divided in the spring. Clumps should contain three to six plants and be planted 6 to 8 inches apart and 1 inch deep. Tops should be cut back to about 1.5 inches above the roots at planting. Divide and replant clumps every three to four years.

Harvest and Use

Harvest chives to ½ inch to 1.5 inches above the soil by cutting the green tops with a sharp knife or a pair of scissors.

Chives can be used fresh, dried or frozen; however, freezing chives does not diminish the flavor as much as drying. Simply chop the leaves into ¼-inch pieces and place a teaspoon into each section of an ice cube tray and then top with water and freeze.

Dry chives in bundles in vented paper bags placed in a warm, dry place until the leaves are brittle to the touch. They can also be dried in an oven or in a conventional dehydrator.

JUNE

MAY

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JULY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				☾ First Quarter 1 Plant asparagus beans	2 Seed or transplant fennel Seed lettuce as a companion plant to tomatoes	3 Seed snap beans and carrots Seed summer squash and corn for late crop
4 Seed cabbage, cauliflower and broccoli for fall crop Seed lettuce	5 Seed cabbage, cauliflower and broccoli for fall crop Seed lettuce	6 Seed parsley Seed pumpkins and winter squash	7 Seed leaf and Bibb lettuce Plant celery	8 Monitor for garden pests Build a high tunnel	9 ☉ Full Moon Mulch garden to control weeds and conserve moisture	10 Plant tomatoes Seed bush limas Summer prune apples and peaches
11 Begin control measures for squash vine borer	12 Begin control measures for squash vine borer	13 Seed sweet corn and beets	Flag Day 14 Seed pumpkins and winter squash Begin bagworm control	15 Side-dress sweet corn with additional nitrogen	16 Deadhead annuals to encourage more flowers	☾ Last Quarter 17 Transplant thyme Pinch blackberry canes Plant peppers
18 Father's Day	19 Prune spring-flowering shrubs Control cabbage worms with DiPel® or row cover	West Virginia Day 20 Renovate (e.g., leaf removal, fertilize, etc.) strawberries after last harvest	21 Summer Begins Pinch back garden mums Seed dill	22 Seed pole limas and snap beans Treat lawn for white grubs using systemic insecticide	☉ New Moon 23 Prune pine trees End asparagus harvest	24 Seed or transplant savory Harvest beet greens Turn compost
25 Plant late tomatoes and peppers	26 Plant late tomatoes and peppers	27 Add non-seed-bearing weeds to compost	28 Plant basil	29 Transplant rosemary Plant cilantro	☾ First Quarter 30 Seed basil	



PARSLEY

By Natasha Harris, WVU Extension Agent – Upshur County

Parsley is one of the most popular herbs and used in a variety of dishes and garnishes. It is rich in iron and vitamins A and C, making it a healthy addition to foods. The biennial plant will return year after year once it is established.

Growth

Parsley is cold-weather tolerant and easy to grow. It can be grown in containers, sown directly outdoors or transplanted into a garden. To start the growing season early, sow seeds indoors in a seed starter kit or in small containers eight to ten weeks prior to the last spring frost. Sow seeds ¼-inch deep and keep soil moist at 70 degrees Fahrenheit.

At 12 to 21 days seedlings will emerge and need sunlight. After the last frost, transplant the seedlings outdoors, near asparagus, tomatoes, corn or around the border of the garden in well-drained soil. Keep area weed-free and water during dry spells.

Alternatively, parsley can be directly sown outdoors into well-drained, weed-free soil or in containers. Plant seeds and cover with a thin, firm ¼-inch layer of soil. As plants emerge 1 to 2 inches tall, thin plants to 6 to 8 inches apart.

Harvest and Use

Parsley is ready to harvest when the leaf stems have three segments. Harvest the outer leaves only by cutting them at the base of the stalk.

Fresh parsley can be stored in the refrigerator, or fresh leaves can be preserved by freezing them in ice cubes.

Another popular method of preservation is drying. Cut the parsley at the base and hang it in a dry, shady, warm area. Once the parsley is completely dry, crumble the leaves and store them in an airtight container.

