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How to grow organic herbs

With the mass population of consuming organic items spreading across America, it's important to know what the term organic means and how to grow organic vegetables in your garden. Not only does organic produce sell for more, but it also is more environmentally friendly to the earth and potentially healthier to consumer.

What does organic means?

Organic consumption has been a hot topic lately, but eating something with the word "organic" in it doesn't make the item healthier in terms of caloric content. Instead, organic means items within the product must be certified organic, meaning items like pesticides, chemical fertilizers or dyes are not used to grow the items. However, the remaining 5 percent can be processed but only with additives from an approved list. And although there is no extra mineral or vitamin content to organic vegetables, being organic means harsh chemicals aren't being used. In other growth methods, those chemicals could potentially harm the earth or even our bodies. Some swear that organic foods taste better than non-organic foods, but others say that's up to the taster.

How to grow organic herbs:

Herbs may be the easiest way to grow organically for several reasons. One, herbs are easy to grow in general and don't require too much fertilizer or too many chemicals and pesticides to produce a very bountiful harvest. Also, it is easy to grow organic herbs in a pot and even grow them inside, which will help deter potential pests from consuming the leaves. Also, herbs can



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be used medicinally, and part of organic growth is ensuring that food is not only not harming the body but also treating the environment well and not causing any harm like water pollution, soil pollution and run-off. One major plus to growing organic herbs over other organic vegetables is herbs are so easy to grow in pots. When choosing your soil for the pot, you can look for organic options and amend it with your own homemade compost instead of needing to test the soil in your garden to see if it has the nutrients to support organic herbs.

When it comes to herb growth, herbs don't typically require fertilizer to grow a large harvest anyway. The most herbs need to do well indoors or outdoors is direct sunlight for more than six hours a day and plenty of water. Also, another plus to growing herbs organically is many times, pests steer clear of strong-smelling herbs like cilantro. These make for excellent companion



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plantings near other organic vegetables to act as a natural pesticide in some occurrences.

Herbs are probably the best place to start when diving into organic gardening since they don't require much of any chemicals traditionally anyway. To get a taste on how to garden organically, see how it positively affects the environment and still receive a bountiful harvest, begin your organic gardening journey with herbs. Specifically, herbs like cilantro, basil and mint are bound to grow quicker than you can harvest the leaves.

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