JULY

JUNE

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AUGUST

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Seed late cabbage, cauliflower and Brussels sprouts
2	3 Seed late corn, snap beans, kale and broccoli Seed or plant endive	4 Independence Day	5 Watch for early and late tomato blight Seed carrots and Swiss chard	6 Plant grape or cherry tomatoes for fall Seed late sweet corn and beets	7 Mulch to conserve soil moisture	8 Watch for Japanese beetles
☉ Full Moon 9	10 Order garlic seed	11 Plant Chinese cabbage	12 Remove raspberry canes after fruiting Seed borage	13 Pinch the top of black raspberry canes	14 Seed dill Turn compost	15 For the largest flowers, remove side shoots from main stem
☾ Last Quarter 16	17 Seed collards and kale for fall	18 Harvest summer squash when young and tender	19 Plant cauliflower Don't let weeds go to seed	20 Plant fall broccoli and Swiss chard	21 Seed fall cucumbers	22 Water young trees and shrubs during dry periods
● New Moon 23	24	25	26	27	28	29
☾ First Quarter 30	31 Plant peppers for fall crop	Seed summer squash for fall crop	Take cuttings from herbs	Pinch basil so there are four pairs of leaves per plant	Plant Brussels sprouts	



MINT

By Karen Cox, WVU Extension Agent – Ohio County

In many cultures, mint is a sign of hospitality. This ancient herb, believed to have originated in northern Africa, can be found in recipes in Egypt and Ancient Greece. The oldest mint recipe found was a turnip stew recipe engraved on a stone tablet.

Growth

This versatile, hardy perennial can be grown in swampy soils, in dry, rocky crags, and in shade and sun. However, most mints prefer full sun with loose, rich and well-drained soils with a pH between 5.5 and 6.5. Plant mint in a sunken container with no bottom as it spreads aggressively by shallow underground rhizomes.

Harvest and Use

For the strongest flavor, harvest when 10 percent of the plants are in bloom or when plants are at least 4 inches tall. Mint leaves may be used whole or cut with scissors just before use. Bruised mint browns quickly.

Mint stores well in the refrigerator for one to two days when wrapped in a paper towel or put in a vase of water. Another option is to freeze mint by filling ice cube trays halfway with mint then covering it with water. For long-term storage, mint can be dried by hanging small bunches in a dry, shady location with adequate airflow.

AUGUST

JULY

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SEPTEMBER

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24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Add non-seed-bearing weeds to compost	Seed beets Water plants deeply each time	Seed beans and peas for fall crop	Seed spinach Seed fall carrots	Plant cabbage for fall crop
6	☉ Full Moon 7	8	9	10	11	12
	Plant Chinese cabbage	Seed lettuce for fall crop	Watch for downy mildew	Seed mustard greens Seed radishes	Seed fall cucumbers	Control broadleaf lawn weeds
13	☾ Last Quarter 14	15	16	17	18	19
	Take note of new varieties Seed beets	Harvest okra pods every other day Install sod	Seed rutabagas Seed Asian greens	Watch for powdery mildew on pumpkins and winter squash	Seed radishes	Seed fall herbs
20	● New Moon 21	22	23	24	25	26
		Seed bok choy Turn compost	Seed turnips	Plant collards	Seed lawn	
27	28	☽ First Quarter 29	30	31	<i>Mint's cooling effect pairs wonderfully with all kinds of dishes and cuisine styles. Perhaps one of the most versatile herbs, mint adds a fresh pop to savory dishes and a sweet kick to ice cream, smoothies and chocolate desserts.</i>	
	Apply nitrogen to strawberries	Seed arugula				



TARRAGON

By Stephen Starcher, WVU Extension Agent – Hampshire County

Of the four “fines herbes” of French cuisine, none is more important than tarragon. The mild anise flavor of this herb pairs perfectly with fish, poultry and eggs and makes a subtle, yet delicious, addition to a variety of sauces, dressings and marinades. While native to northern Europe, Russia and parts of Asia, this plant has found its way into fine cuisine all over the world.

There are two main varieties available to the consumer – Russian tarragon and French tarragon. French tarragon is widely considered to be vastly superior for culinary uses. However, it rarely completely flowers; therefore, it does not produce viable seeds. Because of this, it is best to establish new plants by utilizing stem cuttings or transplants.

Growth

Tarragon grows as a perennial herbaceous shrub that will die back to the ground in winter. It performs best when planted in a sunny, well-drained portion of your garden, and is often watered. Tarragon will do well in a container, but care must be taken to prevent winterkill of the plant’s roots. Hilling the containers into a pile of compost or mulch should offer sufficient winter protection. Tarragon has a chilling requirement of at least 30 days, so overwintering your plants indoors is not a good option. Healthy plants will respond well to division every two to three years.

Harvest and Use

The narrow, needle-like leaves of tarragon can be harvested by pinching one-third of the stem length multiple times per year. The intensity and quality of tarragon flavor is best fresh, but it can be dried for use during winter months. Utilizing this herb to flavor oils or vinegars is a common, and delicious, alternative to drying the herb.

SEPTEMBER

AUGUST

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Order spring-flowering bulbs Seed fall carrots	Seed spinach Plant crocus Dig late potatoes Turn compost
3	4	5	☉ Full Moon 6	7	8	9
	Labor Day Renovate lawn or reseed bare spots Seed cover crop	Prepare root cellar Aerate lawn	Save seeds Seed lettuce for fall crop	Plant fall turnips and radishes Divide peonies Build a high tunnel	Build a cold frame Seed carrots in high tunnel or cold frame	Harvest early pumpkins Don't let weeds go to seed Plant hardy evergreens
10	11	12	☾ Last Quarter 13	14	15	16
	Patriot Day Control broadleaf weeds in lawn	Seed scallions (bunching onions) in a cold frame	Plant garden mums Harvest colored peppers	Begin pumpkin harvest Seed fall spinach	Begin 14 hours of darkness to turn color of poinsettias	Seed rye and hairy vetch for winter cover crop
17	18	19	● New Moon 20	21	22	23
	Seed lettuce in high tunnel Repot houseplants	Take a fall soil test from lawn and garden	Plant shallots	Harvest early-planted sweet potatoes	Autumn Begins Water young trees and shrubs during dry periods	Seed salad greens in high tunnel
24	25	26	☽ First Quarter 27	28	29	30
	Plant hyacinths				Bring rosemary plants indoors before frost	



CHAMOMILE

By Brandy Brabham, WVU Extension Agent – Roane County

Chamomile's fragrant blossoms are best known as herbal tea additions. Roman chamomile is a perennial, creeping, ground cover plant that grows like a mat. German chamomile grows 20 to 30 inches tall and is a reseeding annual. Both have small, daisy-like flowers with yellow centers, white petals and feathery leaves.

Growth

From seed, direct sow in spring or fall. Chamomile seeds will germinate in approximately 7 to 14 days. Seeds can be started indoors for transplanting about six weeks before the last frost. Start chamomile in seed pots but don't bury the seeds under the soil, because they need light to sprout. Keep seedlings 12 to 18 inches apart and moist. Thin to one plant per pot after they start to grow. Keep seedlings in a sunny spot until it's time to plant and set transplants 6 inches apart outdoors.

For container growing, plant seeds directly in the final pot and keep indoors until after the frost. Each chamomile plant should have a 12-inch pot.

Chamomile grows best in sunny locations and well-drained soil but can survive in some shaded areas and poor to average soil. Once established, chamomile is extremely hardy. Most plants will flower about one month after planting and bloom all summer, so there isn't one specific harvest time.

Harvest and Use

Harvesting chamomile flowers is a tedious task. Fresh flowers can be used for tea, but it's more typical to dry them. Spread them out somewhere warm and well-ventilated indoors out of direct sunlight to thoroughly dry. Once dry, store flowers in a sealed container for use up to a year.

OCTOBER

SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOVEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	○ Full Moon 5	6	7 Build a high tunnel Dig canna, dahlia, gladiolas and tubular begonias
8	9 Columbus Day Harvest sweet potatoes	10 Harvest green tomatoes and gourds before frost	11 Divide perennials Harvest late pumpkins before frost	☾ Last Quarter 12 Remove old crop residue and seed winter cover crop	13 Harvest winter squash	14 Store winter squash in cool, dry location
15	16 Plant multiplier or potato onions Plant spring bulbs	17 Plant or transplant lilies that flower July 15 – Sept. 15	18 Seed spinach for overwintering	● New Moon 19 Turn compost	20	21 Prepare landscape bed for spring planting
22	23 Plant or transplant deciduous trees and shrubs after leaves drop	24 Save wildflower seeds for spring planting	25 Prune roses and root cuttings Mow lawn for last time	26	☽ First Quarter 27 Plant garlic	28 Have garden soil tested
29	30 Fertilize lawn according to soil test	31 Halloween Mulch greens (chard, collards, etc.)	<p><i>The tiny, yellow flower of the chamomile plant not only makes for an eye-catching centerpiece, but it is also a culinary staple in a variety of different cuisines. Infuse into tea or fresh lemonade for a floral note or incorporate into seafood dishes for a gentle, sweet flavor.</i></p>			

THYME

By Jodi Richmond, WVU Extension Agent – Mercer County

Thyme can be grown as an ornamental ground cover or harvested for its aromatic leaves. The herb is easy to grow in the West Virginia climate and is available in a variety of species.

Growth

Thyme is drought tolerant, thriving in hot, sunny locations with loose, well-drained soil with a pH of 6.3. It is hardy in zones 5 to 9. While it can be grown in containers, it reaches a height of 12 inches and a width of 10 inches, so it takes up a large amount of room if raised indoors.

Thyme can be cultivated from seeds, stem cuttings or divided root sections. Plant seeds directly in the soil or establish from transplants, thinning seedlings to 6 inches apart. Keep seedlings moist until well-established, after which they will need little watering.

Harvest and Use

Snip off pieces of thyme as needed, or cut the entire plant off 2 inches above ground and strip leaves from the wire-like stems. The plant will then regrow to be harvested again.

Thyme can be dried on the stem, or leaves can be dried on a cookie sheet or in a dehydrator. Store dried thyme in an airtight container in a dark area. Dried thyme has a concentrated flavor; therefore, you only need one-third to one-fourth as much dried thyme as fresh in a recipe.

Fresh or dried thyme can be preserved in a vinegar or oil solution for seasoning vegetables, meats and salads. The herb works well in a mixed herbal vinegar of fresh rosemary, parsley and thyme. Fresh thyme leaves can also be mixed with your favorite butter or margarine.



NOVEMBER

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	○ Full Moon 4 Remove stakes and trellises
5 Daylight Saving Time Ends	6 Mulch carrots for winter use	7 Fertilize under deciduous trees and shrubs Turn compost	8 Water trees and shrubs thoroughly if fall has been dry	9 Remove diseased plant debris from garden	○ Last Quarter 10 Apply lime and fertilizer according to soil test	11 Veterans Day Winterize garden tools
12	13 Harvest parsnips	14 Harvest Brussels sprouts	15 Mulch strawberries	16 Mulch thyme plants before winter	17	● New Moon 18 Turn compost
19	20 Mulch perennial beds	21 Harvest salad greens from high tunnel	22 Cut hardy chrysanthemums to 2 or 3 inches and mulch	23 Thanksgiving Day	24 Mulch perennial herbs	25 Fertilize houseplants
○ First Quarter 26	27	28	29	30	Fresh thyme is a culinary workhorse, as its woody quality lends itself naturally to roasted meats, soups and stews. It doubles as an aromatic, used just as much for its delicious smell as it is for its earthy taste.	



ROSEMARY

By Jennifer Williams, WVU Extension Service Associate Dean

Known throughout the early Greek and Roman Empire for aiding memory, rosemary was often worn as a garland by scholars during examinations. Rosemary was also thought to symbolize loyalty, love, friendship and remembrance when worn by brides.

December is a month of giving, and this happy herb certainly gives in a very aromatic way. Rosemary makes a wonderful gift. Buy plants in the spring and shape them during the growing season into holiday trees or some other fun, interesting form. Your loved ones will enjoy the fragrant gift long after the holiday season has ended.

Growth

Rosemary thrives in well-drained, sandy soil and a warm, humid environment. It cannot tolerate extremely cold temperatures and is best planted in containers that can be brought indoors during the winter months. If left outdoors, make sure plants are covered during extreme cold.

Harvest and Use

Harvest only well-established plants with peak flavor, which occurs right before flowering. Cut stems and strip the fresh leaves. Alternatively, rosemary can be dried by hanging the stems upside down in a dark, well-vented area. Once dry, strip the leaves and store in an airtight container.

As a pungent herb, rosemary pairs well with poultry, fish, beef, lamb and a variety of vegetables. However, it should be used sparingly as not to overpower the other flavors in the dish. After removing the needle-like leaves, the woody stems make good skewers for both meat and vegetables.

Rosemary can also be frozen in ice cube trays with water or olive oil and stored in the freezer. Drop the frozen cubes into soups or stews for added flavor.

DECEMBER

NOVEMBER

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Turn compost Protect shrubs from harsh weather Mulch hybrid roses	2 Select cut Christmas tree with flexible needles
○ Full Moon 3	4	5 Overwinter spinach and Swiss chard	6 Mulch perennial herbs	7 Begin harvest of high tunnel carrots and lettuce	8 Buy live Christmas tree	9
● Last Quarter 10	11 Turn compost	12 Hanukkah Begins	13 Harvest Brussels sprouts	14	15	16
17	● New Moon 18	19	20 Hanukkah Ends	21 Winter Begins	22	23
24	25	○ First Quarter 26	27	28	29	30
31 New Year's Eve	Christmas Day	Plant live Christmas tree				

HERB VARIETY CHART



BASIL (Asian) (Annual)
Varieties for Gardens:
Sweet Thai; Cinnamon; Holy



BASIL (Citrus) (Annual)
Varieties for Gardens:
Lime; Mrs. Burns' Lemon



BASIL (Purple) (Annual)
Varieties for Gardens:
Dark Opal; Red Rubin;
Purple Ruffles; Osmin



BASIL (Sweet) (Annual)
Varieties for Gardens:
Eleonora; Genovese;
Genovese-compact;
Aroma2; Emily



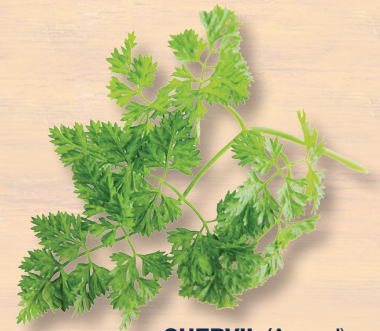
ANISE HYSOP (Tender Perennial)
Varieties for Gardens:
Anise Hyssop



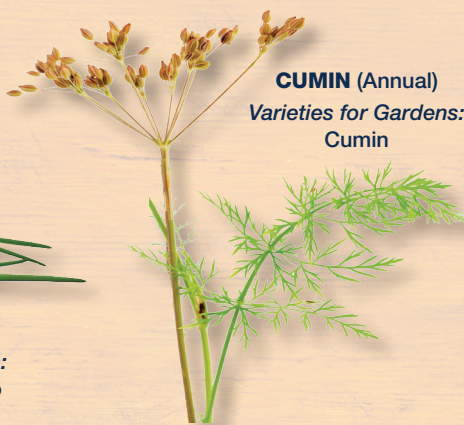
BORAGE (Annual)
Varieties for Gardens:
Borage



CHAMOMILE (Annual/Perennial)
Varieties for Gardens:
Common; Roman



CHERVIL (Annual)
Varieties for Gardens:
Vertissimo



CUMIN (Annual)
Varieties for Gardens:
Cumin



CHIVES (Perennial)
Varieties for Gardens:
Dolores; Purlly; Staro



CILANTRO (Annual)
Varieties for Gardens:
Calypso; Santo



CELERY (Cutting) (Annual)
Varieties for Gardens:
Cutting Celery



DILL (Annual)
Varieties for Gardens:
Bouquet; Ella; Fernleaf



LEAF FENNEL (Tender Perennial)
Varieties for Gardens:
Bronze; Bronze and Green



LAVENDER (Perennial)
Varieties for Gardens:
Elegance Purple



LEMON BALM (Perennial)
Varieties for Gardens:
Lemon Balm



LEMON GRASS (Tender Perennial)
Varieties for Gardens:
East Indian



LOVAGE (Perennial)
Varieties for Gardens:
Lovage



MARJORAM (Tender Perennial)
Varieties for Gardens:
Sweet Marjoram



MINT (Perennial)
Varieties for Gardens:
Common Mint



OREGANO (Perennial)
Varieties for Gardens:
Greek Oregano



PARSLEY (Leaf) (Biennial)
Varieties for Gardens:
Giant of Italy; Titan



ROSEMARY (Tender Perennial)
Varieties for Gardens:
Rosemary



SAGE (Perennial)
Varieties for Gardens:
Common Sage; Pineapple



SAVORY (Annual/Perennial)
Varieties for Gardens:
Summer Savory; Winter Savory



THYME (Perennial)
Varieties for Gardens:
German Winter; Lemon Thyme

CONTROLLING GARDEN PESTS


Careful attention to all pests, including diseases, insects and weeds, is vital for gardening success. Instead of controlling them separately, control all three for a more effective, long-term solution throughout the year. Here are our expert recommendations for healthier plants, better yields and less stress for you, the grower.

 **DISEASE CONTROL**


 **WEED CONTROL**

 **INSECT CONTROL**

JANUARY


 Plan for preventative strategies to manage pests in gardens.

FEBRUARY

 If you are keeping your own seeds, treat them with hot water or a sodium hypochlorite solution to manage seedborne diseases.


MARCH


 Buy treated seeds or resistant varieties if available.


 Conduct primary tillage after soil has thawed and let it fallow.

 Monitor oregano for aphids and spider mites. Apply appropriate control methods.


APRIL

 Fumigate soil if nematode count is high or if there has been a past pest problem.

 Establish herb gardens in soil free of perennial weeds.

 Monitor cilantro for caterpillars.

MAY


 Avoid seeding in moist soil and ensure proper drainage to reduce damping off or foot rot of seedlings.

 Till after weed seedlings have emerged and apply mulch prior to weed germination. Landscape fabric may be installed for perennial herbs.

 Monitor thyme for spider mites. Apply appropriate control measures.


JUNE


 Use drip or trickle irrigation rather than overhead sprinklers to reduce the spread of foliar herb diseases.

 Remove young and actively growing weeds with a hoe or by hand. Use carfentrazone to control annual broadleaf weeds and clopyralid to control broadleaf weeds in mint and spearmint.

 Monitor sweet basil for Japanese beetles. Control by hand removal or appropriately labeled insecticides.


JULY

 Monitor cilantro, tarragon and basil for downy mildew.


 Young, actively growing grassy-weeds can be controlled by applying clethodim. Keep the garden's outer edge free of weeds.

 Monitor parsley for caterpillars.


AUGUST


 Monitor for rust pustules on mint leaves. Minimize overhead irrigation and apply azoxystrobin fungicide. Prune overgrown canopies to facilitate quick drying and sunlight penetration.

 Dig up entire perennial weeds' root systems to destroy them.


 Monitor rosemary for aphids and spider mites. Apply appropriate control measures.

SEPTEMBER


 Establish crucifer cover crop for managing soilborne pathogens.

 Carefully apply glyphosate to emerged perennial weeds. Be sure to avoid contact with the herbs.

OCTOBER

 Remove all crop debris and infected leaves from the field to minimize the risk of disease for the next crop.

NOVEMBER

 Review the diseases that occurred during the season and develop a rotation plan. Explore availability of disease-resistant varieties.

DECEMBER

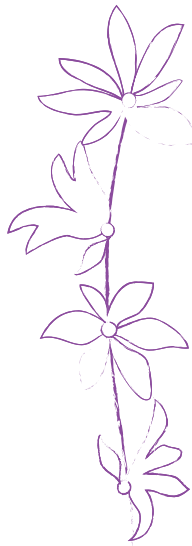
 Prune diseased twigs and burn them to reduce the source of infection on next year's growth.

Lavender Roasted Potatoes

Makes 6 servings

Ingredients:

2½ pounds thin-skinned potatoes (such as new or red)
1½ tablespoons olive oil
1 tablespoon dried lavender (designated for culinary use)
½ teaspoon salt
¼ teaspoon black pepper



Lavender

— over —

Grilled Pork Tenderloin with Oregano

Makes 6 to 8 servings

Ingredients:

2 pounds pork tenderloin
¼ cup lemon juice
2 tablespoons fresh oregano, chopped (or 2 teaspoons dried)
1 tablespoon olive oil
½ teaspoon salt
¼ teaspoon black pepper



Oregano

— over —

Avocado Lime Salad Dressing with Cilantro

Makes 10 servings (2 tablespoons per serving)

Ingredients:

1 avocado
½ cup plain fat-free Greek yogurt
¼ cup lime juice
¼ cup fresh cilantro, chopped
1 to 2 cloves garlic
2 tablespoons olive oil
2 tablespoons white vinegar (can substitute apple cider vinegar or white wine vinegar)
½ teaspoon salt
½ teaspoon black pepper



Cilantro

— over —

Garden-fresh Pasta Salad

Makes 6 servings

Ingredients:

½ pound whole-wheat pasta (such as penne, fusilli, shells or bow-tie)
2 pints cherry tomatoes, halved
12 large fresh basil leaves, thinly sliced
3 cloves garlic, minced
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon black pepper
½ cup grated Parmesan cheese (1½ to 2 ounces)



Basil

— over —

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EXTENSIONSERVICE

(Adapted from www.insidebrucrawlife.com)

Nutrition information per serving: 70 calories; 6g fat; 3g carbohydrate; 2g protein; 1g fiber, 120mg sodium.

1. Place all ingredients in a blender or food processor. Blend until smooth.

Directions:



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EXTENSIONSERVICE

(Adapted from www.boulderlocavore.com)

Nutrition information per serving: 180 calories; 3.5g fat; 33g carbohydrate; 4g protein; 4g fiber, 210mg sodium.

1. Preheat oven to 350 degrees Fahrenheit.
2. Scrub potatoes well to remove any dirt. Do not peel. With a paring knife, remove eyes and/or brown spots. Cut into bite-sized pieces.
3. Toss potatoes in a bowl with olive oil. When potatoes are coated, add lavender, salt and pepper.
4. Spread into a single layer on a baking sheet. Bake for 30 minutes, stirring halfway through to ensure even browning.

Directions:

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EXTENSIONSERVICE

(Adapted from www.foodnetwork.com)

Nutrition information per serving: 220 calories; 6g fat; 33g carbohydrate; 9g protein; 5g fiber, 340mg sodium.

1. Cook pasta according to package directions. Rinse with cold water and drain.
2. In a large bowl, mix tomatoes, basil, garlic, olive oil, salt and pepper. Let stand 30 minutes to marinate.
3. Add pasta and Parmesan cheese. Toss gently before serving.

Directions:

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EXTENSIONSERVICE

(Adapted from www.goodhousekeeping.com)

Nutrition information per serving: 180 calories; 7g fat; 1g carbohydrate; 27g protein; 0g fiber, 230mg sodium.

1. In a 1-gallon resealable plastic bag, combine lemon juice with 1 tablespoon fresh oregano (or 1 teaspoon dried). Add tenderloin, turning to coat. Seal bag, pressing out excess air. Refrigerate tenderloin for 30 minutes.
2. Remove tenderloin from bag and discard marinade. In a small bowl, mix olive oil, salt, pepper and remaining oregano. Massage mixture all over tenderloin.
3. Place tenderloin on a grill over medium heat and cook about 20 minutes. Test tenderloin with a meat thermometer to ensure internal temperature reaches 145 degrees Fahrenheit. Remove to a platter and let meat rest for at least 3 minutes. Slice thinly and serve.

Directions:

Cheddar Chive Biscuits

Makes 12 servings (1 biscuit per serving)

Ingredients:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons granulated sugar
- 1 cup reduced-fat shredded cheddar cheese
- ½ cup chives, chopped
- ⅓ cup canola oil
- ¾ cup skim milk



Chives

– over –

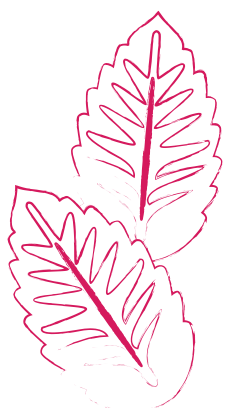


Cucumber, Tomato and Mint Salad

Makes 6 servings

Ingredients:

- ⅓ cup red wine vinegar
- 1 tablespoon granulated sugar
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 large cucumbers, peeled, seeded and chopped
- 3 large tomatoes, seeded and chopped
- ½ cup red onion, chopped
- ½ cup fresh mint, chopped
- 1 tablespoon olive oil



Mint

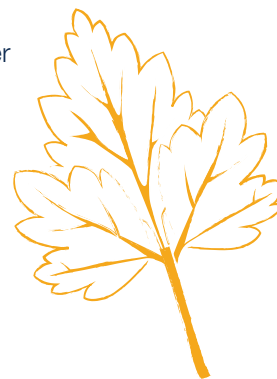
– over –

White Bean and Parsley Dip

Makes 8 servings

Ingredients:

- 1 15-ounce can cannellini beans (or other white beans), drain and reserve liquid
- 2 tablespoons olive oil
- 1 to 2 tablespoons reserved liquid from canned beans
- ½ cup fresh parsley, chopped
- 2 cloves garlic
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper



Parsley

– over –

White Fish with Tarragon Sauce

Makes 4 servings

Ingredients:

- 1 to 1½ pounds white fish (such as cod, sole, tilapia, etc.), cut into 4 equal fillets
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 tablespoons lemon juice
- 2 tablespoons fresh tarragon, chopped



Tarragon

– over –



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EXTENSIONSERVICE

(Adapted from www.allrecipes.com)

Nutrition information per serving: 60 calories; 2.5g fat; 10g carbohydrate; 2g protein; 2g fiber; 200mg sodium.

1. In a large bowl, combine vinegar, sugar, salt and pepper. Mix in cucumbers and marinate 1 hour, stirring occasionally.
2. Gently toss tomatoes, onion, mint and olive oil with the marinated cucumbers.

Directions:



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EXTENSIONSERVICE

Nutrition information per serving: 170 calories, 8g fat, 20g carbohydrate, 1g fiber, 5g protein, 260 mg sodium.

1. Preheat oven to 425 degrees Fahrenheit.
2. Sift flour, baking powder and sugar together in a mixing bowl. Stir in grated cheddar cheese and chives.
3. Make a well in the center of the mixture and add oil and milk. Stir gently to form a soft ball of dough. Turn out onto a lightly floured work surface and knead gently six to eight times. Roll or pat to 3/4 to 1 inch thick. Cut out with a biscuit cutter. Place on an ungreased baking sheet.
4. Bake 15 to 20 minutes or until golden brown.

Directions:

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EXTENSIONSERVICE

(Adapted from www.food.com)

Nutrition information per serving: 160 calories; 6g fat; 1g carbohydrate; 24g protein; 0g fiber; 330mg sodium.

1. Season both sides of fish filets with salt and pepper.
2. In a large skillet or frying pan, heat olive oil over medium-high heat. Place fish in the skillet and cook 3 to 5 minutes or until brown on the bottom. Turn and cook an additional 3 to 5 minutes. Test each fillet with a meat thermometer to ensure internal temperature reaches 145 degrees Fahrenheit. Remove fish to a platter.
3. Add butter, lemon juice and tarragon to skillet and stir gently for about 30 seconds or until the sauce is warm. Pour sauce over fish and serve.

Directions:

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EXTENSIONSERVICE

Nutrition information per serving: 100 calories; 3.5g fat; 11g carbohydrate; 4g protein; 5g fiber, 250mg sodium.

1. Combine all ingredients in a food processor. Process until smooth.
2. If the mixture is too thick, add 1 to 2 tablespoons of the reserved liquid from the canned beans. Process again until the liquid is incorporated.
3. Serve with sliced fresh vegetables or whole-grain crackers for dipping.

Directions:

Chamomile Cantaloupe Smoothie

Makes 4 servings

Ingredients:

- 4 cups cantaloupe, chopped
- 2 cups vanilla soy milk (can use almond or rice milk)
- 1 tablespoon dried chamomile flowers (or 2 tablespoons fresh)
- 1 cup ice cubes



Chamomile

— over —



Crisp Rosemary Flatbread Crackers

Makes 12 servings (2 crackers per serving)

Ingredients:

- 1 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 2 tablespoons fresh rosemary, coarsely chopped (or 2 to 3 teaspoons dried)
- 1/2 cup water
- 1/3 cup olive oil
- Nonstick baking spray



Rosemary

— over —

Lemon Thyme Chicken Burgers

Makes 4 servings

Ingredients:

- 1 pound ground chicken breast or ground turkey breast
- 2 tablespoons fresh thyme, chopped
- Zest of 1 lemon (about 2 teaspoons)
- 1/2 cup breadcrumbs or cracker crumbs
- 2 teaspoons Dijon mustard
- 1 tablespoon lemon juice
- 1 egg, lightly beaten
- 1/4 cup onion, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 whole-wheat rolls
- 8 tomato slices
- 8 large lettuce leaves (optional)



Thyme

— over —

EXTENSIONSERVICE

When you give a gift to West Virginia University Extension Service, you give back to your community and state through youth development, workforce training, families and health programs and small farm assistance.

Enclosed is my gift of: \$500 \$250 \$100 \$50 \$25 Other (If this is a recurring gift, please choose the amount to be charged to your credit card EACH month.)

Please designate my gift to:

- 2U104: Dean and Director Fund
- 2W813: Council Circle Fund
- 2V620: Jackson's Mill Restoration Fund
- 2V949: Dr. Ruthellen Phillips Energy Express and Youth Literacy Fund
- 2V530: 4-H Annual Fund
- 2U099: Agriculture and Natural Resources Fund
- 2U098: Community, Economic and Workforce Development Annual Fund
- 2W092: Families and Health Annual Fund

My employer will match my gift

Employer Name: _____

Business Phone: _____

(If matching gift eligible, please request and complete the matching gift form provided by your employer.)

— over —



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EXTENSIONSERVICE

(Adapted from the Washington Post, from Gourmet, July 2008)

- Nutrition information per serving:** 100 calories, 5g fat, 14g carbohydrate, 2g protein, 1g fiber, 190mg sodium.
1. Preheat oven to 450 degrees Fahrenheit.
 2. Sift together all-purpose flour, whole-wheat flour, baking powder, salt and rosemary in a mixing bowl. Make a well in the center. Add the water and olive oil, gradually stirring until a shaggy dough forms.
 3. Turn dough out onto a work surface and gently knead four to five times to bring the dough together into a soft, smooth ball.
 4. Divide the dough into six equal pieces. Work with one piece at a time and keep the other pieces covered with plastic wrap.
 5. Divide the first piece of dough into four equal pieces. With a rolling pin, roll each piece into a circle or oval about 5 inches across. Place dough onto a baking sheet coated with nonstick spray. Prick each piece of dough several times with a fork.
 6. Repeat step 5 for each of the remaining pieces of dough.
 7. Bake for 4 to 6 minutes or until lightly browned. Transfer to a wire rack to cool.

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EXTENSIONSERVICE

(Adapted from www.sweetroots.blogspot.com)

- Nutrition information per serving:** 130 calories, 2.5g fat, 25g carbohydrate, 5g protein, 2g fiber, 100mg sodium.
1. Place all ingredients together in a blender and process until smooth.

Directions:

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EXTENSIONSERVICE

(Adapted from www.metronews.ca)

- Nutrition information per serving:** 300 calories, 5g fat, 34g carbohydrate, 33g protein, 4g fiber, 480mg sodium.
1. In a large bowl, place all ingredients except whole-wheat rolls, tomato and lettuce. With clean hands, gently mix until all ingredients are combined. Form mixture into 4 patties of equal size.
 2. Preheat grill or large skillet to medium-high. Cook patties for about 5 to 6 minutes per side. Test each patty with a meat thermometer to ensure internal temperature reaches 165 degrees Fahrenheit.
 3. Serve each burger on a whole-wheat roll topped with lettuce and tomato, if desired.

Directions:



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